



TrustTalk

Summer 2023



**Fab four clock up
200 years' service**

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**Our Values Awards 2023
winners – special centre page pullout**

Welcome to Trust Talk

A very warm welcome to the summer edition of Trust Talk.

In this edition, we have so many great stories and updates to share with you. The centre pages shine a light on the gold, silver and bronze winners of our Values Awards 2023. The event was held at Birmingham's Council House and was a huge success, with staff from across the organisation coming together to celebrate and cheer on each other's successes. There was such a buzz in the room and the perfect ambience of laughter, positivity and music. Take a look at the special centre spread pull-out which includes some photos of what was a very memorable night.

A huge part of the Board's focus is on quality and safety, so it was fantastic to see our Patient and Carer Race Equalities Framework (PCREF) work recognised by Dr Jacqui Dyer MBE, National Mental Health Equalities Advisor and Dr Tim Kendall, National Clinical Director for Mental Health at NHS England.

The pair visited us recently, to have open and honest conversations with staff and service users which was really well received. We are one of four mental health trusts in England pressing forward with PCREF and we're really proud of the significant progress we have made in this area.

This year is the 20th anniversary of our women's medium secure unit Ardenleigh and they celebrated by hosting a national event, bringing together people from across the UK to hear about how women's services have evolved over the last two decades. Although we were unable to attend the event, we've heard some brilliant feedback and our thanks go to Sue Tolley who organised the whole event, with key support from team members and a few service users, who bravely talked about their own experiences.

In this edition, you'll read about the money that we will be receiving to give our research agenda a welcome push and we are very proud to be the latest partner to join Birmingham Health Partners, which you can read about on page 5. Our reputation for research means

we have strong academic links with a number of prestigious institutions, and our portfolio includes studies focused on dementia, eating disorders, addictions, mood disorders and perinatal mental health which we are both very proud of.

Huge congratulations and thank you to Specialist Midwife Sophie Garcia and Dr Farooq Khan who are doing some incredible work in their roles – you can read about their news later in this edition.

A huge thank you to everyone working as part of Team BSMHFT for everything you continue to do, to look after each other, our service users and patients, their families and carers.

Best wishes,

Dr Fabida Aria
Medical Director

Dr Linda Cullen
Non-Executive Director



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, seven days a week



Keep up with us online

🌐 bsmhft.nhs.uk
📘 facebook.com/NHSbsmhft
🐦 twitter.com/bsmhft



I am very pleased to be the chair of BSMHFT. I remain totally committed to making sure our staff are fully supported in their role and can enjoy an environment where they can flourish, thrive and have a positive experience whilst at work”

Phil Gayle
Trust Chair

Phil Gayle appointed as new Trust Chair

We're delighted to share that Phil Gayle has taken up the role as our Trust Chair. His appointment followed a rigorous recruitment process and with the backing of the Governors.

Phil has been Interim Chair of the BSMHFT Board since November 2022. He joined us as a Non-executive director in October 2019 and has served as Chair of our People Committee, Vice-Chair of the Quality, Patient Experience and Safety Committee and is a member of our Audit

Committee. Phil is also Chief Executive at Servol Community Services, a third sector organisation that provides accommodation and support services for people experiencing mental health difficulties.

Phil has extensive knowledge and leadership experience within the health, social care and housing sector. He also has expertise and specialised skills as a business consultant. Phil has been an independent consultant for TRIBAL, an assessor for national funding applications for government schemes, where he gained

key insight into government contracts and procurement.

In addition to all of that he is a qualified counsellor and has an MSc in Healthcare Policy Management.

Speaking about his appointment, Phil said: "I am very pleased to be the Chair of BSMHFT. I remain totally committed to making sure our staff are fully supported in their role and can enjoy an environment where they can flourish, thrive and have a positive experience whilst at work."

Fabulous four thanked for 200 years' nursing service

Four of BSMHFT's brilliant nurses were personally thanked during this year's International Nurses' Day, after clocking up almost 200 years of service to the NHS.

Pat Minihane, Fitz Meikle, Fez Sookia and Michael Griffin were paid a surprise visit by our Deputy Chief Executive Patrick Nyarumbu and Interim Chief Nurse Steve Forsyth who expressed their personal gratitude for the years the 'Fab Four' have dedicated to service users and patients.

Fez, an Advanced Nurse Practitioner, has dedicated 53 years of his life to the NHS. Originally from Mauritius, Fez works part time following his retirement as Ward Manager in 2004 and is believed to be the longest serving member of the Trust.

Pat is approaching 50 years' service in June. Pat who is originally from West Cork in Ireland has always worked as part of Team BSMHFT and as part of the AOT Solihull Team for the last 13 years.

Matron Fitz works with the Zinnia Centre team on Saffron and Lavender Ward and at Newbridge House. Fitz has this year completed 46 years' service. He worked for Hollymoor

Hospital – along with Pat and Fez – before moving to Solihull Healthcare and later becoming part of Team BSMHFT in April 2001.

Community Psychiatric Nurse Mick Griffin is celebrating 48 years in the NHS. Mick started out as a Nursing Assistant in 1975 at the former Rubery Hill Hospital and has worked within his current team at South Hub Community Mental Health for the last 10 years, following his retirement as Matron in Older Adults.

All part of this year's International Nurses' Day celebrations on 12 May, the four were congratulated by Patrick and Steve and had their photos taken to mark the occasion.

Deputy Chief Executive Patrick Nyarumbu, said: "It's fitting that on Nurses Day we celebrate Fez, Fitz, Mick and Pat – four of our 1,303 nurses in Team BSMHFT. It's truly incredible the years of commitment and compassion that they have given to service users and we are very grateful to them."

A huge congratulations and thank you to our 'Fab Four' and for all of our other nurses within Team BSMHFT who have dedicated many years of their lives to the NHS.



Pictured from left to right are Fitz Meikle, Pat Minihane, Michael Griffin and Fez Sookia

Providing mental health support for the city's Syrian refugees

Refugee Week took place in June, which recognises and celebrates the contributions and resilience of refugees.

Over the last three years, we have been working with and supporting families brought to Birmingham via the Syrian Vulnerable Persons Resettlement scheme (SVPR), which is a United Nations and UK Government sponsored programme. Launched in 2014, the scheme provides a sanctuary for the most vulnerable and psychologically damaged people affected by the ongoing civil war in Syria and in 2015 Birmingham officially became a City of Sanctuary. Birmingham City Council resettled 516 Syrian refugees, pledging to provide mental health support and awareness for refugees and practitioners until 2025.

Over the last three years, more than 200 refugees have engaged in our community wellbeing events – hosted jointly with the Refugee Alliance – to help destigmatise mental health and reduce isolation. We also worked in partnership with Birmingham Ethnic Education and Advisory Service to develop an English as a Second Language mental health training course. This was delivered to 68 Syrian refugees, to aid their understanding of mental health issues and the support available.

Our SVPR team has also supported 200 practitioners working with refugees by delivering Mental Health First Aid training. This has been key in helping to identify, understand and assist those who may be experiencing a mental health issue. In addition, we have delivered courses on the diverse cultural traditions and makeup of Syria, Syrian refugees, and the conditions they have experienced since the conflict began.

In March of this year our Consultant



Pictured are some of the team from our Syrian Vulnerable Persons Resettlement scheme

Psychologists, Dr Aula Meki, and Dr Alan Kessedjian finalised a therapeutic, clinical model known as the 'Sanctuary Model'. It aims to recreate feelings of settlement and belonging for refugees, helps them to process complex traumatic experiences, supports reintegration and restores a sense of 'home'.

