



Look Ahead

Issue 17 – December 2017

Welcome

Welcome to Look Ahead, our service user and carer bulletin. Each month Look Ahead will provide you with information and updates on key activities that are happening across our Trust, as well as recovery stories and information on partner organisations who can offer you advice and support.

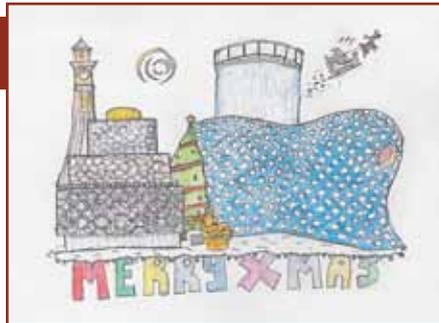
Please email bsmhft.seeme@nhs.net if there is something you would be interested in reading about in a future bulletin.

What's happening?

Christmas card design winner revealed

In November, we launched our annual Christmas card competition, asking budding artists among our staff, members and service users to send in their entries to be in with a chance of having their design used as our Trust's electronic card for 2017.

The judging panel for the cards was made up of our Chief Executive John Short, our Trust Chair Sue Davis, and Faheem Uddin, Lead Governor. We received more than 70 high quality entries, which were narrowed down to a winner, a runner up and a highly commended.



This year's winner is David Jarrett for his card (see above) featuring landmarks in Birmingham city centre. Our judges selected Leena Gandhi's colourful peacock card as the runner up, and '*Never eat yellow snow*' by Ryan Bloomfield as highly commended.

The winning participants will receive high street gift vouchers and their cards will be available for Trust staff to send electronically.

End of life care research

We have joined together with Coventry University and John Taylor Hospice to conduct a research study, which aims to help those with life-limiting conditions live a fulfilling life for as long as possible. If you are living with, or care for someone who has, a long term mental health condition **and** a life-limiting illness or if you are a clinical member of staff working in mental health services or palliative care, we need your help.

This would involve taking part in:

- an interview about your experiences with a researcher
- two workshops with other service users, carers and clinical staff which aim to develop an educational resource to improve the quality of end of life care.

To find out more, contact Jed Jerwood by email: jerwoodj@uni.coventry.ac.uk or leave a message on 07855 773 982.

Meeting Minds

In Meeting Minds we ask our service users, carers or staff members some quick questions on mental health and wellbeing. This month, Rebecca Thompson, Peer Support Worker at Oleaster, answers our questions.



Name three things that help to keep you well?

Supporting people with mental health struggles. Learning new things, especially things relating to mental health. Spending time with my pet rabbit.

What helps you to relax and why?

Colouring in. It gives me focus and a pretty end result. It is very therapeutic for me.

What helped you in your recovery?

Working within mental health services, and sharing my experiences with service users, to reassure them they are not alone.

Where do you feel most comfortable and why?

I feel most comfortable around my fellow peer support workers as they are very supportive and non-judgmental.

Tell us your story

Please get in touch with us if you would like us to tell your story. Email us: bsmhft.seeme@nhs.net

Opportunities and events

Free hand massage workshops for the New Year

Hand massage is a soothing technique that offers a gentle way to soothe and calm distress. This winter, the Trust's charity, Caring Minds, has funded three hand massage workshops to help carers learn the secrets of relaxing massage.

The free workshops will be held at Northcroft near Erdington on 18 January, the Juniper Centre in Moseley on 20 March and the Barberry Centre near to the Queen Elizabeth Hospital in Edgbaston on 26 April.

Lunch is included in the sessions that run from 10am until 4pm. To book in email jessica.charles@nhs.net

Take care of your mental health over the festive period

Over the festive season, our Customer Relations office will close at 5pm on Friday 22 December and reopen from 8am to 5pm between Wednesday 27 December 2017 and Friday 29 December 2017. Customer Relations will be closed on New Year's Day and reopen at 8am on Tuesday 2 January 2018. Normal hours of Monday to Friday 8am to 8pm will resume on this date.

To help you look after your mental health over the festive period, please:

-  - make sure you have enough medication to last over the holidays
-  - plan routine GP appointments and check operating/opening hours of your health care provider
-  - call 111 or visit your local pharmacist for advice if you are feeling unwell – don't wait for your GP surgery to open again.

If you, or someone you know, use our services and need to contact us during the festive closure, please contact our 24 hour switchboard on 0121 301 0000 for assistance.

Positive Mental Health Group (PMHG)

This is a great meeting for networking, news and information.

The next meetings are Tuesday 19 December and Tuesday 30 January, from 3pm to 4.30pm (refreshments served from 2.30pm). Venue: Café space at LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ.

PMHG Christmas party

The Positive Mental Health Group's Christmas party will be held at the Irish Centre (Leinster Suite) in Digbeth on Thursday 14 December. The party starts at 7pm and a buffet will be served at 8pm. A donation of £1 or whatever you can afford will be appreciated.

For more information contact Faheem Uddin, Chair of the Positive Mental Health Group on faheem.uddin@nhs.net



Christmas party at Uffculme

The annual Uffculme Christmas party, which is supported by the Trust's Caring Minds charity, will take place from 12.30pm on Friday 15 December. As well as some festive food, the Wellbeing Community Choir, which includes some of our staff, service users, carers and members of the community, will perform at the event and there will be a Christmas raffle in aid of Caring Minds.

This event is open to all service users, families, carers and staff.

If you would like to attend contact Stephen Hayes on 0121 301 3982 or at stephen.hayes@nhs.net

Introducing... SIFA Fireside

SIFA Fireside is a Birmingham based charity which works toward improving health and inclusion for the homeless. The charity provides free and confidential services to those aged 18 and over, having daily open access drop-in sessions, giving rough sleepers access to food, shelter, showers, clothing and sleeping bags. SIFA Fireside also offers emergency support to those that are, or may be about to become homeless, including welfare, benefit and social support and advice.

The drop-in sessions are available Monday to Friday, from 9am to 1pm, covering breakfast and lunch, at SIFA Fireside, 48-52 Allcock Street, Digbeth B9 4DY.

Get in touch with SIFA Fireside:
Call: 0121 766 1700
Email: office@sifafireside.co.uk
Visit: www.sifafireside.co.uk

How to contact us

Customer Relations

Tel: **0800 953 0045**

Text: **07985 883 509**

Email: **bsmhft.**

customerrelations@nhs.net

(Available Monday to Friday, 8am to 8pm. Closed on public holidays and weekends.)

See Me

Tel: **0800 694 0212**

Email: **bsmhft.seeme@nhs.net**

(Available Monday to Friday, 9am to 5pm.)

Recovery for All

Anne Pledger: **07985 883 420,**

anne.pledger@nhs.net

Alternatively, for more information visit www.bsmhft.nhs.uk/recovery

Mental health crisis – out of hours contacts

NHS 111 – Urgent medical help, but not life threatening.

Sane – Tel: 0300 304 7000.

(Available 365 days a year, 6pm to 11pm)

Samaritans

Freephone: 116 123 (Available 24/7)

999 – Immediate, life-threatening emergencies.