



TrustTalk

Spring 2023

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Welcome to Trust Talk

We would like to welcome you to the second edition of our quarterly newspaper, Trust Talk.

As you may have seen with the first edition, Trust Talk is available as a hard copy from reception at all our sites, as well as the electronic edition on Connect, our Trust intranet. This is so that colleagues, service users and carers – and their families – can all access it. In line with our People Strategic Priority, we have designed Trust Talk to help everyone understand our organisation better, to celebrate the fantastic work of our colleagues and to help make BSMHFT an even better place to work.

I (Patrick) would also like to take this opportunity to thank everyone for the kind messages and congratulations I've received since my appointment as Deputy Chief Executive was announced a couple of weeks ago. It has been very encouraging and even overwhelming!

Across the Trust we have been working through the results of the 2022 NHS Staff

Survey. The results, confirm what many of us already knew, we still need to do more to bring our values to life for all of our employees.

This year for the first time, the survey included our bank only colleagues and in total we heard from over 2,500 colleagues which is more than ever before.

The survey data tells us we still need to do more to become the inclusive anti-racist anti-discriminatory organisation we wish to be. The numbers are also clear that we need to do more to show how much we value and recognise the talents and efforts of everyone.

Our response to the staff survey results will happen at every level of the organisation from the Board and the senior leadership team to individual services and teams, we want to listen, to involve as many people as possible in seeking views and ideas on what we need to do to make much needed improvements.

Back to Trust Talk, and we can read about the winners of our brand new *Team of the Month* award. We want to recognise those who bring alive our values of Compassionate, Inclusive and

Committed every day while they're at work so please take a look at how you can get involved and share your nominations.

Talking of awards, our annual Values Awards ceremony takes place at the end of April, an event we're all really looking forward to. We have nine categories this year and we'll share the winners and the joy of that occasion in our next edition.

In this edition we also celebrate our Huntington's disease team's decade in a global research study. We can read of our pride in being a centre of excellence for the treatment of Huntington's disease and Lord Hunt's recent visit to meet the team at the Barberry Centre.

This edition also has lots of personal, honest and inspiring stories - Abdi Hussein, Recovery Peer Support Worker bravely shares his story of his battle with schizophrenia. Rachel Upton, Lead for Patient Experience and Coproduction in Reach Out, shares what working in the NHS is like when you have autism and the challenges she has faced along the way, both professionally and personally. Jazz Janagle, Mental Health Co-Production

Lead For Experts By Experience shares the difficulties he has faced but also tells us about what makes him proud. And we learn of Community Engagement Lead Beresford Dawkins' work at Unity FM Birmingham, the UK's largest Muslim community radio station and how this has really opened conversations across communities around mental health and the help and support available.

We also welcome our first NHS England international Mental Health Nurse, Morufat Omolara Ofoire – all of this and more. We hope you enjoy your reading!

Kind regards,

Patrick Nyarumbu MBE

Deputy Chief Executive
Executive Director of Strategy, People and Partnerships

Anne Baines

Non-Executive Director

Meet our Board of Directors



Roisin Fallon-Williams
Chief Executive



Philip Gayle
Chair



Vanessa Devlin
Executive Director of Operations



Dr Fabida Aria
Executive Medical Director



Sarah Bloomfield
Executive Director of Quality and Safety (Chief Nurse)



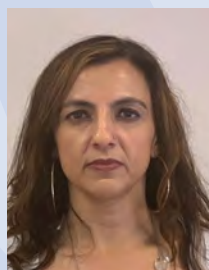
Steve Forsyth
Interim Executive Director of Quality and Safety (Chief Nurse)



Dave Tomlinson
Executive Director of Finance



Patrick Nyarumbu MBE
Executive Director of Strategy, People and Partnerships



Monica Shafaq
Non-Executive Director



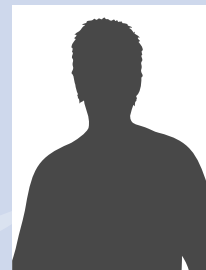
Winston Weir
Non-Executive Director



Anne Baines
Non-Executive Director



Bal Claire
Non-Executive Director



Vacant post
Non-Executive Director



Linda Cullen
Non-Executive Director

"Great things are done by a series of small things brought together."

Vincent Van Gogh

Keep up with us online

bsmhft.nhs.uk
facebook.com/NHSbsmhft
twitter.com/bsmhft

A visit to the Huntington's disease team by Lord Hunt

Our world-renown Huntington's Disease (HD) team has recently celebrated 10 years of its involvement in the global study ENROLL-HD.

ENROLL-HD is a clinical research platform and the world's largest observational study for Huntington's disease families. It was established with three main aims: supporting clinical trials in HD; enhancing understanding of HD and improving clinical care. It is a resource for the entire HD community, including families, clinicians, researchers, advocates, and anyone else who has a connection to or an interest in HD.

Huntington's disease is an inherited condition. People with the disease usually start showing symptoms between the ages of 30 to 50, and as the disease progresses the damage to the brain gets worse. It can affect movement, cognition (perception, awareness, thinking, judgement) and mental health. Because of the early age at which people can be affected, it is vital to get the right treatment in place at the right time.

Any member of a family affected by HD can take part and participants attend one study visit each year. At this appointment, they undergo a series of movement, cognitive, functional and behavioural tests and can donate a blood sample. As HD signs and symptoms can often progress slowly, the fact that ENROLL-HD is an open-ended study allows for the long period of time needed to better understand how the disease changes. Knowing in fine detail how HD typically unfolds means clinicians and researchers can better evaluate whether a new drug being tested in a clinical trial is working to slow down the



Lord Hunt of Kings Heath OBE is pictured third from left with members of our HD team

progression of the expected changes.

So far, 28,000 people from around the world have been involved in ENROLL-HD including 170 of our service users, making us the fourth best recruiting site in the UK.



Prof. Hugh Rickards

What the team is seeing so far from ENROLL-HD, is that people with HD get changes in their thinking before there are any changes to their motor skills. Studies like this are key to our HD team's care and management of the condition and it's thanks to this type of research that we can recruit to trials for substances that help to change the disease. Over the last decade, over 100 scientific papers have been generated globally, as a result of the ENROLL-HD study,

some of which our team has written.

BSMHFT is proud to be a clinic of excellence for the treatment of Huntington's disease. The team consists of nurses, dietetics to help with nutrition and food, occupational therapy to help make everyday tasks easier, speech and language therapy for feeding and communication problems, physiotherapy to help with movement and balance, and access to mental health services - all overseen by Prof Hugh Rickards, our Consultant in Neuropsychiatry.

Recently, the team also welcomed a visit from Lord Hunt of Kings Heath OBE. Lord Hunt has become an advocate for people with Huntington's Disease and has started taking an active interest since meeting with the Huntington's disease Association. He visited our Barberrry Centre to meet with the team to learn more about the condition, the vital work they do and discuss the importance of access to mental health services.

New website loading...
July 2023



This summer, we will welcome the launch of a brand new BSMHFT website. The current website is thought to be around 15 years old and is way past being fit for purpose.

Between now and the summer, our Programme Management Office and Communications teams are working hard together to create a fresh, modern, interactive and informative website that will be easier to use and navigate.

Designed with service users in mind, it will fully represent our Trust, our values and the care we provide.

Existing content is currently being reviewed and updated which will ensure a seamless move across to a new, supported platform that will reflect the latest technologies and industry trends.

Contact us

To contact our Trust with any general enquiries:

☎ 0121 301 0000 (our switchboard)

Trust headquarters address:

☑ Birmingham and Solihull Mental Health NHS Foundation Trust
Uffculme Centre
52 Queensbridge Rd
Birmingham
B13 8QY

Birmingham and Solihull Urgent Mental Health Helpline, in partnership with Birmingham Mind

If urgent mental health help is needed you can ring the numbers below for advice and support

☎ 0121 262 3555

☎ 0800 915 9292

This line is available 24 hours, 7 days a week

Patrick Nyarumbu appointed as Deputy Chief Executive

Executive Director of Strategy, People and Partnerships, Patrick Nyarumbu MBE, is BSMHFT's new Deputy Chief Executive.

The Executive Board recently agreed that the time was right for us, once again, to have someone in this role and following an internal process, Patrick was appointed.

Patrick joined BSMHFT in November 2020. Within his current portfolio, he has a number of responsibilities which includes supporting the delivery of the Trust's five-year strategy. He is responsible for a number of services including Human Resources, Learning and Development, Organisational Development, Communications, leads on equality, diversity and inclusion and is passionate about strengthening partnerships.

A mental health nurse by background, Patrick has worked in a variety of mental

health services including acute, forensic, community and home treatment. With first-hand experience of what it is like to work on the front line, he understands some of the challenges faced by staff and service users and recognises there is always room for improvement.

