



Look Ahead

Issue 20 – April 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.

Solar rated Good by the CQC

In its latest visit by England's Chief Inspector of Hospitals, Solar, our specialist community mental health services for children and young people was rated as 'Good' across all five of its inspection domains – for being safe, effective, caring, responsive and well-led.

The Care Quality Commission (CQC) assessment of the service took place from 3 to 5 January 2018, and inspectors found significant improvements had been made across the service since it was last inspected in March 2017.

A new and effective management structure had been implemented following CQC's last inspection and it was evident this had turned the service around significantly. Staff gave examples of how the Trust's values of honesty, openness, compassion, dignity, respect and commitment were demonstrated through the care they provided.

The crisis team had effective handovers between shifts. Inspectors observed that staff discussed workload, new referrals, current patients and assessments to be undertaken. Staff gave each other detailed information effectively and



discussed any risks. The inspectors observed mutual respect between the staff and a good discussion about the parental responsibility of a service user.

Inspectors found evidence within care records of effective joint working with organisations external to the Trust. Staff worked with local schools to develop education, health and care plans. The service also did joint working with the police and was part of a multi-agency safeguarding hub for children.

Whilst vast improvements had been made in documenting care records, some work was still needed on care plan documentation to reflect the work undertaken with service users.

Dr Paul Lelliott, Deputy Chief Inspector of Hospitals (and lead for mental health) said:

"Birmingham and Solihull Mental Health NHS Foundation Trust is providing a good service to the young people it cares for within the Solar service in Solihull. I congratulate all who work for the trust for making substantial improvements since we last inspected in 2017."

Meeting Minds



Tina Wale attends The Forward Club at St Edburgha's Church Yardley (one of 22 Mental Health Wellbeing and Recovery hubs supported by Birmingham City Council).

Name three things that help to keep you well.

My medication I am prescribed, my family support, attending the Forward Club and speaking to other attendees.

What helps you relax?

Reading, listening to music, exercise (walking).

Where's your favourite place?

Malta, I have been three times and love the weather, beach, pool and the food and local people.

What helped in your recovery?

My mental health team in my area (Small Heath) as they offered great support and advice to me.

What makes you laugh?

Anything funny I enjoy the company of others when I am feeling happy.

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

Mental Health Wellbeing and Recovery hubs

The Mental Health Wellbeing and Recovery hubs supported by Birmingham City Council are a collective of service user led social and activity groups offering support to people who have experienced mental ill health and accept self-referrals and referrals from professionals.

The 22 hub groups meet in community venues across the city of Birmingham and each hub group is run by service users where members of the group make decisions about the activities and discussions they wish to take place.

The hub groups are visited by Andrew Mullaney, a support worker from Birmingham City Council, to give help and advice when needed and to promote and introduce new members to the hub groups. For more information email Andrew.j.mullaney@birmingham.gov.uk

Participate in dementia research

Dementia is one of the biggest challenges we face today. The number of people with Alzheimer's disease, vascular dementia, and other types of dementia, is set to double over the next 30 years.

Research offers hope. However, one of the big difficulties researchers face today is recruiting participants for their studies.

This is why the National Institute for Health Research (NIHR) in partnership with Alzheimer Scotland, Alzheimer's Research UK and Alzheimer's Society have developed Join Dementia Research, a service which allows people to register their interest in participating in dementia research and be matched to suitable studies.

Sign up to Join Dementia Research at www.joindementiaresearch.nihr.ac.uk and find out about research that you could take part in.



FREE tennis lessons

The Edgbaston Priory Club has set up a **FREE** tennis project to help improve mental health and wellbeing.

The session will involve:

- a variety of coach-led, light hearted but purposeful activities
- a great welcome and sense of group belonging
- use of a variety of sport equipment.

Where: Cannon Hill Park, Queens Ride, Birmingham, B12 9QH.
Date: Friday 20 April and every Friday onwards.

Time: 11:00am -12:30pm.

Cost: FREE!

How to book: Call Stuart Maidment on: 07772 833 660.

Bus routes: 1, 35, 45, 47, X61, 63

Parking: £2 for four hours.

Keep up to date with BSMHFT on social media

 Twitter @BSMHFT

 www.facebook.com/bsmhft

Positive Mental Health Group

Our next Positive Mental Health Group (PMHG) meetings will be held on **Tuesday 24 April** and **Tuesday 29 May** at **LGBT Centre, 38-40 Holloway Circus, City Centre, B1 1EQ.**

These are great meetings for networking, news and information and are open to everyone to attend.

Refreshments are served from **2.30pm** and the meeting takes place from **3pm to 4:30pm.**

Just turn up-no need to book.



Introducing...



Birmingham Community Law Centre (BCLC) opened offices in Sparkbrook in October 2013. It's part of the Central England Law Centre (also with an office in Coventry).

BCLC provides legal advice on welfare benefits, debt, housing, community care, immigration and asylum, as well as employment, discrimination and public law.

Like all law centres, BCLC defends the legal rights of people who can't afford a lawyer. It is a not-for-profit, solicitor-led legal advice agency, able to provide a holistic service to the most vulnerable and deprived members of society.

For more information visit: www.birminghamclc.org.uk/blog

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 Team

Tel: **0800 694 0212**

Email: bsmhft.seeme@nhs.net

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

Recovery for All

Anne Pledger

Tel: **07985 883 420**

Email: anne.pledger@nhs.net

Mental health crisis – out of hours contacts

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

Sane – Tel: 0300 304 7000.

(365 days a year, 4:30pm to 10:30pm)

Samaritans

Freephone: 116 123 (Available 24/7)

999 – Immediate, life-threatening emergencies.