



The Maple Quarterly

Issue 1, January 2020

Introducing 'The Maple Quarterly'

Welcome to the first issue of The Maple Quarterly, a newsletter by the Solihull Early Intervention Service (SEIS).

This newsletter will be published every three months and is designed to help keep you up-to-date with information and advice. We will provide you with useful and interesting content to help you boost your overall health and wellbeing. Topics shared in this newsletter will support your recovery.



**The Maple Leaf Centre,
The new base for SEIS!**

See Dates for Your Diary
and Meet the Team
on **Page 2**

Tips on How to Improve
your Physical Health
on **Page 3**

Psychosis Myth-Buster
and Mindfulness
on **Page 4**

Your Voice

Choose what you want to see.

If there is any topic you would like to see in this newsletter or any stories you would like to share about your recovery, please contact Jessica Lee, the Honorary Assistant Psychologist, using the email below.

All contributions / suggestions from service users, ex-service users, carers and staff are welcome.

If you have any ideas, contributions or questions/concerns, contact us using the following email: bsmhft.solihullearlyintervention.nhs.net

**Note that there is no "n" at the end of intervention!*

Meet the Team

Every issue, we will be getting to know a member of the Early Intervention Team.

Elena Pers

Current role: Community Psychiatric Nurse.

How do you like to celebrate your birthday?

A lovely meal with friends and family.

What was your first job?

A waitress in a hotel.

How long have you worked for the trust?

7 years.

What was your saddest / happiest memory of working with a service user?

Nursing a patient on an older adult ward whilst I was a student nurse. This patient was on the end of life pathway, I spent a lot of time with him—holding his hand. I felt very privileged to be there.

Favourite holiday destination?

Bolivia, South America. (Dad was from there)

Favourite quote or piece of advice?

“Always Smile”

Dates for Your Diary



Psychology Groups for Service Users

Thursday 3pm to 4pm at Drop-In

January	February
30th: Coping with Low Mood	13th: Understanding Psychosis 27th: Living with Psychosis
March	April
12th: Recovery from Psychosis 26th: Recognising & Understanding Emotions	9th: Improving Social Confidence 23rd: Managing Anxiety

★ Join us for Art Therapy at drop-in! Every Thursday at 12:15-2:30pm ! ★

Want to Quit Smoking?

The last Thursday of each month Vicky Masters, Lead Practitioner for the Solihull Stop Smoking Service, will be at the Hatchford Brook drop-in. So have a chat with her there if you are thinking about quitting and want more information.

Alternatively, ask your Care Co-ordinator who will contact Vicky for you.



Improving your physical health can reduce the risks of physical health problems, such as heart disease, diabetes and lower life expectancy. It can also improve your mental health, so check out our top tips below to improve your health today.

5 Ways to Improve YOUR Physical Health

Having a Healthy Diet...

Is easier said than done. But these may help:

- ⇒ Eating balanced meals
- ⇒ Keeping your portion sizes manageable
- ⇒ Eating 5 portions of fruit and vegetables every day
- ⇒ Limiting the amount of fatty and sugary foods you eat
- ⇒ Reduce the number of takeaways you have
- ⇒ Aim for 6-8 glasses of water a day



EXERCISE! EXERCISE! EXERCISE!

Even if it's just 20 minutes a day, 5 times a week.

Gardening, taking the stairs, walking the dog, riding a bike or just walking faster are all forms of exercise. By doing more exercise you'll feel more energetic and relaxed. You might sleep better too!



A Good Time Can Easily Become An Addiction.

Did you know that abuse of drugs and alcohol can make mental health problems worse? It is advised that you drink no more than 14 units of an alcoholic beverages a week. However, if you struggle with alcohol and/or drugs speak to your GP or care co-ordinator for help.



Stop smoking...

To reduce risk of heart disease or stroke.

If you are a smoker and you want to quit speak to the Stop Smoking worker at drop-in.