In November 2022, Patrick received his MBE from HRH Princess Anne, in recognition of his commitment to serving and helping the community over the last two decades.



It's okay...

...to feel worried about the future

Don't wait. Ask for help today.

You can talk to us 24/7 on 0121 262 3555



What Shape Are You In?

In 2018, a weekly one-hour live radio broadcast, dedicated to all things mental health and wellbeing, was launched on local community radio station, Unity FM.

A six-week pilot, offered initially to our Community Engagement team to promote mental health services to communities in Sparkhill and Sparkbrook, *What Shape Are You In?* is now one of the Unity FM's most successful shows. It regularly draws a weekly audience of 11,000 people with an additional online audience of 52,000.

Hosted by Community Engagement Lead and now experienced presenter and producer Beresford Dawkins, *What Shape Are You In?* features a range of mental health topics and remains a brilliant opportunity to showcase the diversity, knowledge and expertise of our staff and services.

Beresford, who has worked at BSMHFT for the last 12 years, said:

"This all came about after an interview on Unity FM where I talked about a community engagement event at our Zinnia Centre. At the end of that, I was asked if I would consider doing something on the station specifically around mental health – they were confident it would work.

"And it did! The show has really evolved over the last few years and really escalated during the pandemic. Through this unique partnership between BSMHFT and Unity FM and with greater use of digital platforms and media, we were really able to highlight the importance and benefits of engaging with communities through digital platforms about really important mental health topics. The increasing number of phone calls and texts we

receive during the show is also a positive sign of how the community is engaging well with the programme.

"Most recently, I've felt a renewed understanding and appreciation of the benefits of using this show to discuss really important mental health issues and promote the variety of services and support available across Birmingham and Solihull."

Unity FM Birmingham is the UK's largest Muslim community radio station that prides itself on lively debates and interesting discussions on a range of socio-political and religious issues.

Speaking about *What Shape Are You In?* Unity FM's Station Manager Nadia Akhtar, said:

We believe the impact of the programme has been fantastic. Listeners are able to engage in discussion, ask questions live on air, and seek information about support services.

The majority of our listeners are from black, Asian and minority ethnic backgrounds, and the programme has been a key platform to discuss taboos and stigmas that are associated with mental health. Most recently a listener contacted the studio office and described the programme as 'a breath of fresh air'."

You can listen to and get involved in the discussions on *What Shape Are You In?* every Wednesday afternoon between 4pm and 5pm on 93.5FM or via their website <https://www.unityfm.net/>

For further information and show discussion ideas, please email
✉ beresford.dawkins@nhs.net



"I've felt a renewed understanding and appreciation of the benefits of using this show to discuss really important mental health issues"

Roisin Fallon-Williams, Chief Executive

Send us your Trust Talk snaps

Where do you read Trust Talk? We're asking our lovely readers (yes, you!) to share photographs of you reading Trust Talk. Whether you're a member of staff having a quick lunchtime read, a service user with a keen interest in learning more about the services we provide, or a visiting relative - we want to see your snaps.

Share your photos today by emailing them to bsmhft.commsteam@nhs.net

Please note:

- All pictures must be of the highest possible resolution (blurry pictures cannot be accepted).
- If possible, please provide a short summary of what you think of Trust Talk!
- All photos sent through to the Communications team may be shared in a future edition of Trust Talk, on our website or social media channels.
- If you have any queries, please email bsmhft.commsteam@nhs.net



LGBTQ+ campaign launch to stop prejudice

A brand-new campaign that aims to stop prejudice against LGBTQ+ people has been launched across the Trust.

At BSMHFT, we operate a zero-tolerance approach to deliberate discriminatory and prejudiced behaviour. This campaign forms part of our wider No Hate Zone (NHZ) campaign to highlight that Team BSMHFT has absolutely no tolerance for discriminative behaviour and prejudice at all levels - even when it is unintentional.

We are asking colleagues to sign our No Hate Pledge in support of the LGBTQ+ campaign and our Trust Board showed their support at a recent Board meeting - joining the many colleagues who have already taken the Pledge.

We hope this campaign will help us to become a more inclusive Trust, resulting in better experiences for our colleagues, service users and carers.

Mental Health Natters

We recognise that we need to do whatever we can to counter discrimination and our Mental Health Natters team is helping



us to achieve this through their powerful podcast, Three Queer Voices in which they chat with three BSMHFT colleagues, Shay, Jazz and Evie. They cover significant historical events such as Section 28, a law that prohibited the promotion of homosexuality from 1988 until 2003.

This had (and continues to have) a huge impact on the LGBTQ+ community. They also discuss the annual LGBTQ+ History Month and what it means to them as well as sharing some of their personal stories and experiences openly and honestly.

Three Queer Voices and all of the other Mental Health Natters podcasts covering all things recovery and mental health, are available on Spotify. Trust staff can also find them on our intranet.



Spotlight on our *Team of the Month* winners

Our *Team of the Month* award is one of the ways in which we recognise our fantastic teams. With more than 4,000 staff working across over 40 sites, we are very proud of the 160+ teams that support thousands of local people who need our mental health expertise.

Whatever the role each team plays, *Team of the Month* recognises those who bring alive our values of Compassionate, Inclusive and Committed every day while they're at work.

We're delighted to share the first three winners of our *Team of the Month* award - take a look at our worthy winners:

December's *Team of the Month*: Solar Learning Disability Team

The Children and Adolescent Mental Health Service (CAMHS) Learning Disability team is a small and specialist service. They provide high quality care for all the young people they support, ensuring any activities are inclusive of those with special educational needs (SEN).

One example of their dedication which led to their nomination for *Team of the Month* was when they provided much needed care for a young person waiting for a specialist bed.

January's *Team of the Month*: Resuscitation team

The Resuscitation (Resus) team provides emergency life support training to our staff and supports them to manage clinical risks. They were nominated for working hard to improve our resus services, receiving positive feedback for their inclusive training sessions and taking on additional work. They are always there for each other in challenging times and they trust and respect one another, which makes even the most difficult days go smoothly.

February's *Team of the Month*: East Primary Care team

The East Primary Care team is a new team, established in May 2022. Already the team has had a positive impact on those they care for. They were nominated for going the extra mile for their service users. They listen to them and build care plans to meet their needs, linking with external stakeholders to ensure they find the right support. Since May 2022, the team has seen 1,250 people in primary care and only



Solar Learning Disability team



Resuscitation team



East Primary Care team

50 have moved into secondary care. In just a few months, the team has received excellent feedback from grateful service users.

Congratulations again to our first three winners of *Team of the Month* and a special well done to every team that has been nominated so far:

- ▶ Acacia ward
- ▶ Adult Community Mental Health Transformation Programme Team
- ▶ Ardenleigh Senior Management Team
- ▶ Bergamot Suite
- ▶ Caffra PICU
- ▶ Central Birmingham Two – Tamarind
- ▶ City Hospital Liaison Psychiatry
- ▶ Community Engagement Team
- ▶ Coral Ward
- ▶ Customer Relations
- ▶ Drug and Alcohol Liaison Team, part of Recovery Near You, Wolverhampton
- ▶ East Assertive Outreach team
- ▶ FIRST
- ▶ FIRST – Clozapine team
- ▶ Forensic Children and Adolescent Mental Health Service Ward team
- ▶ Forward House
- ▶ Handsworth Assertive Outreach
- ▶ Handsworth Home Treatment Team
- ▶ Hillis Lodge Nursing Team
- ▶ Japonica Ward
- ▶ Larimar
- ▶ Lavender Ward
- ▶ Medical Workforce Team
- ▶ Mental Health Act team
- ▶ Mental health team at HMP Birmingham
- ▶ North Assertive Outreach team
- ▶ North Community Mental Health Team
- ▶ Northcroft Reception
- ▶ Occupational Therapy - Inpatient Dementia and Frailty
- ▶ Perinatal Administration team
- ▶ Perinatal Team East
- ▶ Reach Out Commissioning Hub - Case Managers
- ▶ Rehab Steps to Recovery
- ▶ Sage ward
- ▶ Small Heath CMHT
- ▶ Solar Learning Disability team
- ▶ South Birmingham Primary Care
- ▶ South East Home Treatment Team
- ▶ Sycamore Ward ICU
- ▶ Tamarind Centre
- ▶ Temporary Staffing Team
- ▶ Trent Ward
- ▶ Warstock Lane CMHT
- ▶ Zinnia Community Mental Health Team

Nominate your *Team of the Month*

If you're a member of staff, service user, carer, family member or one of our health partners, we'd love you to nominate the team that you feel has had a positive impact on you.

Just complete the short nomination form explaining why your chosen team should be worthy winners of the *Team*

of the Month crown. This is available on the staff intranet, Connect or via our website www.bsmhft.nhs.uk.

Nominations for *Team of the Month* close on the 15th day of each month. Any nominations received in the second half of the month will be included in the following month's awards.