Speaking about the progress made over the last three years, SVPR Project Manager Caroline Mitcham, said:

"We are really proud of everything we have achieved and continue to achieve in terms of supporting this very vulnerable community. Those people who have come to Birmingham from Syria as part of the Syrian Vulnerable Persons Resettlement scheme have seen and faced huge trauma which is why our mental health work,

alongside the support of other partner agencies, is so crucial."

"The training in particular has been really successful, with all 68 participants on this course significantly increasing their understanding of mental health issues and how to access support, which has been great."

A member of the refugee community has also been trained as a Mental Health First Aid Instructor to further support those in their community and our team has also developed eight Arabic self-help guides and five Arabic podcasts for service users.

Although the SVPR scheme is due to end in 2025, the team is already exploring what more we can do as a Trust to respond to inequalities faced by refugees when accessing mental health support.

Region's first mental health recruitment fair

Birmingham and Solihull's first regional mental health recruitment fair was a great success, with 17 nurses interviewed and offered new roles with Team BSMHFT.

More than 1,600 people attended the free event at Birmingham's International Convention Centre, which was jointly hosted by ourselves and Birmingham Women's and Children's NHS Foundation Trust.

Over 800 people who attended registered their interest in becoming Clinical Support Workers/Health Care Assistants on our Trust Bank. An additional five nurses are also due to be interviewed for roles at BSMHFT.

The event was advertised across social media and community radio stations and attracted people of all ages, backgrounds and experiences looking for paid or voluntary opportunities in mental health services across Birmingham and Solihull.

A range of voluntary, community, faith and social enterprise organisations were also at the recruitment fair which was officially opened by Interim Chair of NHS Birmingham and Solihull, Patrick Vernon.

Official evaluation continues to take place with plans to explore the possibility of regional-wide collaborative NHS recruitment events in the future. Thank you to all of those who made this event such a big success, we look forward to welcoming our new staff over the coming months.

To view our current vacancies, please scan the QR code or visit our website www.bsmhft.nhs.uk/join-us



Boosting research, innovation and mental health care



BSMHFT is now a proud member of the Birmingham Health Partners (BHP), a group of organisations including NHS Trusts, local universities and the West Midlands Academic Health Science Network. Between us we share the common goal of achieving a positive health and economic impact through our joint knowledge and expertise.

Our reputation for research means we have strong academic links with a number of prestigious institutions, and our portfolio includes studies focused on dementia, eating disorders, addictions, mood disorders and perinatal mental health.

Speaking about this exciting development, Chief Executive Roisin Fallon-Williams, said: "My colleagues and I welcome the opportunities that membership of Birmingham Health Partners will provide to both our service users and our Trust. We believe passionately that research is complementary to service delivery, rather than surplus to it, and BHP's ethos of embedding research into all stages of clinical care is a perfect fit with our own culture."

Improving experiences and outcomes for our racialised communities

BSMHFT is one of just four UK mental health trusts involved in a pilot to tackle health inequalities across the mental health sector. Called the 'Patient and Carer Race Equalities Framework (PCREF)' we have been working with our local partners to improve the experiences and outcomes of ethnic minority communities in mental health services.

The PCREF was developed following a recommendation from the Mental Health Act Review, to eliminate the unacceptable racial disparity apparent in mental health trusts in access, experience and outcomes. It also aims to improve the trust and confidence of Black communities in our services.

We were recently visited by Dr Jacqui Dyer MBE, National Mental Health Equalities Advisor and Dr Tim Kendall, National Clinical Director for Mental Health at NHS England to discuss the significant progress we're making in this area. Our visitors spoke to colleagues and patients at Reaside, our Secure Care and Offender Health unit and service users of Perinatal Services, Little Bromwich.

Whilst we recognise we still have work to do to make our anti-racist, anti-discriminatory ambition a reality, we are making positive strides and both Dr Dyer and Dr Kendall recognised our commitment and dedication.

Jas Kaur, our Associate Director for Equality, Diversity and Inclusion and Organisational Development, said:

"Over 31% of our service users are from racialised communities and we are wholeheartedly committed to addressing health



BSMHFT colleagues are pictured alongside Dr Tim Kendall and Dr Jacqui Dyer (third and second from the left) during their visit to Reaside

inequalities as well as focussing on sharing and promoting different types of treatment available.

"One example of this is our involvement in research into using culturally adapted 'talking therapy' with families of Sub-Saharan African and Caribbean heritage who are affected by psychosis. This therapy is recommended by the National Institute for Health and Care Excellence

(NICE), and we are keen to use this approach to help our service users and families feel culturally understood and supported in their recovery."

As a Trust we will continue our work to ensure racialised communities and staff jointly make decisions about the development and provision of our services and use data to understand how experiences and outcomes differ.

Celebrating mental health recovery through art

Service users and mental health professionals gathered at the Midlands Arts Centre recently to showcase their art as part of the BEDLAM Arts and Mental Health Festival.

BEDLAM is a festival that aims to raise awareness of mental health and wellbeing recovery through the arts. Celebrating its 12th anniversary, the event saw a series of powerful visual art, film, live performances, spoken word, dance and music produced by local residents who have been referred to the project via mental health services.

Francesca Norouzi, BSMHFT's Head of Arts Psychotherapies outlined the psychological benefits that arts therapies can have, commenting:

"Offering service users who struggle to talk about their story the opportunity to express their feelings, thoughts, and experiences through art, music and drama can be transformational. Events like BEDLAM really highlight how important the arts are."

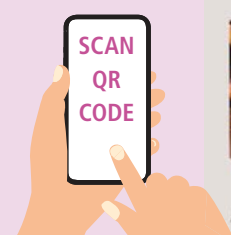
Led by BSMHFT – in partnership with Birmingham Repertory Theatre, Midlands Arts

Centre, Sampad South Asian Arts and Red Earth Collective – BEDLAM offers specially curated workshops that give individuals a safe space to creatively express their emotions. From painting to writing poetry, the year-long festival proved to be a huge success with one service user saying:

"I really enjoy it because it gets me out the house, it makes me feel like I am worth something."

A short film summarising the work across the year made its debut to the many mental health professionals, service users and their loved ones who attended the event. You can watch this film by scanning the QR code below.

For more information about BEDLAM email bsmhft.communityengagement@nhs.net



Our brilliant *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 latest three winners of our *Team of the Month* award – take a look at our worthy winners:

March *Team of the Month*: The Strategy, Planning and Business Development team

This team is one of the smallest in the Trust and in the last 18 months has led our responses to four complex tenders, with a 100% success rate. This resulted in the retention of contracts worth almost £75million. The team led on the Trust Strategy development engagement campaign and earlier this year they arranged a strategy workshop, bringing together 60+ senior managers, professional leads and 14 Experts by Experience.

April *Team of the Month*: Forward House

Forward House is an intensive community rehabilitation inpatient unit for adults who experience psychosis. Between December 2022 and March 2023, Forward House had to close due to essential maintenance, but throughout this challenging time the team provided excellent care to service users and each other. During this period, they relocated service users to other Trust sites, with staff members moving to new wards and continuing the recovery work with service users.

May *Team of the Month*: Sage Ward

Our Sage Ward is for male service users with dementia and frailty. The team was asked to support a patient with severe learning difficulties as his current placement was closing. Other teams across the country said they were unable to support but the team on Sage worked hard to meet their needs and make them feel welcome and safe.

