



Look Ahead

Issue 18 – February 2018

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?

Look Ahead survey

We would like to know your thoughts on Look Ahead. Do you like the newsletter? Is there anything you would change about the content? Where do you pick up your copy of the newsletter? Would you recommend Look Ahead to others to read?

You can complete the survey by visiting: <https://www.surveymonkey.co.uk/r/LookAhead2017>



Alternatively for a hard copy of the survey please email markhillier@nhs.net or call 0121 301 1284.

Deadline for survey entries is: Friday 23 February 2018.

MERIT projects launched

The MERIT Vanguard programme is a collaboration between BSMHFT and three other mental health trusts to improve the way mental health services are provided for the future.

In November, its Electronic Health Record Viewer and Bed Finder projects were launched.

The MERIT Electronic Health Record Viewer means that, if a service user from one trust seeks care from another in the partnership, clinicians there will have an up-to-date understanding of the service user's needs without the need to ask repeated questions at what may be a distressing time.



The MERIT Bed Finder will offer bed managers in each of the partner trusts the opportunity to view the status of beds at each other's organisations. The new system aims to cut the number of inpatients who have to be placed outside the West Midlands, allowing them to stay closer to the family, friends or other support networks which are often crucial to a successful discharge.

For more information visit: wmmeritvanguard.nhs.uk/crisis-care

Meeting Minds

In Meeting Minds we ask our service users, carers or staff members some quick questions on mental health and wellbeing.



This month, Matt Brayshaw, answers our questions.

"I work as the recovery lead for the Trust's Liaison and Diversion service – we support people in police custody and the Courts, offering an outreach service. We support people with social issues (housing, benefits, work) as well as mental health and substance misuse."

What helps you to relax and why?

Walking in the countryside and travel...new landscapes and environments helps my mind focus on other things. I also enjoy exercising.

What helped you in your recovery?

Fellow travellers and the knowledge that I have come through bad times before and I can do it again.

What do you do to keep active?

Swimming at the beautiful Moseley Road baths and walking in Shropshire and Worcestershire.

What makes you laugh?

One-liners from an old school friend (now living in Budapest, Hungary) through social media.

Opportunities and events

New term at our Recovery College for All

The new term at our Recovery College for All began on Monday 29 January and ends on Thursday 29 March. There will be a half term break week commencing 19 February.

On Monday classes will be held at the Renewal Conference Centre, Lode Lane, B91 2JR. On Tuesday and Thursday classes will be held at the Uffculme Centre, Queensbridge Road, B13 8QY.

New sessions available this term include: Autism highlights; Tai Chi aiding recovery; What is the value of having lived experience in recovery?

To view the college prospectus visit our website: www.bsmhft.nhs.uk/rcfa. To book a course or for further information contact the college on 0121 301 3992 or email: bsmhft.recoverycollege@nhs.net



Mental Health First Aid (MHFA) is an internationally recognised course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, MHFA teaches you how to recognise those crucial warning signs of mental ill health and help prevent someone from hurting themselves or others.

Location: MAC, Cannon Hill Park, Edgbaston, Birmingham B12 9QH. **Date:** Tuesday 13 March and Wednesday 14 March. **Time:** 9.30am to 4.30pm. **Cost:** £150pp or free to BSMHFT service users, carers and staff.

MHFA is an accredited training course and your certificate will be distributed to you from the MHFA England Headquarters upon completion of both training days.

For further information contact c.mitcam@nhs.net or call 07985 882 257.



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 Barberrry 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

Positive Mental Health Group (PMHG)

Our Positive Mental Health Group meetings take place on the last Tuesday each month at the same time, and at the same location at the café space in the LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ. The centre is next to Scala House, opposite the Raddison Hotel. These are great meetings for networking, news and information and are open to everyone to attend.

The next meetings are Tuesday 27 February and Tuesday 27 March, from 3pm to 4.30pm (refreshments served from 2.30pm). Venue: Café space at LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ. Just turn up – no need to book.

Introducing... Healthwatch Solihull

Healthwatch Solihull is an independent watchdog that has been formed to make local health and social care services better for people by ensuring that their needs, views, experiences and concerns, are taken into account by those entrusted to design and run services.

Healthwatch Solihull has a simple ambition, to make health and social care services better in Solihull for the people who use them.

Healthwatch Solihull can also signpost people to local services and give information on what is available. Please get in touch on Freephone 0800 470 1518.



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.)

Tel: **0800 694 0212**

Email: bsmhft.seeme@nhs.net

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

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.