New Lead and Deputy Lead Governors appointed

Congratulations to John Travers, (Governor for Non-Clinical Colleagues) and Mustak Mirza (Service User Governor for Central and West Birmingham) who have been elected as Lead and Deputy Lead Governors on our Council of Governors.

Following a highly competitive election process, John and Mustak will hold these posts for a duration of three years, and are renewable once - meaning that both can serve a maximum of two, three-year terms.

Congratulations to John and Mustak - we wish them every success in their new roles.



John Travers



Mustak Mirza

If you want to contact John or to find out more about the role of our Governors, please email him in the first instance: j.travers@nhs.net or call him on 07812 260736.

It's okay...

CALL US

You can call us 24/7 on 0121 262 3555.

Our team of mental health professionals are on hand to talk day or night and just a phone-call away.

"Believe you can and you're halfway there."

Theodore Roosevelt

Celebrating Compassionate Focused Therapy

As part of World Bipolar Day in March, our Bipolar Services team was joined by service users and mental health specialists at the Midlands Arts Centre, to celebrate the findings of a project investigating Compassionate Focused Therapy (CFT) for adults diagnosed with bipolar disorder.

In 2019, Professor Paul Gilbert's Compassionate Focused Therapy (CFT) principles were trialled at BSMHFT, with select service users. CFT helps us to understand and work with, our tricky brains. It builds our abilities to use our bodies to support our minds and develop the courage and wisdom to address our difficulties. The therapy also teaches the mind to be helpful, not harmful, being aware of negative voices that we can speak to ourselves in - paying a particular attention to the tone of the inner voice.

Results from the trial were encouraging and our Bipolar Services team and the Compassionate Mind Foundation are considering next steps in terms of future collaborations.



Mandy Scott, service user

Mandy Scott was one of the select few service users to have received CFT.

Reflecting on her experience she said: "Looking back, CFT helped me to accept and recognise how I was feeling... I used to feel confused and frustrated and give myself a hard time as I didn't know what was behind the tears."

Our Bipolar Services team was initially set up by Clinical Psychologist Dr Sandra George in the late 1990s, following her recognition of the need for a specialist approach to help support people whose mood fluctuations significantly impacted their lives.

Fast forward to 2023, the service is a multidisciplinary team that aims to help support people who are struggling with problematic fluctuations of high and low mood. The service provides psychological support alongside other treatments offered by their community teams. The team also offers a programme called Mood on Track that is tailored to suit each service user's individual needs. They can also offer family work and cognitive behavioural therapy.



Professor Paul Gilbert, BSMHFT colleagues and service users



Cassandra Wilkins, service user

Cassandra Wilkins, another service user supported by the Bipolar Service team, commented: "Mood on Track and the Compassionate Focused Therapy has helped me in my everyday life, using it to parent my children... whenever they approach me with a problem, I can instantly feel the compassionate mind starting to work in me."

If you or a loved one is struggling with significant mood changes, please remember, you are not alone. Reach out to your local GP in the first instance.

Please note, you must be under the care of a Community Mental Health Team (CMHT) in order to be referred to our Bipolar Services.

Further information about Mood on Track and the support available for Birmingham and



Professor Paul Gilbert and Dr Lizzie Newton

Solihull residents can be found on our website by scanning the QR code.

If you would like to read more about Compassionate Focused Therapy, please visit Compassionate Mind Foundation's website

www.compassionatemind.co.uk



Special Edition



Birmingham and Solihull
Mental Health
NHS Foundation Trust

Your Health and Wellbeing

Including...

**Looking after
your health
and wellbeing**

**Cost-of-living
support**

**Dietitian
services**

Plus much more



Working together to eliminate hepatitis C



BSMHFT is part of Solihull Integrated Addictions Service (SIAS), a partnership of organisations, commissioned by Solihull Metropolitan Borough Council, working closely together to ensure that people who are struggling with alcohol, drug or gambling addiction get the support they need.

SIAS is currently working with the NHS Addiction Provider Alliance to effectively eliminate hepatitis C by 2025.

Hep C is a blood-borne virus which commonly affects the liver. If left untreated, it can cause potentially life-threatening damage to the liver and may also affect the digestive system, lymphatic system, immune system and brain. It is transmitted through blood-to-blood contact, often through injecting drug use. It can also be transmitted through sharing crack pipes or bank notes and straws when sniffing cocaine. It is estimated that around half of people who inject drugs in England have, at some point, been infected with hep C.

SIAS has been loaned a Cepheid testing machine through the national project, meaning they can diagnose a client with hepatitis C through a quick finger-prick blood test. Sarah Keeling, Non-Medical Prescriber and Ben Smith, SIAS practitioner have tested nearly 70 clients since November last year.

Speaking about the use of the Cepheid machine, Ben said:

"This has been a game changer. Using the Cepheid machine to maximum effect has helped to push towards the goal of eliminating hepatitis C. It has made a massive difference in SIAS and the local community."

The SIAS team has worked hard to promote hepatitis C testing to their clients, holding a 'Love Yourself, Get Tested' event on Valentine's Day and a 'Spring Clean Your Health' testing drive in March. People taking part have fully embraced the testing and also brought others at risk of the virus to be tested, due to their newfound awareness of hepatitis C. SIAS has also been able to engage those introduced to their service in opiate substitute treatment and support to manage their addiction.

Not only are the team making great progress in eliminating hepatitis C, they have also built increased trust among the community they are there to support.

NHS England states that hepatitis C currently affects 215,000 people across England and according to the most recent statistics, an average of 1,974 new cases developed between 2011 and 2015. In January of 2018, the NHS committed to eliminating hepatitis C by 2025, five years earlier than the World Health Organisation's goal of 2030.

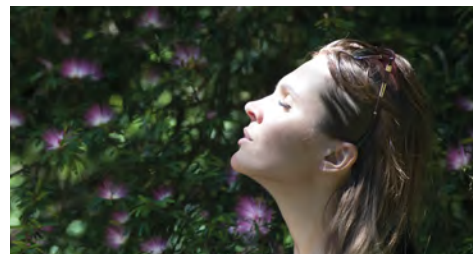
Mental Health Awareness Week 2023

Mental Health Awareness Week takes place between Monday 15 – Sunday 21 May and this year's theme is anxiety. Most of us will have felt anxious during our lives and it's a totally normal emotion but sometimes it can be overwhelming and becomes a mental health problem.

Anxiety is a feeling of unease or fear and many things can make us feel like this including relationships, financial worries, work, health problems and significant life events. A recent survey by The Mental Health Foundation revealed that a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in 10 adults feel this way, at least some of the time. Rest assured that if you are living with anxiety, you are certainly not alone.

We spoke to our Birmingham Healthy Minds (BHM) team to get their advice on managing anxiety. BHM is our psychological therapies service for people with depression and anxiety symptoms.

They advise that a key skill in managing anxiety or panic is carving out time in your day to stop. Taking time out when we're busy can be hard but is often the thing we need to do most. Stopping is one of the hardest skills we can practice in a fast paced world, but just two to five minutes of



mindfulness, meditation or relaxation has been shown to significantly decrease anxiety levels.

Why not try this mini body scan which takes just five minutes:

- Start at the crown of your head or the tip of your toes;
- Scan your body with your mind, making sure to release any tension that's built up throughout the day;
- Breathe deep into your belly as you do this;
- Try to do this at the same time each day - over time it becomes routine;
- Add a small body scan to your existing routines - mornings or evenings can be best.

BHM also shares their advice on managing panic attacks, a symptom of stress and anxiety, where overwhelming physical sensations can be

intense and frightening.

Our body tries to protect us and alert us to potential danger, but sometimes this system can tell us there is something wrong even when we are safe. Experiencing a panic attack can feel like something much more serious such as a heart attack or stroke but it is possible to bring them under control. Understanding the sensations you're experiencing can help. Your heart beats faster to supply your muscles with more oxygen to deal with what seems like danger and sometimes your vision can change to focus on threats. It can feel scary but is totally normal, as are pins and needles or feeling faint during a panic attack.

If you experience panic attacks here are some useful tips in managing your symptoms:

- Control your breathing, trying to ensure that you exhale longer than you inhale;
- Challenge catastrophic thoughts with affirmations like 'this feeling will pass';
- Try to remember panic attacks usually pass in 10 – 30 minutes;
- Distract your senses by identifying five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.
- Don't be afraid to ask for support.

Birmingham Healthy Minds

If you need support to manage anxiety or depression and are aged 16 and over, with a Birmingham GP, Birmingham Healthy Minds can help you. If you are from outside of this area, details of how to find your nearest service are on our website.