Congratulations again to these three winning teams and a special well done



Abi and Louise from the Strategy, Planning and Business Development team with Deputy Chief Executive Patrick Nyarumbu



The team from Forward House



The team from Sage Ward with Chief Executive Roisin Fallon-Williams

to the following teams for their recent nominations:

- Adriatic Ward
- Blythe Ward
- BSol Staff Mental Health Hub
- Contracts
- Dementia and Frailty Admin
- ECT Suite
- Enhanced Pathway for Personality Disorders
- Hillis Lodge
- Information Governance
- Intensive Community Rehabilitation
- Juniper Reception
- Larimar Ward
- Laurel Ward
- Lavender Ward
- Learning and Development bookings

- Legal Services
- North Hub Dementia and Frailty
- Participation and Experience
- Perinatal East Little Bromwich
- Reaside Reception, Security and Control Room operative team
- Reconnect Service Liaison and Diversion integrated offenders
- Rookery Gardens
- Saffron
- Security
- Systems Integration
- Urgent Care
- Venture House Pharmacy
- Veterans High Intensity
- Vetiver Suite
- Yewcroft Community Mental Health Team
- Youth First

Nominate your *Team of the Month*

If you're a member of staff, service user, patient, 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.

SCAN QR CODE



Proud to be part of Birmingham Pride 2023



A number of BSMHFT colleagues and service users took to the streets of Birmingham to celebrate the 26th anniversary of Birmingham Pride. Joining forces with 10 other local NHS Trusts in the Birmingham Pride parade march, the team proudly demonstrated our Trust's solidarity for equality and inclusivity.

Attracting over 75,000 people to the vibrant streets of the country's second city, Birmingham Pride has become one of the most important LGBTQ+ festivals in the UK. Those taking part this year were aboard creatively decorated floats or walking, marching, singing and dancing to highlight the importance of equality and justice.

Debbie Gall, Clinical Nurse Specialist and Chair of our LGBTQ+ Staff Network, said:

"The Pride parade is a march for equality and justice, after all there is no pride without protest. It's a reminder that we will continue to fight for equality and a celebration of our beautiful LGBTQ+ community."

"As Chair of the LGBTQ+ Staff Network, I was proud to be continuing the tradition of marching in the parade and representing BSMHFT with LGBTQ+ staff, service users and allies. The importance of visibility shouldn't be underestimated. The feeling of being seen, represented, and accepted is fundamental to our wellbeing."

Sunshine filled the city centre, as people made their journey from Centenary Square to Hurst Street as part of the Pride parade march.

There is no place at BSMHFT for people who choose to be prejudiced against LGBTQ+ people.

This includes people with views driven by homophobia, transphobia and biphobia.

As a Trust, we choose to be a No Hate Zone. This means that we all must do whatever we can to counter discrimination based on sexual orientation and gender identity, even when it is unintentional.

Around 800 employees across the Trust have signed our No Hate Zone pledge to support LGBTQ+ people.

Have you spotted our colleagues proudly wearing a rainbow pin to show their solidarity?



Improving dementia diagnosis

Professor Dr Farooq Khan, Consultant Psychiatrist in Dementia and Frailty was one of the guest speakers at this year's Alzheimer's Society conference, talking about improving the quality of diagnosis of dementia.

During Dementia Action Week, Farooq also attended a Parliamentary event – organised by the Alzheimer's Society – and spoke to MPs and Ministers about dementia diagnostic rates, clinical assessments, symptoms and the need for early diagnosis for future medications.

Attending in his role as Regional Midlands Clinical lead for Dementia NHS Clinical Network, Farooq was honoured that so many people approached him to talk about the disease and the importance of improving diagnosis and treatment.



BSMHFT Trust Board meetings

Our Trust Board meets every two months to discuss important issues that affect our service users and staff. The Board is responsible for setting the direction of our Trust, by reviewing our progress and looking at the future.

Board meetings take place at the Uffculme Centre and are recorded and shared on our YouTube channel for anyone who is unable to attend.

Accompanying papers are published prior to the meetings, so if you want to raise a question, please visit our Trust website by scanning the QR code.



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



Maternal Mental Health support

In May we supported Maternal Mental Health Awareness Week – a time that is devoted to talking about mental illness during the perinatal period.

There were many open and honest conversations about maternal mental health and perinatal loss. During the week, we shared stories and resources to help and support the many women and families across Birmingham and Solihull.

How our Maternal Mental Health Service can support you

The Maternal Mental Health Service supports women/birthing people, their partners and families living in Birmingham and Solihull who have experienced perinatal loss and have associated mental health difficulties.

Our service is for women/birthing people who experience significant mental health distress that is impacting on their day-to-day life, directly associated with:

- ✓ Miscarriage
- ✓ Ectopic pregnancy
- ✓ Termination of pregnancy due to foetal abnormality
- ✓ Stillbirth
- ✓ Neonatal death

More information on our Maternal Mental Health service as well as helpful resources can be found on our website by scanning the QR code.



How our Perinatal Services can support you

In the past year alone, 2,983 people have received support from our Perinatal services. The team provides a safe, high quality, family friendly mental health service. This includes assessment, treatment and care for women suffering from psychiatric disorders associated with pregnancy and childbirth.

- Our team supports women experiencing:
- ✓ antenatal and postnatal affective disorders including depression and bipolar affective disorder;
 - ✓ antenatal and postnatal anxiety disorders impacting on pregnancy and childbirth such as tokophobia (significant fear of childbirth), perinatal onset obsessive; compulsive disorder (OCD) and PTSD arising from childbirth;
 - ✓ severe and enduring mental illness in the perinatal period;
 - ✓ postpartum psychosis;
 - ✓ mothers experiencing bonding disorders (infants under one-year-old).

More information on how to access our Perinatal services can be found on our website by scanning the QR code.



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"This work allows me to bring my son's legacy with me to work everyday"

Buki Hannaway



Buki Hannaway is a Peer Support Worker for our Maternal Mental Health Service. She is also someone with lived experience of baby loss.

Her role involves supporting women and birthing people affected by baby loss, tackling stigmas surrounding maternal mental health and assisting families to access the information, care and support they need to recover. Buki is a beacon of hope for many families, living proof that recovery is possible with time.

Buki said: "Any type of perinatal loss can be isolating by its very nature. I see baby loss as the last taboo of grief and encourage all those who face isolation to access support rather than suffer alone."

Read more about Buki and her story by scanning the QR code.



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"I was like a robot. An empty shell"

Rachel Gregory



Rachel Gregory has experienced first-hand the devastating effects that maternal mental health problems can cause. She was a service user who received support from our Community Mental Health team almost 20 years ago, shortly after the birth of her daughter.

Following her experience, she channelled her trauma and studied to become a qualified Cognitive Behavioural Therapist and Infant Mental Health Therapist at BSMHFT, working for the very Trust that supported her and her family.

Rachel's story exemplifies how we are all stronger together. With the right help and support, we can all live a happy, fulfilling and successful life.

You can read Rachel's inspiring story by scanning the QR code.



A decorative graphic on the left side of the page featuring a large, stylized heart in the center, surrounded by numerous stars of various sizes and colors (gold, silver, blue, purple). Swirling lines and smaller stars radiate from the heart, creating a dynamic and celebratory feel.

Values Awards

2023

**Welcome to our
2023 Values Awards
pullout, showcasing
all of the incredible
winners at this
year's glittering
event!**



Two hundred colleagues came together for our very special annual recognised for their inclusive, committed and compassionate work - House, the Values Awards was hosted by Chief Executive, Roísín Fal

The winners were categorised by gold, silver and bronze with additional colleagues receiving highly commended praise. The night was also a success for our charity Caring Minds, which raised over £400 through an online raffle and collection tins.

Our Values Awards

Compassionate Award

For an individual/s who continually demonstrates our Trust Value of Compassionate in everything they do at work, always listening and considering others.



Gold

Kenny Fakeye
Community Psychiatric
Nurse



Silver

Nina Mitchell
Clinical Lead Primary Care
South Team



Bronze

Andrea Javadian
Senior Occupational
Therapist David Bromley
House

Highly commended

North Community Mental Health Team

Team of the Year in Clinical Services Award

This award is to recognise a clinical team that has shown how excellent multidisciplinary working is improving the quality of care and experience for our service users.



