



Look Ahead

Issue 21 – May 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.

LGBT+ Network

Our Trust feels it is important to understand and value people's individual needs to avoid people being overlooked or discriminated against.

Our Staff networks were set up to engage staff and volunteers who have a 'protected characteristic' (as specified by the Equality Act 2010). Network members meet regularly to promote awareness and support actions to address inequalities.



The LGBT+ network focuses specifically on the needs of people who identify as lesbian, gay, bisexual or transgender. The 'plus' was added to encourage people to feel included who don't specifically identify as LGB or T, but don't identify as heterosexual and/or cisgender.

We love our LGBT+ allies who support us in furthering equality within our organisation, they show great solidarity across our services. Other networks exist for black, Asian and ethnic minority groups and for disability and neurodiversity. Key activities the network has been

involved in are:

- developing the Trans Equality Policy for Employees.
- Stonewall Workplace Equality Index, helping us to know how we are measuring up to meeting the needs of LGBT+ people, and to improve year on year.
- rainbow lanyards: Our staff wear these (to hold their ID badges) as a sign that they are an LGBT+ ally. Allies are informed about LGBT+ events to help raise awareness, challenge stigma, and offer support.
- LGBT+ events and dates of importance – this February we organised a great LGBT+ history month event, which included a performance by the TransCreative Theatre company.

We would like to know about the experiences of LGBT+ service users. Contact customer relations on **0800 953 0045** and leave a message for the **See Me Team** or the **LGBT+ Network**.

Wishing you a Happy Pride 2018

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

Meeting Minds

Sulaiman is member of support group BGLAD (Birmingham Gays and Lesbians Against Depression).



Name three things that help to keep you well.

I love music and shopping. I like shopping for clothes and I have an eye for fashion. I would like to be in a relationship – that would make me happy.

What has helped you in your recovery?

Listening to a prayer. Getting advice from my family. Coming to socialise at the BGLAD group has helped and the other members give me tips and ideas to get involved. BGLAD is a MIND peer support group for the LGBT community. The group meet on the second and fourth Thursday each month at the **Birmingham LGBT Centre, 38 Holloway Circus B1 1EQ** – from 7.30pm to 9.00pm.

Where's your favourite place?

I've never been, but I'd love to go to the USA for its many intriguing places and people – Area 51, Marilyn Monroe, Michael Jackson, San Francisco – and the shopping!

What is your advice for others?

Don't be quick to judge and think before you speak. Everyone has the right to get on with their life and enjoy it.

Opportunities and events



Here comes the summer!

Look out for our Trust community engagement fun days at locations near you. Starting at **Zinnia Centre, Showell Green Lane, Sparkhill, B11 4HL on Saturday 16 June** and at **St Mary's Church (beside Lyndon Clinic), Hobs Moat Solihull, B92 8PN on Saturday 30 June**. There will be lots of fun activities, food stalls and entertainment.

Also remember to see our mental health stalls at the **Moseley Street Festival on 23 June** and **CoCoMad at Cotteridge Park on 7 July**.

Rainbow recovery: understanding the LGBT perspective

This session will run during the summer term at our Recovery College for All (4 June – 2 August). It explores the history of LGBT challenges, (including stigma and discrimination) the impact this can have on mental wellbeing, examines personal identity and aims to give you confidence through discussion. The next course dates are

- **Thursday 14 June** (10:30am)
Uffculme Centre, 52 Queensbridge Rd, Moseley, B13 8QY.
- **Monday 23 July** (1:30pm)
Renewal Conference Centre, Lode Lane, Solihull, B91 2JR.

Visit www.bsmhft.nhs.uk/rcfa or call **0121 301 3992** for more info.



Birmingham Pride

Birmingham Pride is a two day LGBT festive celebrated annually in the Gay Village on Hurst Street, Birmingham, which is held over the **Spring Bank Holiday Weekend, 26 – 27 May 2018**.

It is, uniquely, the largest LGBT two day festival in the UK and features a carnival parade through the city centre. The main Pride festival site features the Nightingale main stage, dance arena, cabaret marquee, funfair, community village green, central market street, and a great street party.

Birmingham Pride is a celebration of the city's diverse LGBT community and a warm welcome is offered to all.

www.birminghampride.com

Keep up to date with BSMHFT on social media



Positive Mental Health Group

Our next Positive Mental Health Group (PMHG) meetings will be held on **Tuesday 29 May** and **Tuesday 26 June** at **Cafe Holloways, 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 LGBT

Birmingham LGBT is the city's leading charity advocating for and supporting lesbian, gay, bisexual and trans communities in Birmingham and beyond. Focused on making Birmingham one of the best places in the UK for LGBT people to live, work and socialise, it offers a range of services and activities for the LGBT community in Birmingham, including sexual health, events, domestic violence, counselling, support, fitness, arts and more.

We more information visit www.blgbt.org

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.