- 🌐 birminghamhealthyminds.org
- ✉ bsmhft.bhm@nhs.net
- 📞 Text 'BHM' to 60777
- 📞 0121 301 2525 between 9am and 4.30pm, Monday to Friday

You can also complete the online self-referral form at www.birminghamhealthyminds.org

Computerised Cognitive Behavioural Therapy (cCBT) - in conjunction with SilverCloud Health - is also available on the BHM website. This is an online programme aimed at helping you reduce symptoms of stress, anxiety, or depression. A qualified practitioner will support you via email and invite you to an appointment for an assessment if you need further support.

Birmingham and Solihull Staff Mental Health and Wellbeing Hub

Staff can access the Birmingham and Solihull Staff Mental Health and Wellbeing Hub. They will accept self-referrals by phone **0121 301 1470** (staff should leave a voicemail with their details) or by email: bsm-tr.referrals@nhs.net

Every Mind Matters

Useful resources are also available on the NHS Every Mind Matters website. Just search for Every Mind Matters.

Walking to a healthier future

When someone mentions the word 'exercise', what's the first thing you think of? Is it going to the gym, for a run, or perhaps swimming a few lengths in the pool? For many people these are all great ways to keep fit and healthy but they're not for everyone.

Luckily, here is a gentler, simpler, form of exercise which most of us can do. It will help you lose weight, stay healthy and even better, it's free. And it's called walking!

May is National Walking Month, so why not take the great opportunity to #WalkThisMay to a healthier future?

Often overlooked, walking can improve our physical and mental wellbeing, help us to manage conditions like obesity and diabetes and reduce our risk of heart conditions and cancer. There is also evidence that walking can improve our mood and reduce the risk of developing dementia.

We spoke to our Professional Lead Health Instructor, Gregg Newman, about walking and he gave some great advice on how you can start to walk more. He said:

"Walking is a great way to start being more active. Getting started can be easy. Build walking into your everyday routine by doing simple things like taking the stairs instead of the lift or getting off the bus one stop earlier or walking to the shops, leaving the car at home for all those short journeys. You can build up your walking and activity gradually, something is better than nothing!"

NHS England recommends a 10-minute brisk walk each day, which would mean walking faster than a stroll but not walking so fast you're out of breath. All you need to get started is some comfortable shoes that provide adequate support and don't cause blisters!

Walking is also a great way to meet people and make new friends, which can keep you motivated



and boost your wellbeing. You can look for local walking groups by visiting the Ramblers website www.ramblers.org.uk, a charity that aims to bring people together who like to walk and be outdoors.

If you'd like more information on National Walking Month, visit the Living Streets website www.livingstreets.org.uk. For further details on the benefits of walking, how you can make it a habit, and what to do if you have mobility issues, please visit the NHS England website – simply search 'NHS England' and 'Walking for health'.

Staff service to help quit smoking



Plans are afoot to launch a Tobacco Dependency Service, to support staff who wish to kick the habit.

Acknowledging that stress can make it difficult for people to stop smoking at work, the service will work closely with staff to help them to quit.

This new support for staff will follow the upcoming launch of our inpatient Tobacco Dependency Service, that helps service users with nicotine addictions, helping them to be physically as well as mentally fit.

Hanan Khan (Tobacco Dependency Service Lead) and Christina Lal (Tobacco Dependency Advisor) make up the service and are dedicated to supporting service users and staff with nicotine addictions.

We invited Hanan and Christina to share the benefits of giving up smoking, the different methods available to help quit and the support available.

Benefits of being smoke free

Research shows that when you stop smoking, your anxiety, depression and stress

levels are lowered, breathing levels improve, you can smell and taste the food you love much better and the dosage of some medications used to treat mental health problems can be reduced. In fact, stopping smoking can be as effective as antidepressants!

In addition, your longer-term risks of cancer, lung disease, heart disease and stroke will be significantly reduced and it can take as little as six weeks to start feeling the mental health benefits of stopping smoking.

More information is available on the NHS website www.nhs.uk/better-health/quit-smoking/

Quitting the habit

There are a variety of resources to help you quit smoking. E-cigarettes are proving very effective in helping. Although not 100% risk free, these are proven to be 95% less harmful than cigarettes.

Nicotine replacement products like patches, gum, inhalators and lozenges also help to supply the body with clean nicotine, without the thousands of chemicals in cigarettes.

Support available

No matter how long you've smoked for, quitting can improve your health with toxic gas levels in the blood dropping as soon as 20 minutes after your last cigarette and your taste, smell and breathing can improve in just two weeks. Also your risk of a heart attack reduces by half within a year. Our local authorities can provide support.

Birmingham City Council:

📍 www.birmingham.gov.uk - search 'help to stop smoking'

Solihull Lifestyle service:

📍 www.gatewayfs.org
📞 0800 5999880

To find your local Stop Smoking Service: www.nhs.uk/better-health/quit-smoking and download the free NHS Quit Smoking app

BSMHFT colleagues can email hanan.khan2@nhs.net and christina.lal@nhs.net for support and for information on Tobacco Dependency Service training on wards.

Looking after our health and wellbeing

It's always good to hear from others about how they look after their mental and physical wellbeing. We can all get caught up in the whirlwind of life that we forget to take time out to prioritise ourselves, our minds and our bodies.

Sarah Theaker, Compassionate Mind Trainer (Lived Experience Practitioner) tells us about her role and how she looks after her mental wellbeing. "My job involves sharing the Compassionate Mind Training (CMT) course



with colleagues across the Trust, along with holding reflective spaces for our course alumni to explore and develop the techniques they learned in our one-day training.

"Outside of work I spend a lot of time teaching and practicing yoga. I'm currently learning a bit about vegetable gardening too and I really enjoy getting out to some of my local live music and comedy venues.

"I look after my mental wellbeing by being outdoors in nature, practicing as many nourishing routines as I can. I also use the CMT techniques I first learned as a service user and now share with colleagues through my work as a trainer and lived experience practitioner.

"I look after my physical health by walking everywhere, occasionally lifting heavy things at the gym, practicing yoga, laughing a lot, eating real food and respecting my need for sleep.

"My top tip is to be gentle with yourself, because you're doing the best you can and small changes can make a big difference."

If you are a BSMHFT member of staff and you are struggling to manage your anxiety, you can join Sarah for her one-day CMT training where you can learn some of the skills and techniques around compassion that she uses on a daily basis to support her own wellbeing! Simply drop her an email to:

✉ bsmhft.compassionate.mind@nhs.net

Cost-of-living support

We know that for a lot of citizens across Birmingham and Solihull, times are really tough at the moment. The cost-of-living crisis has made it much more difficult for many of us to afford basic necessities, such as food.

If this is something you or your loved ones are currently experiencing, there's lots of support available and a number of ways to get food at a discounted rate, or for free.

If you live in Birmingham:

- A Birmingham Food Justice Network Map has been created to help you find nearby food options. This includes foodbanks, food clubs or food pantries (where you can get cheaper food) as well as community cafés (where you can get a free or cheap hot meal). Scan the QR code to open the virtual map.



- Birmingham City Council's website has further details on how you can register for foodbank vouchers. Simply scan the below QR code to their website or alternatively you can call their Customer Service Centre on 0121 303 1116 to book a referral. Their opening hours are Monday to Friday from 9am to 7pm, and Saturday 10am to 1pm.



If you live in Solihull:

The Metropolitan Borough of Solihull's Here2Help webpage has many helpful resources and useful information. If you are struggling to pay for food for yourself and your family, there are a number of options available for. Advice on emergency food parcels, food support ranging from children to older people, or useful apps to download that help to keep the costs down on your weekly shop can all be found on their website

📍 www.solihull.gov.uk/Here2help.

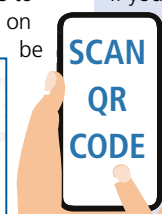
You can also scan the QR code.



It's okay... to feel worried about the future.

The cost-of-living doesn't just affect our finances, for many it can have a significant impact on our mental health. Stress, anxiety and worry can take its toll, but it is important to remember you are not alone. If you feel the need to talk to someone,

we are here. Please call **0121 262 3555** to speak to a team of mental health professionals. Remember, we are living in uncertain times at present and it's okay... to not be okay.



It's okay...
to feel worried about the future.
Ask for help today.



You can talk to us 24/7 on 0121 262 3555

NHS **LivingWell** **Mind Birmingham**

Recovery College for All

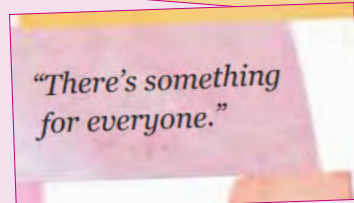
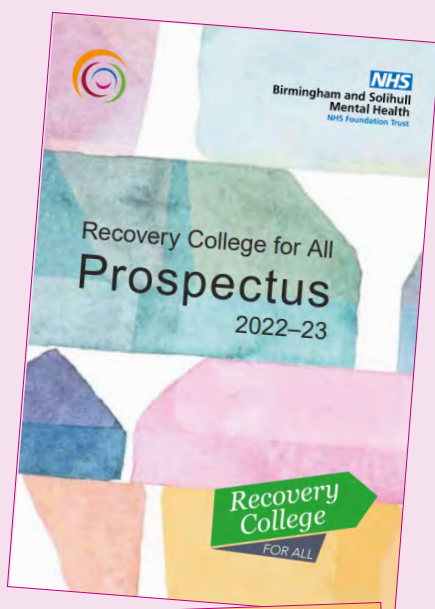
BSMHFT's Recovery College for All is built on the belief that learning together makes us stronger and supports our recovery and wellbeing. The college offers a range of sessions which are open to our staff, service users, families and carers and Foundation Trust members.