Gold

Lavender Suite



Silver

North Hub
Community Mental
Health Team



Bronze

Solihull Perinatal and
Coral Ward teams

Inclusive Award

For an individual who continually demonstrates our Trust Value of Inclusive, always including and considering others.



Gold

Tina Patel
Advanced Nurse
Practitioner



Silver

Asia Ali
Peer Support Worker
Maternal Mental Health
Service



Bronze

Daniel Wheeldon
Ward Manager Laurel
Ward

Highly commended

Renu Bhopal-Padhiar
Adult Community Mental Health Transformation Programme Lead

Committed Award

For an individual who continually demonstrates our Trust Value of Committed, someone who is fully committed to every element of their role, always motivating others.



Gold

Emma Watts
Clinical Nurse Manager
Ardenleigh



Silver

Melissa Bunting
Team Manager
Warstock Lane



Bronze

Dorothy Talbot
Community Psychiatric
Nurse Small Heath Centre


awards ceremony that saw a number of individuals and teams – embodying our three Trust Values. Held at Birmingham’s Council
 Fallon-Williams and Trust Chair, Phil Gayle.

“The Values Awards 2023 ceremony was a truly inspirational and heartwarming event. We saw a number of inspirational videos from all of our nominees that touched our hearts and souls. We think what we do every day at BSMHFT is ordinary but it’s extraordinary. That’s what these awards have helped us to understand.”
 Chief Executive, Roisín Fallon-Williams

Values Awards 2023 winners


Team of the Year in Professional Support Services Award

This award is for a non-clinical team that has shown commitment to improving the work environment for their staff and/or the quality of care for our service users.




Gold

Medical Workforce team



Silver

Project Management Office



Bronze

Uffculme Support team

Quality Improvement, Research and Innovation Award

This award is for an individual who uses research and innovation in every element of their role to bring about service improvement for our service users/colleagues.



Gold

Sycamore Ward



Silver

Haider Al-Delfi
Reach Out Quality and Governance Lead



Bronze

Dr Andy Fox
Clinical Psychologist



Bronze

Dr Nat Rowe
Consultant Forensic Psychiatrist

Service User and Carer Choice Award

Sponsored by the Trust charity, Caring Minds, this award is for an individual member of staff, or a team, that has made an outstanding contribution to the care and recovery of service users.



Gold

Cathy Doughty
Assistant Practitioner



Silver

Kelly Buffham
Psychologist
Solihull Home Treatment team



Bronze

Mandy Fair
Care Coordinator
Solihull Assertive Outreach team

Highly commended

Katherine Allen
Lead, recovery, service user, family and carer experience

Rising Star Award

This award is for an individual who continues to innovate, develop and grow within their role to improve their service/team and the care of service users.



Gold

Joshua Gregory
Ward Nurse
Coral Ward



Silver

Sophie Garcia
Specialist Midwife
Maternal Mental Health Service



Bronze

Nicky Jones
Registered Nurse
Degree Apprentice

Our Values Awards 2023 winners

Lifetime Achievement Award

This award is for an outstanding and inspirational individual who has dedicated many years of their life to service users and patients, whether that's as part of Team BSMHFT or to the wider NHS.



Gold

Deloris Johnston
Nurse



Silver

Christine Donnan
SSL's Domestic Supervisor
Warstock Lane



Bronze

Lorraine Mattocks
Child and Adolescent
Psychotherapist



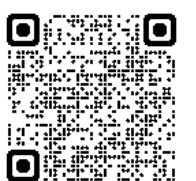
Highly commended

Elaine Murray, Associate Director
Integrated Community Care and Recovery
Jennifer Lindsay, Health Care Assistant
Endeavour Court



Thank you to everyone who took the time to submit their nominations and to those colleagues who attended and made the evening so special!

If reading about our fantastic winners gives you an appetite to find out more, please take a look at a full recording of the evening available on our website bsmhft.nhs.uk or via the QR code.



Five minutes with...

an Interim Chief Nurse



In this edition of Five Minutes With, we managed to squeeze in an interview with our Interim Chief Nurse, Steve Forsyth. In his interview, Steve gets candid about his ambition to join the nursing profession despite the challenges he faced along the way, we also get to hear all about his life as a father, a record-setting runner and his unshakable passion for supporting people from Birmingham to Gambia and back!

Hi Steve, please tell us a little bit about yourself and your role at BSMHFT?

In no particular order I am a dad, a human and a runner.

I was brought up by mom who raised both me and my brother. Originally from Chandigarh, India, she came to the UK as a nurse to support our wonderful NHS. She is 70 years young this year and is still nursing after 50 years of service!

My mom was such an inspiration to me, seeing how much she loved her job, I knew I wanted to follow in her footsteps.

I have spent my entire working life caring for people from a variety of backgrounds and it is a huge privilege to be able to do so. I started out as a B grade health care assistant gradually moving to where I am today, a secondment from North Wales as Interim Chief Nurse at BSMHFT.

My role requires me to have oversight of all quality and safety issues for the organisation, ensuring all our service users in our care have a voice. An essential part of my role is to continue to strengthen the voices of allied health professionals and nurses both locally and nationally.



Steve's first NHS ID after qualifying

Can you tell us how you felt when you first joined the NHS?

Accomplished. I started my Registered Mental Health training in 1997 when I also worked as a health care assistant, I then went back to university to undertake Registered Adult Nursing in 2003.

I have been to university a few times in Wolverhampton, Birmingham and Stafford doing various courses to develop my educational credentials.

I have certainly faced some stigmas over my career, I am a brown man, with a gold tooth and previously a top knot hairstyle. I didn't fit the stereotypical 'chief nurse image' or CV. It is great to see this is changing and it was a huge part of the draw to BSMHFT due to our innovative and transformational Chief Executive.

What is your favourite thing about your role?

Everything! I am so proud to be a nurse, despite the challenges I faced with my dad refusing to speak to me and disowning me for choosing this profession and occupation as it wasn't a 'manly job' in his eyes.

Time is the most important currency in healthcare, the gift of time is so important and valuing being a part of people's lives is a huge privilege.

You never stop being a nurse, service users are always on my mind and I'm always thinking about what I can do to provide the very best care that I can.

Who is your biggest inspiration in life and why?

I have three children a daughter and two sons. My middle child, Malachi, has alpha laminin merosin deficient congenital muscular dystrophy. He really made me change my entire perspective on life. He once said to me "I am never going to walk am I, dad?". From that day, it was like a switch went off in my mind. At only 16, he has changed my perspective on life and my appreciation of the time we have left on this planet and how we spend it.



Steve's son Malachi

I didn't fit the stereotypical 'Chief Nurse image' or CV. It is great to see this is changing and it was a huge part of the draw to BSMHFT due to our innovative and transformational Chief Executive."

Steve Forsyth
Interim Chief Nurse

Tell us one thing about yourself that people might not know

I was once 16 stone. I decided that things needed to change, I stopped smoking, I ate clean, I started to run.

I have completed a fair few marathons in my time, from Wolverhampton to Wales, Jamaica, Sweden, Madrid, Africa and last but not least Ayia Napa, where I hold a 10k record for the fastest time. My personal best for running is 15m 49s for a 5K, 32m 6s for a 10K and 72m 58s for a half marathon.



I am passionate about the work I do in Gambia and I try to visit at least once a year to support them from a nursing capacity. I also work with the local police and I am a long-distance coach for the fastest man in Gambia.

Describe yourself in three words

Quirky, determined and grateful.

