



# The Maple Quarterly

Issue 4, October 2020

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

This newsletter is published every three months and is designed to help keep you up-to-date with information and advice. In this issue we will provide you with a summary of the latest UK Government advice about coronavirus, information about local foodbanks and some contact numbers that you might find useful during the pandemic. We've also included information on how you can improve your mental wellbeing, distraction techniques and the chaplaincy service.

Information on Virtual Groups  
**Page 2**

World Mental Health Day &  
Mental Wellbeing  
**Page 3**

Distraction Techniques & the  
Chaplaincy Service  
**Page 4**

Additional Contacts & Support  
**Page 5**

### What should I do to prevent catching and spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with disposable tissues



Throw away used tissues (then wash hands)



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



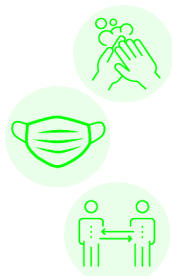
Avoid close contact with people who are unwell

Source: NHS

BBC

### Stay Alert

Current government guidance you should follow:



Stay at home as much as possible, if you can, work from home and remember to keep washing your hands regularly (for at least 20 seconds) using soap & water.

Wear a mask when you are in indoor public places where social distancing is difficult, except if you cannot wear a mask due to a medical condition.

Keep your distance when outside where possible (2 metres or 1 metres where 2m is not possible).

Birmingham and Solihull currently have additional restrictions in place. This means you should not be meeting anyone from another household in homes or gardens. Medical appointments are exempt from this. When meeting people you do not live with or those outside your support bubble in public spaces, do not meet in a group more than 6.

Don't leave your home if you or someone in your household has symptoms. If you have symptoms stay at home for at least 10 days from when your symptoms began. If symptoms get worse / you can't cope call NHS 111. If you are well but someone in your household has symptoms stay at home for 14 days. To book a test go to [nhs.uk](https://nhs.uk) or call 119.

*This guidance is correct as of 1st October 2020, and is subject to change at any time. We will endeavour to keep you updated of further changes when they happen.*

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

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

Due to social distancing, a lot of the groups you previously may have attended or took part in, like drop-in or the carers group, had been put on hold. But, in the last few months, we have changed the way that groups are run to make it both safe for you and the staff at SEIS. A lot of groups are now held virtually (see below). We encourage you to take part and stay connected!

## Virtual Drop In

**Every Thursday from 2pm to 3pm.**

An amazing opportunity to talk to or catch up with other service users; people who have gone through similar experiences to you. A chance to discuss fun topics and review films!

If you are interested in attending please speak to your care co-ordinator.

For more information contact Dan or Tina on 0121-301-4967.

Or email:

[bsmhft.solihullearlyintervention.nhs.net](mailto:bsmhft.solihullearlyintervention.nhs.net)

Behavioural Family Therapies and other psychological interventions are also now available virtually and face-to-face in some instances. For more information, speak to your care co-ordinator.

## Virtual Art Group

Continuing the spirit of the previous art group, this group is a great chance to connect with other service users and be creative.

Every Wednesday from 3-4pm on Microsoft Teams. Facilitated by Sandya Rajagopal, Art Psychotherapist.

## Inside the Next Issue

### Information about IPS

Individual Placement and Support (IPS) is an employment & education support service that will help and support you to find work and/or educational courses.

### Employment Success Stories

**"Feeling positive, happy & motivated"**

**"I can't believe the person I used to be"**

**"Feeling more confident everyday"**

### Interested in finding work?

Contact Ophelia Kainth  
(IPS Employment Specialist)

Email: [opheliak@betterpathways.org.uk](mailto:opheliak@betterpathways.org.uk)

## Carers Program

Our carers educational program will now be held over Microsoft teams.

Over 8 interactive, weekly, sessions we will cover things like effective communication and relapse management, as well as education about psychosis and the treatments we use in SEIS.

Ask your loved ones' care co-ordinator or a member of the SEIS team for more information and details about the next set of sessions!

# World Mental Health Day

This is a day dedicated to raising awareness and support to mental health. Our mental health and wellbeing is just as important as our physical health. During this pandemic, it is even more important to check in with our mental health and do activities that promote our mental wellbeing.

**What is mental wellbeing & why is it important?**

‘Mental wellbeing’ is a term used to describe feeling good and functioning well with everyday life. Mental wellbeing helps us cope with stressful life events, trauma and long term illnesses and helps us live a healthier lifestyle.

## 5 WAYS TO IMPROVE YOUR MENTAL WELLBEING

### 1 Connect With Others

Connect with family and friends. If not in person, by phone or video call. Or connect with other service users by the virtual drop-in (for more details see page 2).

### 2 Be More Active

Physical activity can help improve our mood and reduce feelings of stress or anxiety. It is also a good way of challenging ourselves and keeping busy. Tip: Do activities you enjoy doing!

### 3 Learn Something New

Learning something new can help improve our self-esteem and can give us a sense of purpose and achievement. Try learning a new skill or hobby that interests you!

### 4 Mindfulness

Paying attention to the present moment can help us understand ourselves (our feelings and thoughts) better and enjoy the world around us. Have a go at the mindfulness exercise (on the left).