These sessions are co-designed and co-facilitated by individuals who have lived experience of challenges with their own mental health (Experts by Experience), carers and healthcare professionals.

They also work with a number of partner organisations including the Royal Literary Fund, Aquarius (part of Solihull Integrated Addictions Service), The Recovery Foundation and the Aston Villa Foundation - to name a few.

Most sessions are delivered face-to-face, with some available online. The following are available and many more are in development:

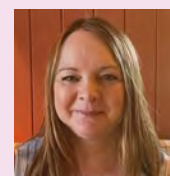
- Understanding Dementia
- Gambling, what's the problem?
- Music for connection and expression
- Hope in recovery
- Exploring Depression
- Living with psychosis
- The role sleep plays in recovery



Learners who attend the college have had very positive experiences, saying that courses have given them inspiration and motivation and helped low self-esteem.

Recovery College for All resumes in May and will be running sessions from the Uffculme Centre, Moseley, Oikos Café, Erdington and The Renewal Centre, Solihull. For a prospectus, call **0121 301 3992** or visit **www.bsmhft.nhs.uk**

I began as a volunteer at Recovery College for All before getting my current role as a Recovery Peer Support Worker. I can honestly say that being part of the team and attending the college has played a huge part in my own recovery journey. I am passionate about both personal recovery and our Recovery College, and the unique learning environment it provides. Meeting learners has been a privilege and something I look forward to each term



Justine Lovell
Recovery Peer Support Worker



Embrace exercise is message of our Health Instructors

As a mental health trust, we recognise the positive impact exercise and physical activity has on our wellbeing. We have 16 Health Instructors whose role is to talk to and educate service users about how exercise and physical activity can contribute to their improved mental health and recovery, as well as reducing their risk of long-term physical health conditions.

Based in our acute inpatient, secure and offender health and community services, the Health Instructors always carry out a thorough assessment before recommending any form of exercise or physical activity. This is to ensure it's safe for our service users to exercise and to identify activities that reflect their abilities and to set achievable goals.

With a number of gym and exercise spaces across our sites, Health Instructors are also working alongside staff, giving them the skills and tools to facilitate physical activity sessions themselves. For staff it's an opportunity also to learn more about the far-reaching benefits of exercise on mental health recovery. Some service users are also joining up with staff for football and tai chi sessions, further building staff and service user relationships and trust.

Out in the community, our Health Instructors are working with community teams to take service users to attend exercise or physical activity sessions. Working collaboratively with partners such as Sports Birmingham and the Aston Villa Foundation, has allowed the Health Instructor team to build a network of local physical activity providers who truly understand and can meet the needs of our service users.

Our Community Health Instructors are currently supporting service users in Longbridge, Erdington, Kingstanding and Sutton Coldfield. Sparkhill will soon be added to this list as they're teaming up with our Zinnia Centre and a nearby leisure centre to provide exercise sessions for our service users and the wider community, including cycling and walking groups in the local park.

The team recognises that current funding will not continue in the long term but hopes they will be able to continue with their work in the community because of the partnerships they've formed and the interest they've generated in taking part in exercise.

To live well, is to eat well

We are proud of our long history of having a dedicated team of Dietitians, supporting service users as part of their recovery journey. Dietitians are specialist registered health professionals who use the science of nutrition to treat specific medical conditions and also support populations of people to live longer, healthier lives.

At BSMHFT, our specialist teams are based within our Eating Disorder and Neuropsychiatry services, where nutritional intake is directly related to the person's illness and recovery. We also support service users who may be experiencing malnutrition, are very underweight or have specific vitamin or mineral deficiencies. This is very common in older adults with dementia, or where service users have not been able to meet all their self-care needs, due to their mental health condition worsening.

A large part of the work our Dietitians do is support service users to eat healthily to prevent other types of illness in the future such as heart disease and diabetes. Some of the medications prescribed can cause side

effects such as increased appetite, leading to weight gain. Dietitians will work with service users when they are well enough to make positive choices and changes. The team does this by visiting inpatient wards if appropriate – or making contact with other services provided by the community.

The team has produced a guided self-help manual that can be used by staff, service users and carers. It has lots of information and space to add your own goals called Mind What You Eat and you can request a copy by calling 0121 301 2429. There is also an electronic version available when you email bsmhft.dieteticservice@nhs.net. If you have any questions in relation to this article, or would like to self-refer, please get in contact with the team using the details above.

If you are looking for reliable, up-to-date nutrition resources on a range of health conditions, head to the Food Facts page on the British Dietetic Association website:

📍 www.bda.uk.com/food-health/food-facts.html.



Scan the QR codes for more helpful resources.



Depression and diet health



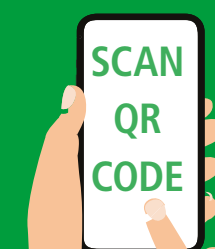
Eat well, spend less



Food and mood



Heart



With the right support, recovery is always possible

Abdirisak Mohamed Hussein is a pretty remarkable man.

At 21, 'Abdi' arrived in the UK from Somalia in 1989 to seek asylum and spent the next nine years moving between friends and relatives' homes in London and Sheffield.

Constantly pre-occupied and worried about the war back home and getting no closer to his dream of pursuing higher education in the UK, his mental health began to rapidly decline. He felt stuck and resorted to drugs and alcohol to forget the problems he was having.

In 2005 Abdi was admitted to a mental health unit in Rotherham, following a diagnosis of Schizophrenia. It was during his time there that an Occupational Therapist took the time to listen to Abdi's dreams of studying and assisted with getting him onto an open university course.

Following his discharge, Abdi's care was transferred to our community mental health team and his recovery continued. In 2014, Abdi went on to achieve his honours degree in Health and Social Care, before working for the Royal College of Psychiatry for five years.

In 2017, Abdi completed the BSMHFT

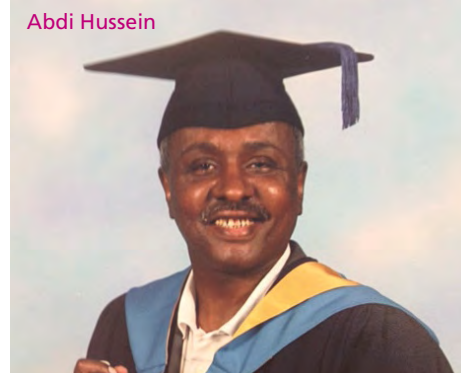
training to become one of our Recovery Peer Support Workers (RPSW) at the Tamarind Centre. This is a role that was developed specifically for people who have lived experience of mental distress. Through sharing wisdom of their own experience, RPSWs are positive role models that inspire hope and belief that recovery is possible in others.

Five years since becoming a RPSW, Abdi is a familiar face and positive force among the Tamarind team. Attending three days per week, he participates in a variety of activities and groups with service users, sharing his own life story to encourage them to open up and share theirs.

When it comes to maintaining good mental and physical health, Abdi prioritises the gym five days per week, combining cardio and resistance workouts. He also loves reading self-help books, which he says help him to sleep, eat well and feel happier.

Reflecting upon on his journey, Abdi who feels he has now achieved his dream of becoming an educated, self-sufficient man, said:

"Ever since I qualified and started working for BSMHFT, I became even more hopeful.



Abdi Hussein

I am grateful to the Trust for giving me this employment opportunity to move forward and progress in life. I have never wanted my illness and the circumstances I was in, to define my future and I hope that others who share the same plight as me can use my story as a survival guide.

"I cannot thank enough all of the mental health specialists that I have met along my journey that have helped to turn my life around and enable me to reinvent myself. With the right

I cannot thank enough all of the mental health specialists that I have met along my journey that have helped to turn my life around and enable me to reinvent myself"

Abdirisak Mohamed Hussein

mental health support in place, recovery is always possible."

Abdi has also written a book about his recovery journey. Entitled 'The Best Recovery', the published book touches upon a lot of different areas of Abdi's experiences, not just back home in Somalia but also in the UK and his journey through mental health services. Abdi's book is available to buy through Amazon, Waterstones and other book stores.

Share your feedback through the Friends and Family Test



The NHS Friends and Family Test (FFT) is a quick and anonymous way of giving your views after receiving care and treatment from our services. We really value your feedback as it helps us to understand what we're doing well and where we need to improve.