Staff share personal experiences to support service users

We know that one in four people have experience of or are living with a mental health condition and our BSMHFT colleagues are no exception. We support our staff who need help to manage mental health conditions and recognise that their experiences give them a unique insight into how some of our service users may be feeling.

Many of those colleagues have shared their experiences through the Mental Health Natters podcast, a podcast about mental health and recovery available on Spotify.

In a recent episode, Katherine Allen (Lead, recovery, service user, family and carer experience) and Eugene Egan, (Peer Support



Katherine Allen

Transitions Worker) share how the insight gained from the lived experience of a mental health condition can be used to support service users, patients, families and carers. They discuss how lived experience can have an intrinsic, implicit value in professional practice. This episode is part of BSMHFT's Behind the Badge campaign, which is seeking to create a more open workplace for colleagues with mental health conditions.

In another episode of Mental Health Natters, nurse Binal describes the difficulties she faced and her struggle with cultural and internalised stigma and how they have enabled her to connect with service users in a different way. She also talks about how important it was to have support from her team.

Some of our colleagues are also carers supporting a loved one with a mental health condition. Jackie Gale, an admiral nurse, supports

the families and carers of those with a diagnosis of dementia. In her episode of the podcast, she shares her personal experience of caring for her mum who was diagnosed with dementia. Jackie says this gave her a valuable insight into the role of a carer and the importance of taking a little time for ourselves.

Katherine and her colleagues are keen to create a safe working environment to support and encourage colleagues with lived experience to feel comfortable to share these inspirational stories which can help staff build relationships with colleagues, service users, patients and carers.



Jackie Gale

If you would like to share your story on Mental Health Natters, please email
✉ bsmhft.recoverycollege@nhs.net

Support available

Colleagues who need support can contact the Birmingham and Solihull Staff Mental Health and Wellbeing Hub by calling 0121 301 1470 or emailing: bsm-tr.referrals@nhs.net

Birmingham Healthy Minds offers support to help manage anxiety or depression. If you are aged 16 and over, with a Birmingham GP, scan the QR code that will take you to our website. If you are from outside of this area, details of how to find your nearest service are also on our website.

Birmingham carers can seek advice and support from homegroup.org.uk and carers in Solihull can contact solihullcarers.org.uk



20 years of transforming women's lives

Over 200 NHS mental health professionals from across the UK came together to celebrate 20 years of Ardenleigh, our women's secure mental health service.

Held at the National Memorial Arboretum, Staffordshire, the recent conference showcased several workshops featuring key speakers who each explored how female mental health care has improved and what advancements we have seen nationally, particularly over the past two decades.

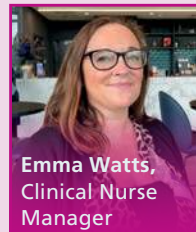
From discussing the use of psychedelics in psychology to sharing ideas on how we can continue to reduce inequalities, the day was well received by all who attended.

Opening the event was Dr Emma Wadey, Deputy Director of Mental Health Nursing for NHS England who reflected on how much

the NHS system as a whole has adapted to meet the needs of female mental health service users.

Over the last 20 years Ardenleigh has undergone much change. Opening at a time when high secure beds for women were closing and there were small numbers of women in our otherwise male medium secure services. Fast forward to today, Ardenleigh is a 30 bedded female-only unit that covers the whole of the West Midlands, consisting of multidisciplinary support ranging from clinical psychologists to occupational therapists.

Emma Watts is our Clinical Nurse Manager who has worked at Ardenleigh for 14 years.



Emma Watts,
Clinical Nurse
Manager

Since starting off her journey as a student nurse, she has spent most of her career supporting women who need care within mental health services. Reflecting on the last 14 years, Emma said:

"As a nurse, the biggest change I have seen is the approach we provide to service users. We have gotten better at understanding their trauma and how this can impact on their experience within an inpatient setting.

"I've seen a real shift in the attitude of nurses, they are much more compassionate, much more trauma informed and are more skilled in dealing with complex presentations that we see within a hospital environment."

Ardenleigh has had the privilege of working with many inspirational and courageous women since its opening in 2003. The conference held on 17 May, concluded by hearing from two service users who gave powerful testimonies about their lived experience.

Happy 20th birthday Ardenleigh!



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Join us for our Annual General Meeting and Annual Members' Meeting

Tuesday 26 September 2023, 12–2pm
at Uffculme Centre or via Microsoft Teams

For more information and to book your place for in-person attendance, please scan the QR code.

Email your questions for our Q&A session to bsmhft.commsteam@nhs.net by 10am, Monday 25 September.

www.bsmhft.nhs.uk/AGM



@NHSbsmhft

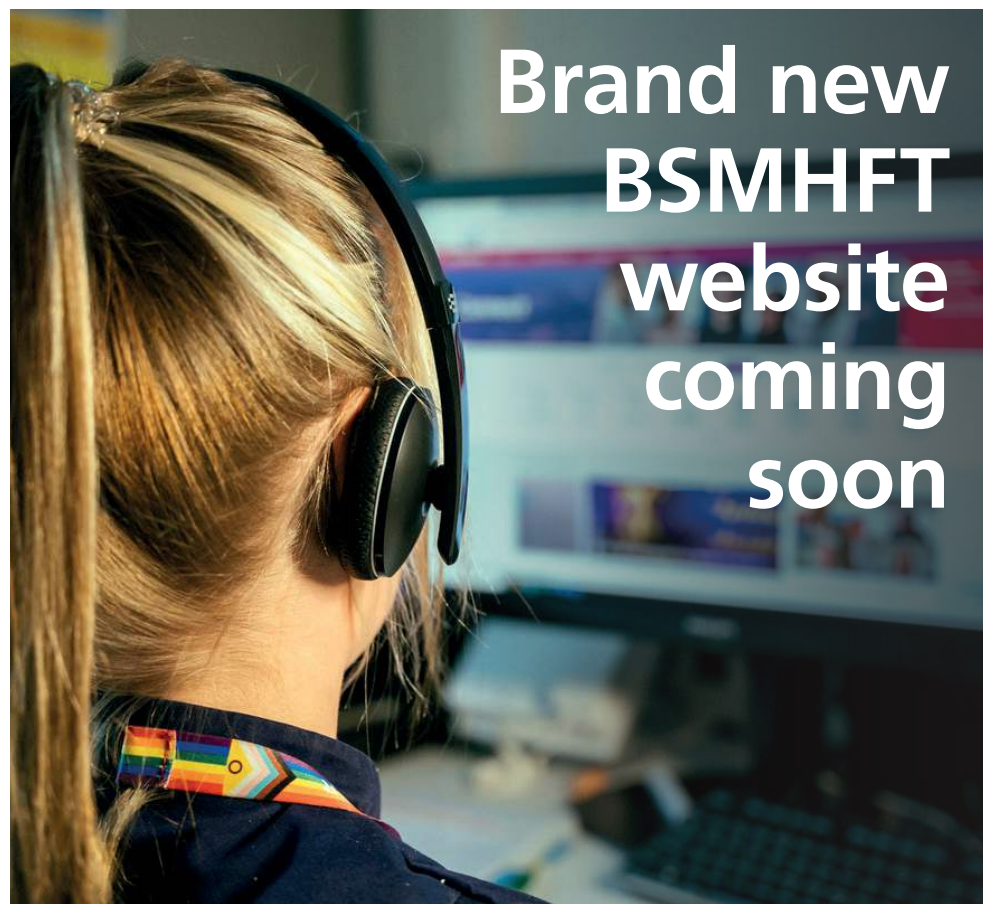
@bsmhft

BSMHFTMentalHealth

Birmingham and Solihull Mental Health NHS Foundation Trust



compassionate inclusive committed



We are now well on the way to making our brand new BSMHFT website a reality. Our current website is dated and no longer fit for purpose and will be replaced by an interactive, informative website with a fresh and modern look.