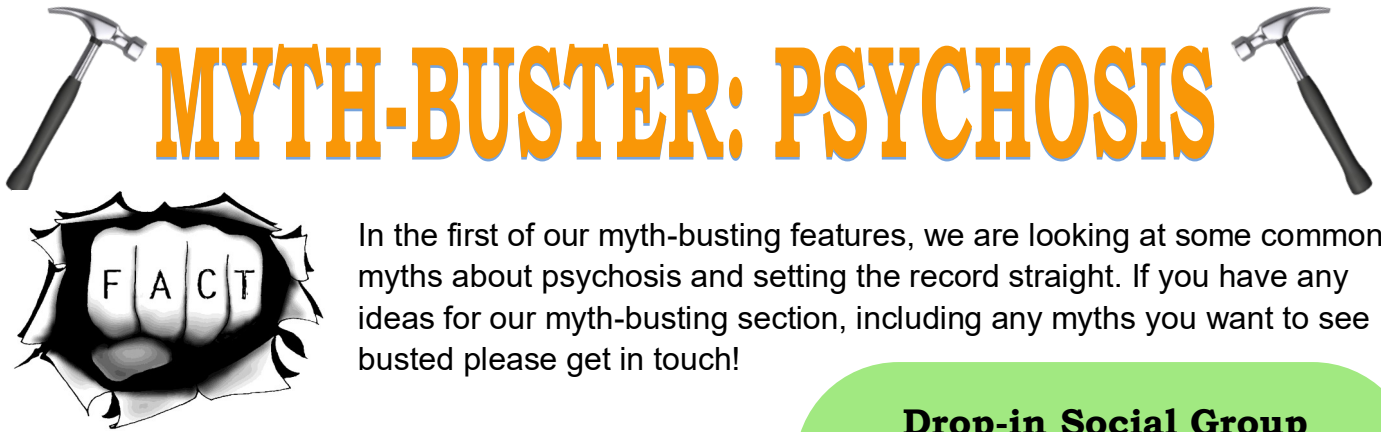
With Great Sleep Comes...

More energy to be active, less risk of colds and flu.

If you struggle with sleep:

Try a relaxation exercise before bed, sticking to a sleep routine, taking a warm bath or listening to some soothing sounds (ocean waves, rain etc).

For more guidance speak to the SEIS staff.



In the first of our myth-busting features, we are looking at some common myths about psychosis and setting the record straight. If you have any ideas for our myth-busting section, including any myths you want to see busted please get in touch!

Myth: Psychosis is untreatable.

Fact: Psychosis is treatable. Usually with a combination of medication, social support and psychological therapy.

Myth: People with psychosis are violent and unpredictable.

Fact: People with psychosis are no more violent than someone without psychosis. In fact, people with psychosis are more likely to harm themselves than others. Moreover, they are also more likely to be the victims of crime than the perpetrators.

Myth: People with psychosis can't work.

Fact: With the right treatment, there is no reason why people with psychosis cannot work. Speak to your care co-ordinator or one of our IPS workers for information and advice about how we can support you with getting back to work.

Myth: Psychosis is caused by bad parenting.

Fact: Psychosis is not caused by bad parenting. Psychosis is believed to be caused by number of factors including: biological factors, drug and alcohol misuse, stress etc. Even individuals with a good upbringing can have psychosis. It can happen to anyone!

**Solihull Early Intervention Service
Contact Information**



0121 301 4967

Working Hours

9am – 5pm Monday – Friday

Out of Hours Contact

0121 301 5500

<https://www.bsmhft.nhs.uk/our-services/children-young-people-services/early-intervention-service/>

Drop-in Social Group

Every Thursday Solihull Early Intervention Service runs a social group for service users. The group is a friendly place, where you can drop-in for a chat with other service users, speak to staff or enjoy activities, such as table tennis, film review group or pool. We also run events at drop-in, see page 2 for more info.

We hope you can join us for snacks and a friendly chat!

12pm—4pm

Hatchford Brook Youth Centre
Old Lode Lane
Solihull
B92 8JE

**Mindfulness
Challenge!**



Mindfulness is about focusing your complete attention on the present and appreciating the moment. Challenge yourself to do this mindfulness activity once a day for a week:

Yawn and stretch for 10 seconds every hour. Do a fake yawn if you have to, they normally trigger real ones. Say “ahh” as you breathe out. Notice how a yawn interrupts your thoughts and feelings, bringing you into the present. Stretch really, really slowly for at least 10 seconds. Notice any tightness and accept it. Take another 20 seconds to notice and then get back to what you were doing.