It's quick and easy to do and there are four ways to give your feedback:

- Visit <https://fftsurvey.bsmhft.nhs.uk/> and fill out the FFT
- Digital tablets are available at Trust sites – ask one of our staff if you'd like to use one
- Pick up an FFT card from one of our sites and post it back to us for free
- Scan the FFT QR codes available at some of our sites to give your feedback

The feedback we have received through the NHS FFT over the last few months has been encouraging, with many positive comments. Here are just a few of them:

"I felt heard and understood – this was a judgement free space. Thank you for actually making this experience feel worth the hospital visit - if this was a hotel for mentally poorly people I would book another visit. Compassionate, Committed and Inclusive." **Psychiatric Decisions Unit**

"They are supportive kind and informative. Everyone takes their turn to support listen and advise." **Community Mental Health Team Small Heath**



"From the moment my brother was admitted the whole team have been so helpful and supportive. As a family we were very anxious and nervous but day by day the team helped us feel comfortable and assured us my brother was being taken care of." **Tamarind Centre**

"They really helped me with my anxiety and gave

me different coping methods - very friendly too. My coach really listened and helped me with day-to-day life."

Birmingham Healthy Minds West

If you have been cared for by any of our teams and would like to share your feedback, please do so. Thank you to those of you who already regularly share your feedback through the FFT.

Oliver McGowan training at BSMHFT

As a provider of healthcare, it is a mandatory requirement for all of our staff to complete the national Oliver McGowan training in relation to learning disability and autism.

Staff may be caring for service users or working with colleagues living with these conditions and this training will help them to provide safe, compassionate and informed care to autistic people and those with a learning disability.

The Oliver McGowan Mandatory Training programme is different from other training because it has been developed with, and will be delivered by, people with lived experience.

Oliver McGowan, 18, died at Southmead hospital in Bristol in 2016 after being given a drug he was allergic to despite repeat warning from his parents. He was mildly autistic and had epilepsy and learning difficulties.

The targeted training programme is named in memory of Oliver McGowan and in recognition of his family's campaigning for better training for healthcare staff.

We welcome this training as we strive to be an inclusive Trust that supports the individual needs of all of our colleagues, service users, carers and families. Ensuring our staff have a greater understanding of autism and learning disabilities will help us to improve the experiences and support we give to those living with these conditions.

The BSMHFT Team is already completing the e-learning phase of the training, with face-to-face sessions to follow. More information is available on the website www.olivermcgowan.org

Graham celebrates 40 years of pottery sessions

A pottery and arts expert is this year celebrating 40 years of delivering therapy sessions to hundreds of service users at Birmingham and Solihull Mental Health NHS Foundation Trust (BSMHFT).

Over the last four decades, Graham Taylor has worked across a broad range of services including older adult inpatient units, complex care units, addiction services and much more.

An Occupational Therapy and Art and Pottery Technical Instructor, Graham's pottery sessions are designed to help anyone, including those whose life has been affected by adverse experiences, illness or disability, by supporting their social, emotional and mental health needs.

Techniques used in the pottery sessions can include sculpting, painting or working with clay.

The pottery sessions can also help service users achieve a sense of accomplishment, creating something from scratch and feeling

proud about what they have made.

After graduating in 1982 with a BA (Hons) Degree in Ceramics at Wolverhampton Polytechnic, Graham began his working life at 21 years-old with a desire to use his creativity and skills to help and support others.

Graham said:

"I have done lots of pottery projects throughout the years. Using moulds has always helped the service users make something that they can be proud of and help build up their self-esteem."

Reflecting on their experience, one service user at our Saffron Suite, an adult male inpatient service said:

"I wanted to express my gratitude to Graham for the pottery classes that he runs. I also wanted to highlight how it has helped in my rehabilitation. I have really enjoyed these classes and it

has helped me get through the most difficult period in my life."

Jane Clark, Associate Director for Allied Health Professions and Recovery at Birmingham and Solihull Mental Health NHS Foundation Trust, said:

"It is hard to imagine the number of pottery sessions Graham has delivered over 40 years and the enormous benefit that this has brought to so many service users. Graham is immensely passionate, and we have been so privileged to have him as part of the Occupational Therapy service. The use of pottery as an activity to promote recovery continues to provide meaningful activity for people in their most challenging times."

"Many congratulations on reaching such an incredible milestone, thank you for all you have done and for sharing your skills to support the recovery of others."



1984



2001



1994

Graham's talents extend further than pottery. He has facilitated painting sessions, created large wall murals to brighten up rooms and has even acted in several shows to entertain inpatients, from playing 'Baron Hard Up' in Cinderella, to the Cowardly Lion in Wizard of Oz, Graham has played a huge part in improving a service user's experience whilst in mental health care.

Rachel's story for Autism Acceptance Week

Autism Awareness Week took place this year 27 March - 2 April. To mark this annual event, we caught up with our Lead for Patient Experience and Coproduction, Rachel Upton. Here she shares what working in the NHS is like when you have autism and the challenges she has faced along the way, both professionally and personally.

Living with a neurodiverse brain

Hi, my name is Rachel. I work currently for Reach Out (Low/Medium Secure Provider Collaborative) as the Lead for Patient Experience and Coproduction. I am also an autistic person with a range of other mental health diagnoses. I have been in touch with primary and secondary mental health services since my teens, so over 35 years.

My neurodiverse journey started when my second child received a 'working diagnosis' of 'atypical autism' in around 2010.

In the years following, they were diagnosed with autism, Pathological Demand Avoidant traits, anxiety, depression, suicidal thoughts, and pseudo hallucinations amongst other differential diagnostic investigations. I already noted that my older child had always been very different, very intellectual alongside being highly sensitive and struggled at school with 'strings' of instructions and hidden social rules – However, because they were academically highly able, their other challenges were not 'seen' by the schooling system as a problem for the school, although my

child didn't find it easy and behind the scenes also had long episodes of anxiety and self-harm.

Things differed for my second child due to how they 'presented' in a school setting, eventually leading to a severe mental health crisis and over five years of involvement with the Child and Adolescent Mental Health Service (CAMHS), inpatient care, crisis services and other emergency services.

During this time, it was noted by one of the clinical staff in CAMHS that they wondered if some of my challenges (and diagnoses) might well be better understood in the lens of autism and Attention Deficit Hyperactivity Disorder (ADHD). Hence the start of another journey to try and understand my own mental health in a way that might help better day-to-day functioning and strategies to enable me to reduce the frequent episodes of my own crises such as burnouts, shutdown and social misunderstandings.

Alongside a long-standing career in mental health, learning disability and autism services, I often had periods of burnout and poor mental health, despite medications and therapies. Finally in 2019, the diagnostic journey started again and came up with as many answers as questions. Nevertheless, it provided an understanding of how living with a differently wired brain would always be with me and that, whilst therapy and medication can help, I need to live and work with the brain I have rather than continue to seek an elusive 'cure'.

The journey continues... I am far more honest



Rachel Upton



these days about the things I am not so great at, I also value the things I can do very differently and innovatively. I am blessed by working with a team of people who understand and support the things I struggle with, and value my quirks and creative approach to problem-solving. I receive support from Access to Work and found that the Autism Spectrum Disorder/ADHD coaching has been brilliant. The Trust were also very supportive of the request for using the best-practice and evidence-based guidelines in neurodiverse recruitment practice.

I live by the mantra that the world needs all sorts of brains, collectively neurotypical brains working with neurodiverse brains can achieve great things. I cannot tell you how to work with your autistic and neurodiverse colleagues because each person is unique, just as much as each neurotypical person is unique. My only and

best advice is to take time across your colleagues and teams to get to know each other. One of my favourite statements is 'seek first to understand then to be understood'. The story above is only one lived experience, but I do believe that by bringing diverse people together to improve the quality of patient care, we can collectively achieve better lives for the people we serve.

(* PS. As a post-script, the journey continues with my oldest child now being on the diagnostic pathway. My second child being was eventually discharged with a person-centred budget and life plan that has kept them out of hospital for a number of years and a quality of life and recovery that has changed their life for the better. We all now live far less 'masked' and have adapted life to our neurodiverse brains and sensory systems, and openly find solutions to day-to-day challenges together in a way that works for us all).

Our journey to achieving carbon net zero

Like other NHS Trusts across the UK, BSMHFT is on its own Green Plan journey towards achieving Carbon Net Zero.

In partnership with our specialist facilities management provider, Summerhill Services Limited (SSL), this Green Plan will incorporate environmental and sustainability principles into our regular business processes, goals, and values.

Split into two stages, the plan outlines why we're doing this, why it is important, and our sustainability plans for the short and longer term. Whilst the Green Plan is our 'guide', being 'green' and 'sustainable' is not a project, it is an ongoing process and cannot be 'ticked' as done. It's important to remember that everyone has a part to play in the mission to be more 'green'.