Over the last few months our Programme Management Office and our Communications teams have been working with colleagues across the Trust to ensure that our new website contains accurate and up to date information about our services as well as liaising with the website designers.

A key part of the project has been capturing the thoughts of those who will be using the new Trust website and our designers and

Communications colleagues have been busy meeting with some of our staff and Experts by Experience to discuss the proposals. Initial designs of the website have been shared during engagement sessions with Trust staff, to capture their thoughts.

In addition, the teams have conducted a survey to collect feedback on our current website to determine what service users, staff, stakeholders and members of the public would like to see on the new one.

A temporary website is currently in place, while the hard work goes on behind the scenes ready for the official launch of the new website which takes place during our Annual General Meeting 2023 on Tuesday 26 September.



BSMHFT is becoming a greener, more sustainable Trust

Over 99% of waste generated by BSMHFT is diverted away from landfill for recycling to create energy. All of the electricity directly procured by the Trust is also from zero or low carbon sources.

These are just a couple of examples of the great progress Summerhill Supplies Limited (SSL – a wholly owned subsidiary of BSMHFT delivering facilities management), is making in line with their *Carbon net Zero – Our Green Plan*. This plan has been developed for the Trust and supports the Sustainability priority in our Five Year Strategy, which is about ensuring we are innovative, financially and environmentally sustainable and committed to the NHS's Carbon Net Zero target.

Here's a snapshot of some other areas of progress:

- work is ongoing to develop systems for the

centralised ordering, storage and distribution of products such as dressings, uniforms and physical health products – reducing transport costs, preventing over ordering and excess waste;

- eight cycle maintenance sessions have been held at different sites, providing staff with free cycle maintenance;
- encouraging colleagues to consider public transport by working with National Express to provide new starters with the opportunity to have four weeks free public transport tasters, plus a 10% discount on National Express travel passes for staff;
- working with our Procurement team to look at options to prevent the use of single use plastic products such as cups, knives and forks and sourcing greener alternatives such as bamboo;



- work is underway to explore the opportunity for investments in energy saving initiatives such as LED schemes and solar led renewable energy;
- ongoing work with the Trust Pharmacy and SSL Transport to reduce plastic bag use in favour of other re-usable packaging.



Gold Award for Rookery Gardens' border

Rookery Gardens' Wander and Wonder woodland themed border was presented with a Gold Award at Gardeners World Live 2023 in June.

Entered as part of the Beautiful Border competition by Five Royal Horticultural Society (RHS) students, James, Marina, Ching shun, Chris and Paul, it was designed to raise awareness of and benefit those who struggle with mental health conditions.

Rookery Gardens is run by our Trust, in partnership with Birmingham Mind and is a place of hope and recovery supporting service users to live independently. It is proudly supported by many of our nursing staff, doctors, psychologists, and occupational therapists as well as MIND Recovery Navigators. For service users, it is a place of hope and recovery, changing lives and equipping those struggling with mental health conditions to live independently and fulfil their potential.

The border was given a permanent home at Rookery Gardens with a grand opening at their annual garden party. This was in celebration of the official opening of the Wander and Wonder garden, the NHS's 75th birthday and the sixth anniversary of the gardens. A great afternoon was had by everyone in the sunshine with mocktails, a BBQ, a DJ and the cutting of the ribbon for the garden.

Sarah Jones, Steps to Recovery Matron at Rookery Gardens said: "We recognise that our service users benefit from being outside in green spaces – whether it's to aid relaxation, grow produce or to take part in activities, it has a hugely positive impact."

"This border will help to make our outside space a sanctuary for Rookery Garden's residents' to escape to, somewhere which brings people together."

Staff and students would like to thank our Trust charity, Caring Minds, for supporting the Wander and Wonder project.

The Seeds of Hope project run by our Recovery College for All team is another example of how green spaces are helping our service users. Set in the grounds of our Uffculme Centre, it is a recovery-focused space where people come together to meet people, grow and create. The group preserve the wildlife in the area and utilise it to its full potential. They're currently cultivating crops of potatoes and tomatoes!

Service users, families, carers, and staff are all welcome to join the Seeds of Hope group to learn new skills and nurture ideas. The group meets on a Tuesday morning, 10.30am–3pm at the Uffculme Centre allotment site (52 Queensbridge Road, Moseley, B13 8QY).

If you would like to find out more about Seeds of Hope, call the team on 0121 301 3992.

Flexible working supports our service users and staff

At BSMHFT we recognise the benefits of flexible working in supporting staff to have greater choice in where, when and how they work. Many colleagues really value having this choice and for some, it is necessary in order for them to be able to work.

Flexible working can include compressing working hours into fewer, longer days, staggering working days to have different start and finishing times or working in school term-time only.

Giving colleagues the option to work flexibly also assists with the recruitment and retention of staff. It also leads to improved staff engagement, something that we know has a positive impact on the mental health care that we provide.

Flexible working can unlock opportunities like enabling us to adjust operating hours to give our service users greater access to support. This could be through delivering services in different ways (such as through video calls), holding clinics out of office hours or being available early mornings or evenings. Flexible working may also help us to increase staffing levels in busy periods.

Most importantly it can enhance the mental health and wellbeing of our staff. If we take care of our colleagues, we know that they are in a better position to give compassionate, committed and inclusive care to our service users.

Natasha Bunting, Healthcare Assistant on Bergamot Unit has begun to work flexibly. She said:

"I am a single mother and rely on family support, particularly grandparents to help collect my daughters from school or cover school holidays. My shifts made it increasingly difficult to arrange my childcare needs."

"I had reached a point where I thought I would have to leave as it was becoming too stressful trying to manage around the shifts. I was



Natasha Bunting

encouraged to request flexible working and never thought it would be agreed as ward staff usually work early or late shifts or long days to meet the needs of the ward, but it was and I now work Monday–Thursday 9.30am–2.30pm.

"This has made a huge difference to my work life balance; I now know I am able to drop my girls to school and collect them and don't have to rely on anyone else. I'm less stressed."

"Working four consecutive days means I have more knowledge of the service users I support and feel more involved with them. They are always pleased to hear I will be back the next day especially when they are new to the ward and everything is unfamiliar. It's great that the Trust is supporting flexible working and supporting staff like me to stay in work."

It was Natasha's mother, Kerry Harkin, who



Kerry Harkin

encouraged her daughter to consider working flexibly. Kerry has worked with BSMHFT for 38 years as a nurse, ward manager and matron and is now our Temporary Staffing Solutions team Clinical Lead. Kerry explains why flexible working helped her focus on her role, prior to retiring and returning three days a week:

"I began working flexibly doing my full-time hours over four longer days, rather than five. This extra day off work meant I could spend time with my family."

"I felt refreshed and more productive on my working days. As I worked long days it also meant I was available to speak to clinical staff outside of normal working hours."

"I'm grateful to have had the opportunity to work flexibly. It had a really positive impact on my working and personal life."

BSMHFT to benefit from multimillion pound investment

BSMHFT is to receive a share of a £9.9m investment in Birmingham in a national bid to boost mental health research in the UK.

As part of the Government's new Mental Health Mission, a total of £42.7m will be distributed across the UK. This significant investment is designed to help in the development of radical new treatments for people with a variety of mental health conditions, improve the speed and accuracy of diagnosis and increase the use of new technologies.

Here in Birmingham, this funding will enable the establishment of the Midlands Translational Research Centre of Excellence, co-led by ourselves, Birmingham Women's and Children's NHS Foundation Trust and the University of Birmingham.

Delivered through the National Institute for Health and Care Research (NIHR) Mental Health Translational Research Collaboration, the research will focus on increasing recruitment to exploring treatments in early psychosis, depression and children and young people.