### 5 Small Acts of Kindness

Helping others can make us feel good about ourselves and give us purpose in life. Start small: help those around you, ask how they are and give your support. But, also **taking care and being kind to yourself is just as important.**



Picture (above) adapted from: <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day/posters/world-mental-health-day-poster-white>



Take a moment to notice the world around you and name:

5 things you can see  
4 things you can hear  
3 things you can feel  
or can touch  
2 things you can smell  
or like the smell of

And take 1  
slow deep breath



# Distracting yourself

Distraction techniques can help us focus on something else when we're in a panicked, anxious or distressed state.

At first it can seem like a really difficult thing to do, but distracting ourselves can become a useful and healthy way of coping with difficult situations.

Here are some ideas that you could try out, or ask your close friends and relatives to do with you when you need support:

- Counting things around you (e.g. how many green things are in your room)
- Doodling or colouring. Try our colouring page at the back of this newsletter!
- Counting backwards from 10, then from 25, and then 50.
- Focus on your breathing. You could try breathing in until the count of four, holding your breath until the count of four and then breathing out until the count of four.
- Imagine a place where you feel safe, and then imagine all the sounds you can hear in that place.



The Solihull Early Intervention Psychology team also has lots of helpful distraction resources and activities, ask us for a distraction pack or for more info!

## Chaplaincy Service



### **Spirituality means different things to different people.**

Spirituality can provide meaning and comfort during tough times, and help us understand why difficult things happen. It can give us a sense of who we are, where we are going in life, and give us hope. Some people find their spirituality in a formal religious faith such as Christianity or Islam. Others may find a deep spiritual connection through a beautiful sunset, by creating a piece of art, or by looking after family.

The Spiritual Care team offer religious and spiritual support to all service users, carers and staff in the Trust. Things we can do with you include:

- ♦ 1:1 prayer and deep listening
- ♦ offering inspirational poetry or quotes
- ♦ teaching meditation & mindfulness
- ♦ running 'exploring your spirituality' activity groups which include crafting and drumming exercises
- ♦ marking special events, i.e. weddings or memorials
- ♦ help you to create self-care and resilience routines
- ♦ finding local faith groups or activities for you
- ♦ working with a clinical team to promote religious practice e.g. fasting whilst having medication
- ♦ advice about practising spirituality during illness, crisis or loss

We work with other clinical teams to make sure the advice and support we give is holistic and aids recovery.

You can ask to see a chaplain or spiritual care practitioner of your choice. We have people from all the major world faiths, as well as some minority faiths and non-religious chaplains. No matter your beliefs or how you find meaning and purpose, we are here to listen to you and support you with wisdom and compassion. We offer telephone appointments, face to face and group visits (where possible) and a variety of online and paper resources and exercises.

You can contact the chaplaincy service by:

**Telephone:** 0121 301 1276

**Email:** [bsmhft.spiritualcare@nhs.net](mailto:bsmhft.spiritualcare@nhs.net)

**Post:** Head of Spiritual Care, Trust Headquarters, Unit 1 B1, 50 Summer Hill Road, Birmingham B1 3RB

Or speak to one of the team who can provide you with more information.

# Additional Support

## Useful Contact Numbers

Adult Social Services	0121 704 8007
Carer's Allowance	0121 704 8100
Child Benefits/HMRC Enquiries	0300 200 3100
Children's Social Services	0121 788 4300
Claims for ISA/ESA/IS	0800 055 6688
DLA Enquiries	0800 121 4600
General Benefit Enquiries	0800 169 0310
Housing	0121 717 1515
Existing PIP Claims	0800 121 4433
New PIP Claims	0800 917 2222
Tax Credits	0345 300 3900
Universal Credit	0800 328 5644
All Other Services	0121 704 8100

## Solihull Early Intervention Service



Maple Leaf Centre  
2 Maple Leaf Drive  
Marston Green  
B37 7JB

### Contact Details

0121 301 4967 Between 9-5 Monday to Friday

0121 301 5885 Between 9-5  
Saturday & Sunday  
(ask for SEIS)

0121 262 3555 Out of hours

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

## Mindful Colouring & Useful Links

Why not try our mindful colouring activity on the next page?  
Bright and bold or calm and pastel, it's your choice!

- ♦ <https://www.mind.org.uk/information-support/coronavirus/>
- ♦ <http://www.hearing-voices.org/resources/covid-survival/#links>
- ♦ <https://www.mind.org.uk/information-support/coronavirus/coping-with-mental-health-problems-during-coronavirus/#TakingCareOfYourMentalHealthDuringCoronavirus>

## Local Foodbanks:

Name	Address	Opening Times	Delivery / collection times	Contact details
Around Again Social Supermarket	100 Chapelhouse Road, Fordbridge, B37 5HA	Tuesdays only 11:00-16:00	10 min slots between 11:00-16:00	0121 4480720 and select Option 3 for the social supermarket
Helping Hands	Renewal Family Centre, Vulcan Road, Solihull, B91 2HZ	Mon-Fri 7:00-21:00	Delivery Times 9:00-17:00	<a href="mailto:hello@renewalcc.com">hello@renewalcc.com</a> 0121 7117300
Kingfisher Foodbank (Trussel Trust)	Auckland Hall, Sunbeam Close, Smiths Wood, B36 9JR	Tues & Fri 12:30-15:30	10:30-12:00	<a href="mailto:kingfisherfoodbank@gmail.com">kingfisherfoodbank@gmail.com</a> 07902030134



TAKE  
a moment  
TO  
Breathe