There are several initiatives already in place and Neil Cross, SSL's Sustainable Development & Energy Manager, is supporting us to ensure that they are implemented successfully. This includes working to move our SSL/Trust fleet of vehicles to electric/hybrid, partnering with local organisations to offer free bike repair workshops and with National Express, to secure some fantastic deals and offers on sustainable travel.

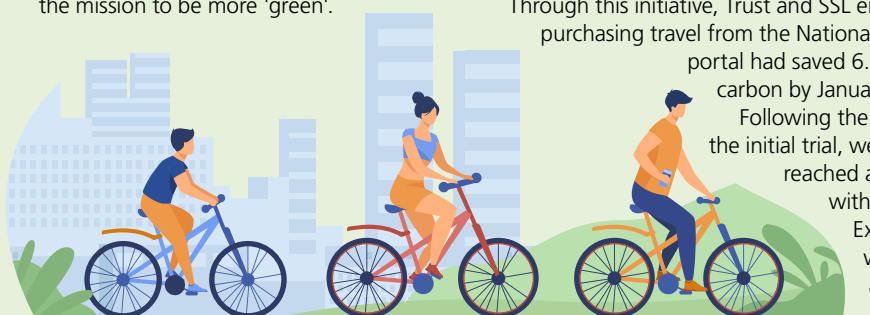
Since 2022, we've trialled free one-week bus passes for new starters via National Express and they have been very well received. The numbers show that 52% of new starters who were given a free bus pass went on to purchase a bus ticket. In addition, all Trust and SSL employees get 10% discount off bus travel with National Express when booking through the unique portal.

Through this initiative, Trust and SSL employees purchasing travel from the National Express portal had saved 6.1 tonnes of carbon by January 2023.

Following the success of the initial trial, we recently reached a new deal with National Express, which sees all Trust



and SSL new starters receive four-weeks' free bus travel. As well as encouraging sustainable travel behaviours and reducing the carbon footprint of SSL and the Trust, this initiative also provides a great benefit to our new employees, at a time when they may need it most.



Participation and Experience team here for all

The role of our Participation and Experience team is to understand the journey of the service users we care for as well as their families and carers.

The way we deliver care and support services has a huge impact on the experiences of our service users. The way the phone is answered, where they wait for their appointment, or an explanation from a nurse or doctor all contribute to create positive or negative feelings. Understanding service users' experiences and collecting feedback is key to helping us provide high quality care and to recognise where improvements are needed.

The Participation and Experience Team ensures there is joint working (co-production) between service users and colleagues on improvement projects around the Trust and encourages them to participate in making these changes, so that their ideas are incorporated and their needs are met.

The team also supports our Experts by Experience (EbEs). Our EbEs are service users, carers and families with experience of our services. The Participation and Experience team trains our EbEs so that they know what to expect when they are supporting projects around the Trust. The team also enables them to participate in interview panels.

The Participation and Experience team has an important role in being there for service users and carers who want to discuss their



experiences. They also play a valuable role in supporting staff, providing an insight into how service users are feeling about our care.

Sandra Baker is the Participation and Experience Manager and recognises the importance of her team's role. She said:

"We're here to support the engagement of service users, families and carer in all aspects of our Trust services. We have Participation and Experience colleagues covering all of our clinical areas. This means we're in a great position to

listen to and work with our service users and bring about positive change through an equal partnership of people with lived and learnt experience."

Contact the Participation and Experience team to have a conversation or to get involved with their work by emailing

✉ bsmhft.participation@nhs.net

Colleagues can also find out more about the team on Connect.

Welcoming our first NHSE international Mental Health Nurse

Our first internationally educated nurse through the NHS England international recruitment programme has begun work at BSMHFT.

Morufat Omolara Ofoire is originally from Nigeria and is an experienced Mental Health Nurse. She arrived in the UK in February from the United Arab Emirates and completed her Objective Structured Clinical Examination (OSCE) programme before joining the Japonica team at the Oleaster.

We have many valued colleagues who have joined Team BSMHFT from overseas. Some of us will meet Morufat along her journey and no doubt share our experiences of moving to another country and working in a different health system.



Pictured left to right are: Rebecca Mellors, Sarah Kaye, Morufat Omolara Ofoire, Theiba Khan and Mary Jo Doyle

Nicola scoops award for perinatal loss support



Peer Support Worker, Nicola Klein, has won a Special Recognition award for her dedication to supporting grieving families across Birmingham and Solihull.

After the tragic loss of her own daughter in 2013, Nicola now uses her own lived experience to support other grieving parents and families with their mental health, following perinatal loss. Nicola was nominated by a service user who was referred to our Maternal Mental Health team after the loss of her baby, born prematurely at 24 weeks.

Nicola, who works for our Maternal Mental Health team, attended the annual Mariposa Trust award ceremony in March this year. The ceremony recognises excellence in bereavement care and looks to acknowledge the incredible service and care bereavement midwives, bereavement nurses and other bereavement specialists provide.

Nicola received a Special Recognition award in the category of the Archie Bereavement Professional of the Year. It was presented to her by actress and charity ambassador, Kym Marsh, whose son Archie passed away during pregnancy and who the award is named after.

Nicola who has been overwhelmed with this recognition, said: "I am completely blown away with the love and support I have received from my team and the Trust. I never imagined I would win an award.

"It is an honour to support these women through such a difficult time in their lives and not something I expected recognition for. To win this award means so much to me. I would like to thank everyone who supports me to achieve what I do and for giving me the opportunity to make a difference."

More information about the Mariposa Trust and the award categories can be found on their website:
www.sayinggoodbye.org/mariposa-awards-results-2022

For the full interview with Jazz and other Five Minutes With interviews, scan the QR code.



Five minutes with...

A Mental Health Co-Production Lead

In this latest Five Minutes With interview, we hear from our Mental Health Co-Production Lead, Jazz Janagle. Jazz is candid about his own experiences with mental and physical health throughout his life and how it has shaped him into the person he is today. We are beyond lucky to have Jazz as part of Team BSMHFT.

Hi Jazz! Let's kickstart our chat by you telling us about your role at BSMHFT.

I've been in post for over a year now, employed by BSMHFT but working across the whole Birmingham and Solihull system across the NHS, third sector and local authorities, on the Community Mental Health Transformation Programme.

My role is to ensure the lived experience voice of those with mental illness, their carers and families is a 'golden thread' that runs throughout the programme and is at the core of all the changes to community mental health services that we are making. I do this by working co-productively with our Experts by Experience in joint decision-making, systems change and ensuring that those systems are co-designed with and for people with lived experience. I'll also be involved in work to support a lived experience workforce across the system, to ensure people with lived experience of mental illness are actively recruited, supported and offered a range of opportunities across the system.

Whilst I was Co-Chair of the LGBTQ+ Staff Network, I was involved in amplifying the voices of LGBTQ+ staff members and holding the Trust to account in creating a safe, inclusive and equitable workplace.



Have there ever been any standout moments in your career that you take great pride in?

I've been fortunate to have had some fantastic roles, within some great services and with some amazing colleagues; I've learned so much, and continue to learn and develop, and I'm so grateful for the opportunities I've had. I'm especially grateful for my current role that feels like a culmination of both my professional and personal lived experience - I genuinely love my job.

My greatest achievement in my career is that I've managed to continue in my career and that I'm able to

work. There have been some really difficult challenges where I had extended sick leave from previous jobs and consequently lost some jobs due to mental illness and being diagnosed with chronic fatigue syndrome and later, fibromyalgia. I was once told by one of my occupational health doctors that I may never be able to work again due to illness, and that was beyond frightening. Surviving those ill health periods and also coming back fighting when I had some horrible experiences in some roles is a massive achievement and I'm really proud of that.

We recently celebrated LGBTQ+ History Month, as the former Co-Chair of our LGBTQ+ Staff Network, how important is it that events like this are shared for the community?

It's important to acknowledge the struggles, the trauma, the power, the impact and the achievements made by our LGBTQ+ individuals and communities over the years. Our history as queer (my preferred term now) people dates back centuries. Our history matters to us as queer people today, but also matters to all of us, as that history is a part of us, and a part of society as we see, feel and experience it now. We're now counted in the census for the first time, and it's 20 years since Section 28 was finally, and thankfully, repealed.

Visibility, inclusivity and representation matters, and having things like LGBTQ+ History Month allows both us as queer communities to be recognised and valued, and increases awareness and learning for everyone. But every month is LGBTQ+ History Month, like every month is South Asian Heritage Month, and Black History Month etc. We don't just 'come out' in February!

For this year's LGBTQ+ History Month the Staff Network supported with a Trust-wide campaign around LGBTQ+ visibility and inclusivity, firmly committing to a safe and inclusive workplace and a 'No Hate Zone'. We've also created a specific survey for LGBTQ+ identifying members of staff to complete, so we can gather some real-time intelligence regarding people's experiences and what more the Trust needs to do/do differently to create an equitable workplace.