Speaking about the investment announcement, our Chief Executive, Roisín Fallon-Williams, said:

"It's fantastic to be part of the Mental Health Mission which will hugely benefit our present and future service users. We look forward to working with NIHR, Birmingham Women's and Children's NHS Foundation Trust and the University of Birmingham to research and develop innovative new treatments.

"It's so important that those with experience of living with these conditions and those caring for them are partners in the research and development of new treatments and that's exactly what we will be doing in this exciting work."

Professor Rachel Upthegrove, Professor of Psychiatry and Youth Mental Health at the University of Birmingham and Mental Health Research and Development Lead at Birmingham Women's and Children's NHS Foundation Trust, added:

"We're delighted that the Government is

It's fantastic to be part of the Mental Health Mission which will hugely benefit our present and future service users."

Roisín Fallon-Williams

Chief Executive

making such a significant investment in mental health research. Over the next five years, the Midlands Mental Health Mission Translational Research Centre of Excellence will accelerate and grow effective, regional mental health research capacity.

"Focusing on young, superdiverse, and deprived populations, we will engage with



funders and industry partners to develop and deliver precision interventions for mental health disorders including psychosis and depression."

The Mental Health Mission will promote collaboration across different sectors to bolster research and attract further investment from industry and research organisations.

Patient safety first – radical new approach to incident response



...It will support us to fully engage with staff, service users, and their families to maximise learning when incidents occur, and provide innovative and meaningful solutions that enable change."

Over the past year, we have significantly shifted the way we respond to patient safety incidents to keep service users safe now and in the future.

In the NHS, a patient safety incident simply means any unintended or unexpected incidents which could have, or did, lead to harm for one or more service users receiving healthcare. Reporting them helps the NHS to learn from mistakes and to take further action to prevent it from ever happening again.

In Autumn 2022, NHS England released a new Patient Safety Incident Response Framework (PSIRF), this framework replaced the Serious Incident Framework of 2015.

Sometimes, to make it sound new and interesting, people change the name of something while the thing itself stays the

same – PSIRF is not one of those things.

PSIRF will bring a radical change to the way BSMHFT responds to patient safety incidents, making it a much smoother process for everyone involved. The new change will help the Trust to outline how we should respond to patient safety incidents and how and when a patient safety investigation should be conducted.

This new approach focuses on four key aims:

1. **compassionate engagement and involvement of those affected by patient safety incidents;**
2. **application of a range of system-based approaches to learning from patient safety incidents;**
3. **considered and proportionate responses to patient safety incidents;**

4. **supportive oversight focused on strengthening response system functioning and improvement.**

Lisa Pim, Interim Associate Director of Nursing and Governance said:

"We are very excited here at BSMHFT in regard to the transition over to PSIRF. It will support us to fully engage with staff, service users, and their families to maximise learning when incidents occur, and provide innovative and meaningful solutions that enable change.

"Working in the PSIRF way enables a just culture, where staff feel psychologically safe to speak up, avoiding blame and being part of the solution. This creates clinical environments that are safety focused meaning the best possible outcomes for our service users and their families."

Specialist Midwife Sophie attends NHS Parliamentary Awards



Sophie pictured with Steve McCabe MP

Congratulations to Specialist Midwife Sophie Garcia, who was shortlisted for the Rising Star accolade at this year's prestigious NHS Parliamentary Awards.

Sophie is Team BSMHFT's first Specialist Midwife and joined our Maternal Mental Health Service 18 months ago to support women/birthing people, their partners and families who are struggling after experiencing perinatal loss.

As a midwife trained in mental health, Sophie provides valuable support to those in her care through pregnancy and after baby loss. She also supports women/birthing people whose babies have a poor prognosis, sensitively helping them to build a relationship with their baby and to make memories.

Sophie was nominated by Steve McCabe, MP for Birmingham, Selly Oak. She attended the ceremony at the House of Commons on Wednesday 5 July, the 75th anniversary of the NHS. Although she didn't win her category, she did amazingly well to be shortlisted from a record number of 750 nominations submitted by MPs.

Well done to Sophie for gaining this fantastic recognition.

Caring Minds



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 Trust's 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.

Scan here
to donate



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

Values Awards 2023 raffle

Six lucky winners received prizes in the Caring Minds raffle which took place on the night of the Values Awards 2023.

In total, £430 was raised which will be used to support projects that enhance the experiences of our service users, patients, and colleagues.

Medical Director, Fabida Aria won the top prize of a £100 Sainsbury's voucher and one of the £50 The Dining Out gift cards. Leigh Taylor, one of our Caring Minds supporters won the second. Stacey Watkins, Project Manager, Programme Management Office won tickets for Beekeeper of Aleppo at the Birmingham Rep and Anna Nye, Health Instructor and Mandy Fletcher, Head of Programmes - Strategy, People & Partnerships took home tickets for a comedy night at the Midlands Arts Centre (MAC).

Finally, congratulations also to Clinical Psychologist Alex Shah-Smith (pictured) who won a luxury hamper.



Wilton Chiswo,
Manager at Reaside



An insightful video into a medium secure setting

A video specifically for families and carers about to what to expect at our Reaside Clinic has been funded by Caring Minds.

Launching later this year, the video will help to reduce many of the misconceptions about what a medium secure setting is like. Having a loved one admitted into our care can be a very worrying time. To minimise feelings of anxiety or uncertainty, this video has been co-produced with carers to reassure others and provide an insight into the safe environment the Reaside team provides.

Reaside Clinic, based in Rubery, looks after over 90 men aged 18+ every year who require inpatient mental health treatment and rehabilitation.

Vanessa Katri, Acting Matron for Reaside and Hillis Lodge said:

"Often the first visit family and carers experience here can be difficult due to the circumstances of their loved one's admission. We wanted to display the therapeutic environment we have, an environment they may not always get to see.

"This video will break down some of the preconceived barriers about medium secure services. We involved both our carers and patients in developing this video and we are so excited to see the finished project. Thank you, Caring Minds!"

Look out for the video which we will share on our social media channels later this year.



Catherine Allen-Smith with Caring Minds
Charity Manager Louise John

Lozells school pupils and staff raise £700

Year 9 pupils from Holte School in Lozells, Birmingham, raised an impressive £700 for Caring Minds, for the second year in a row!

The teenagers and staff members together fundraised by selling cakes and samosas, organising a treasure hunt, crafting and selling bookmarks, keyrings and taking on sports challenges, raffles and much more.

Catherine Allen-Smith, Year 9 Manager at Holte School, said:

"We have lots of pupils at our school who struggle with their mental health, so we decided to raise money for a local mental health charity. This has meant a great deal to us as a school and community. We will continue to raise money for Caring Minds next term."

A big thank you from the Caring Minds team!

The latest lucky lottery winners



Three more lucky members of staff have each won £250, thanks to the Caring Minds Lottery. Our winners have shared how they plan to spend their unexpected prizes, treating families, colleagues and their furry friends!

John Tossell, Uffculme Centre Co-Ordinator was April's winner. John was delighted to find out that he had won the April's lottery draw and planned to enjoy his winnings with his wife on her birthday. John feels that it is important to try and support worthy causes and says they do not come more worthwhile than Caring Minds.

Northcroft nurse, Melissa Lowe, was May's winner and is very grateful to Caring Minds, saying it was a lovely surprise to get the call that she'd won. She's been supporting the lottery for several years and will spend her winnings on a meal out for herself and her partner, buy cakes for the office and give her four cats a treat!

Kelly Rallmill, Secretary for our Legal team and our June winner said winning the Caring Minds Lottery made her week 'a million times better.' She's been in the lottery since it first started and is glad to donate to help others. Kelly hopes to be able to put the money into her holiday fund but says she will no doubt end up taking her family out for a meal as a lovely treat!

BSMHFT colleagues can join the Caring Minds Lottery, to be in with a chance of scooping the £250 monthly prize. Email fundraising@bsmhft.nhs.uk to request an application form. Good luck!



Book sale at Uffculme

Did you know there is a book stall in the reception of Uffculme? Colleagues kindly donate books and you can give them another life for a small donation to Caring Minds. Pop along between 8.30am and 5pm Monday to Friday.

Keeping our service users safe and supported

The care and safety of all of our service users, patients and staff is paramount and Summerhill Services Limited (SSL) plays a crucial role in ensuring we keep on track.

SSL is a wholly owned subsidiary of the Trust, delivering our Estates and Facilities services. This means that we can offer a tailored response to the needs of those in our care whilst ensuring that we spend our money on the right things, at the right time.

Currently made up of 369 members of staff, SSL delivers the following services to our 40+ sites:

- ✓ **domestic cleaning and housekeeping** to maintain a high standard of cleanliness on sites, ensuring service users, visitors and staff members are in a safe and clean environment
- ✓ **catering services** that prove delicious, fresh, high-quality meals, snacks and beverages to service users, customers, and staff. SSL covers a vast array of nutritional and supplementary needs, specialist dietary requirements and health and safety measures with consideration to allergies, cultural requirements, health-



- based dietary requirements, and preferential needs
- ✓ **grounds keeping and gardening services** helps us to maintain clean and safe grounds that welcome service users, customers, and teams into a comfortable and professional environment
- ✓ **maintenance** is carried out by SSL team members, often completing jobs related to heating concerns, blockages (toilets and sinks), faulty lights, PAT testing of BSMHFT and service user equipment and general fabric repairs
- ✓ **portering, transporting and waste collection** are carried out by SSL porter

drivers who report to a team of experienced supervisors, driving 'fit-for-use' vehicles for general transport purposes. The team also transports various items around BSMHFT and SSL sites including pharmaceutical items, specimens, internal and external post, medical records, oxygen supply and more. SSL has a fleet of around 70 vehicles, including electric vehicles and hybrid

- ✓ **Non-Emergency Patient Transport (NEPT)** – the NEPT team safely transports service users to and from BSMHFT sites and other external locations.

We are extremely thankful to each of our 369 SSL staff members, many of whom have worked tirelessly with the Trust and SSL for several years, to ensure that our service users, patients, visitors and Team BSMHFT feel supported and safe.

If you would like to find out more about SSL as well as the current opportunities available, scan the QR code. Please note this is a temporary website while the new SSL website is being developed.



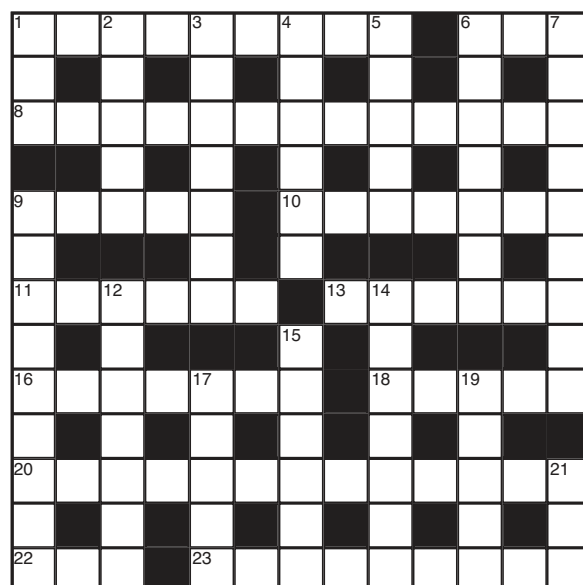
At this year's Values Awards, Christine 'Chris' Donnan, Domestic Supervisor for SSL, scooped silver in the Lifetime Achievement category. Chris is pivotal to the safe and effective running of Warstock Lane, always going above and beyond to ensure that the environment is clean, safe and welcoming for staff and service users alike.

Chris worked tirelessly throughout the COVID pandemic to ensure that optimum levels of high-quality hygiene were maintained and continued to be thereafter. In total, she has worked with the Trust and SSL for 25 years and is still very passionate about her role. Thank you Chris!

Quiz Challenge

1. The Masai Mara game reserve is in which African country?
2. On a rowing boat, what is technically known as the thwart?
3. In the 2022 series of the Netflix drama The Crown, Dominic West plays which member of the Royal Family?
4. What H is the name of a British bank and the capital city of the province of Nova Scotia?
5. What is the speciality of a trichologist?
6. What is the stage name of singer Orville Burrell, whose first record, Oh Carolina, became a UK No 1 hit?
7. Whose portrait is on the back of the polymer £5 note?
8. The classification of plants and animals is called what?
9. Guru Nanak founded which religion based on Hinduism in the 15th century?
10. The drachma was the former currency of which European country?

CRYPTIC CROSSWORD



ACROSS

1. Poor girl said to be on the French ship (9)
6. Opening for Georgia and Penny (3)
8. Inclination of those being taken for a ride? (9,4)
9. In Italy pick up a dual part (5)
10. Timothy lazily acting like a mouse (7)
11. Scoff at Deirdre possibly losing one of her rights (6)
13. Work with a disease (6)
16. Soothe infant (not first-born) with a cradle-song (7)
18. Sam left rotten masthead to the end (5)
20. In which one doesn't seem oneself (13)
22. Letter expressing surprise (3)
23. Flour we have initially to consume at breakfast, say (9)

DOWN

1. Got both ways (3)
2. Got wind of a busybody? (5)
3. One about to come down in the country (7)
4. The last Henry's place (6)
5. Little credit in total for the rugby players (5)
6. Association hesitant with Dutch coin (7)
7. Insignificant amount of money in the office? (5,4)
9. Driving a bike on foot (9)
12. Fall back into another error? (7)
14. Hardy turned over the books to find the main outlet (7)
15. Indian city that may be irritating me? (6)
17. Bishop, in giving a shout of pain, gets a pointer (5)
19. A leg I twisted in being nimble (5)
21. Nothing could be found in Manila (3)

FIVE ALIVE

BR	IL	AD	GN	DE
AI		ER		NI
SF	LW	OA	KO	EN
LI		ML		MK
EC	XR	AT	RZ	YA

Here are two miniature five-square crosswords using the same grid – but the letters have been mixed up. You have to work out which letters belong to which crossword.

EQUALISER

$$\begin{array}{ccccc}
 & 12 & & 15 & \\
 15 & \bigcirc & 5 & \bigcirc & 2 \\
 & 2 & & 3 & \\
 7 & \bigcirc & 2 & \bigcirc & 2 \\
 & 4 & & 2 &
 \end{array}$$

Place the four signs (add, subtract, multiply, divide) one in each circle so that the total of each across and down line is the same. Perform the first calculation in each line first and ignore the mathematical law which says you should always perform division and multiplication before addition and subtraction.

CROSS CODE

9	5	11	11	16	6	10	22		23	5	12	6
5			2		2		8		20			3
10		26	5	7	11	2	16	20	17	22		20
24	20	5	10		16		19		7	6	21	21
		16		3	6	16	21	22		15		19
22	20	16	13	6		2		8	1	20	21	20
6		23		6	14	21	10	2		7		7
21	10	20	5	21		19		10	19	23	6	22
21		18		22	6	7	22	6		2		
16	19	6	22		4		21		25	10	20	3
19		10	6	11	5	16	2	10	16	24		20
7			2		2		25		2			13
11	10	19	3		16	19	25	6	21	19	3	6

ABCDEFGHIJKLMNOPQRSTUVWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

Each number in our Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.

As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