For me, as a South Asian Indian queer/gay man, I'm aware that a lot of my history of being both South Asian, and queer, is often delegitimised or ignored. But actually, having it acknowledged, respected, appreciated, celebrated helps with my own sense of identity, helps me feel validated, visible and that not only do I matter, but those before me matter as well.



Jazz Janagle

We have so much beautiful diversity in our history and culture, and as a wider queer community most of us celebrate that diversity of colour, gender identity and freedom of expression. We are more than just labels and pronouns and drag and 'the scene' - we are all fierce and fabulous in our very own queer/gay way!

If you could tell your younger self one thing, what would it be and why?

My younger self was impacted really negatively by racist and homophobic bullying at school; my dad died suddenly when I was 15 and that was so tough and had a profound impact, and there were some truly awful experiences when I was 17, and then 18, that I only reported to the Police in the last few years, to ultimately get some closure. That trauma, pain, and loss really damaged my sense of self-worth and self-esteem.

But there were also many, many happy and beautiful memories from a loving and supportive and amazing family.

I'd tell my younger self, because he really needed to hear this, so he could love and value himself:

"You are worthy, you are beautiful, you matter. You have so much to live for yet, and so much to look forward to, so much to give, and so much to enjoy."

Oh, and I'd also say to him "You're going to own some gorgeous boots and blingy jewellery, and have some funky hair, so own your inner fabulousness, embrace it and be your true authentic self!"

We regularly feature Five Minutes With articles on our social media channels and website. They are a great way of getting to learn more about the services we provide at the Trust as well as understanding a little bit more about the person behind the role - keep your eyes peeled for the next edition.

CaringMinds



Enhancing a person's visit to BSMHFT can make all the difference to their wellbeing, improving recovery and overall experience of our services. Caring Minds is here to support our vision of improving mental health wellbeing by providing added extras that are over and above what the NHS can provide. This may include equipment, specialised furniture, service user events, activities, carer wellbeing initiatives, staff appreciation events and much more.

The charity relies on the generosity of individuals and businesses to help raise funds and enhance the profile of the charity so that it can provide the added extras that make a big difference to real lives.

If you would like to raise money for Caring Minds or find out more about the work of the charity, please email: bsmhft.fundraising@nhs.net

Alternatively you can make a small donation today, by visiting Caring Minds' JustGiving page: www.justgiving.com/caring-minds

SCAN
QR
CODE



Scan to Donate

Caring Minds funds online staff yoga

Online yoga sessions for staff are now in full swing, thanks to Caring Minds. Tailored to the lifestyle and working environment, the sessions focus on common aches and pains associated with working in a busy healthcare setting, such as neck, back and shoulder pain and poor posture.

The aim of the sessions is to encourage positive physical, mental and emotional health by teaching attendees to become in-tune with their bodies and their breathing patterns, creating a safe space where everyone feels relaxed.



Lottery Winners

Caring Minds has paid out £750 to three lucky lottery winners so far this year.

January's winner wanted to remain anonymous but said that he had been part of the Caring Minds lottery for a long time to support the charity's work.

February's winner was Mike Lucas, Team Manager at our Central Assertive Outreach Team. Mike has been participating in the Caring Minds Lottery for a long time and feels that spending a couple of pounds each month contributes to a really worthwhile cause. He described his win as a 'welcome surprise' and highly recommends colleagues get involved with the charity.

March's Lottery Winner - Gary Johnson, Health Care Assistant at Hillis Lodge, said: 'What a lovely surprise to win the Caring Minds Lottery just in time to treat my wife and granddaughters to some Easter treats'. Gary has been playing the staff lottery for quite some time and said it's a great way to support the Trust Charity and he hardly notices the monthly payment.



Good Vibe 75

During the month of July there will be four Good Vibe 75 bonus draws from the Caring Minds Lottery. Each Friday, one lucky winner will pocket £75.00 to spend as they wish to celebrate the 75th anniversary of our fabulous NHS.

So, if you already play our Staff Lottery, keep your fingers crossed and if you'd like to join, check out the Caring Minds Lottery page on Connect, you can join for as little as £1.00 per month.

Walk 3km per day in May



May is National Walking Month and Charity Manager, Louise John will be walking 3km per day in a bid to engage with colleagues, learn more about the Trust and speak to staff about how Caring Minds can support teams and services.

If you fancy getting involved and are willing and able, please join us on our mission to walk our way through May. Simply donate £3 to the campaign and encourage others to join in. Scan the QR code to go to the JustGiving page.

Louise will be inviting colleagues to join her each Wednesday for a 'Walk 'n' Talk' and will be meeting at different sites across the Trust, to complete her 3km.



<https://www.justgiving.com/campaign/Walk3kperDayinMay>

Gift Amnesty thank you

A huge thank you to those who donated their new and unused items in the collection bins across, Uffculme, Northcroft, Juniper and Tamarind. Charity Manager, Louise collected these items that will be utilised at a Caring Minds 'Pay it Forward' event later in the year, to help those who need extra support with Christmas gifts for loved ones.



Be a Charity Companion Friends of Caring Minds

Charity Companions are a team of like-minded individuals who are interested in supporting the charity. The group meets every six weeks to discuss ideas for the charity, ranging from sharing thoughts on fundraising events to suggesting areas across the Trust that may need Caring Minds' support.

If you would like to join their wonderful team of companions and help them to support our service users, carers and staff, please email

bsmhft.fundraising@nhs.net

Amazon Smile thank you

Amazon Smile raised over £100 for Caring Minds over the last 12 months. A big thank you to everyone that added Caring Minds as their chosen charity. Amazon Smile has now come to an end, however Amazon has other ways to help support charities like the

Caring Minds, such as Amazon wish lists and the Amazon for Charities Store, which allows us to sell charity merchandise. Keep checking the Caring Minds webpage to find out how you can continue to support the charity.

Research and Development is a key to improving care

Research and Development is a core component of our work and is set out in our corporate vision. In order to be the best Trust we can be, we need to continually evolve and our Research and Development team plays a big part in that.

In the UK, up to one in four adults will experience a mental health problem each year, yet there is still so much to learn when it comes to mental health. Here at BSMHFT we are at the forefront of discovering new ways to improve mental health and wellbeing. We are actively carrying out extensive research in a range of areas including psychosis, mood disorders, perinatal, epilepsy and huntington's disease.

Our Research and Development team comprises of a range of expertise and experienced staff which allows for the development and delivery of innovative research to improve access to healthcare

and understand more about mental health. The team also leads on supporting and approving service evaluations within the Trust from which knowledge gathered can be used to produce recommendations for improvement, inform change and demonstrate achievements and challenges. It is extremely important to us that service users, carers and staff can input into healthcare developments so that we can improve health outcomes for all.

We have a strong regional, national and international reputation for our research. For example, the SARS-CoV2 Immunity and Reinfection Evaluation (SIREN) study provided vital research into understanding COVID-19 immunity and vaccine effectiveness nationally. From January 2021-March 2021, 109 of our colleagues participated in this study. Their regular PCR testing and antibody samples have supported data analysis to answer important questions about COVID-19 reinfection whilst also contributing towards understanding the impact



of COVID-19 immunity. We would like to take this opportunity to thank all of the staff that contributed their time, effort, and commitment to attend our weekly clinics.

We are also delighted to be collaborating with the University of Manchester on a Culturally-adapted Family Intervention (CaFI) study, testing a form of talking therapy that is specifically designed to meet the needs of African and Caribbean service users and their families.

The study aims to research the effect on

relapse of CaFI compared to usual care among the Sub-Saharan African and Caribbean community diagnosed with psychosis or schizophrenia. We are currently recruiting a number of our service users from African and Caribbean backgrounds with a diagnosis of schizophrenia or psychosis to take part in the study. We are also recruiting lead therapists to deliver culturally adapted family therapy as part of the research trial and seeking Family Support Members to work with service users who can't take part in CaFI therapy with a family member.

Many service users are keen to take part in research and can find it a positive and empowering experience and we do all we can to provide as many opportunities as possible to participate.

For more information on Research and Development see our website:

www.bsmhft.nhs.uk

Change your career and change lives

Visit the **first-ever Birmingham and Solihull** mental health recruitment fair

Hall 11, International Convention Centre, B1 2EA
from 10am - 4pm on Thursday, 11 May.



Hosted
by:



TrustTalk listening to you

Contact the team: Birmingham and Solihull Mental Health NHS Foundation Trust, Uffculme Centre, 52 Queensbridge Rd
Birmingham, B13 8QY Email: bsmhft.commsteam@nhs.net Designed by graphics@uhb.nhs.uk

To visit our website scan this QR code with the reader on your smartphone. To download a free QR code reader, visit the app store.

