



TrustTalk

Summer 2025



**Forward Thinking
Birmingham join Child
and Adolescent Mental
Health Services
Page 3**

**Paul shares his
recovery journey
Page 14**

**Meet the winners of
our Values Awards
Page 8**

Welcome to Trust Talk

With summer well and truly underway (and some wonderful weather for a change), we're delighted to welcome you to the summer edition of Trust Talk – a celebration of the people, progress and purpose that defines Team BSMHFT.

This edition marks a particularly special moment in our history, as we extend a welcome to all colleagues from Birmingham's Children and Young People Division Services, who have now officially joined us from Birmingham Women's and Children's NHS Foundation Trust. We are thrilled to have you with us and excited about the opportunities ahead as we build on your great work to create a stronger, more integrated and inclusive future for children, young people and families across Birmingham. Your knowledge, expertise and compassion are already enriching Team BSMHFT and we look forward to everything we'll achieve together.

This summer also brings a moment of reflection as the NHS launches its 10-Year Plan – a bold and ambitious vision to secure the future of healthcare for generations to come. With its focus on prevention, digital

transformation and a shift from hospital to community care, the plan aligns closely with our own Trust Values and the direction we're heading.

In May, we came together to celebrate International Nurses Day, honouring our 1,400+ nursing colleagues across every corner of our Trust. From inpatient wards to community teams, the day was a chance to stop, connect and recognise the immense contribution of nurses working at every level. A stand out moment was the joyful celebration at the Uffculme Centre, where colleagues shared insights, enjoyed Indian dance performances and took part in activities that celebrated the diversity and spirit of our nursing family. We are incredibly proud of all our nurses and deeply thankful for everything you do.

We were also proud to celebrate the outstanding contributions of our medical workforce at the 2025 Medical Celebration. The event brought together colleagues from across the Trust to recognise the compassion, leadership and innovation of our doctors - from quality improvement and service development to patient safety and partnership working. As part of the

day, we presented the BSMHFT Medical Awards 2025, honouring those who have gone above and beyond in their roles. Our congratulations go to all the winners, including Dr Bill Calthorpe, Dr John Croft, Dr Mohammed Yousef, Dr Leah Wooster, Dr Muhammad Abiola and Dr Humaira Aziz – as well as to our Postgraduate Medical Education Award recipients. Your expertise and dedication are making a lasting difference to the people and communities we serve.

Finally, we're excited about the centre spread of this edition, which continues the celebrations of our Values Awards 2025. These awards are a true celebration of the best of who we are – recognising colleagues who live and breathe our values every day. Whether nominated by peers or service users, the stories shared are powerful reminders of the impact we make when we lead with compassion, quality, inclusivity and commitment.

Thank you for everything you do, every day, to support the people and communities we serve. We hope this edition of Trust Talk offers insight, inspiration and a strong sense of pride in being part of something truly meaningful.

With our very best wishes,



Roisin Fallon-Williams
Chief Executive



Phil Gayle
Chair

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

For urgent mental health support, call
☎ NHS 111, option 2
This line is available 24 hours, seven days a week.

24/7 Mental Health Text Support for Birmingham and Solihull
☎ Text Space to 85258

Mental Health Helpline, in partnership with Birmingham Mind. Call the numbers below for advice and support
☎ 0121 262 3555
☎ 0800 915 9292



Keep up with us online

🌐 bsmhft.nhs.uk
📘 facebook.com/NHSbsmhft
📱 @bsmhft_nhs
📍 Birmingham and Solihull Mental Health NHS Foundation Trust

Meet our Board of Directors



Roisin Fallon-Williams
Chief Executive



Philip Gayle
Chair



Patrick Nyarumbu MBE
Deputy Chief Executive and Executive Director of Strategy, People and Partnerships



Dr Fabida Aria
Executive Medical Director



Vanessa Devlin
Executive Director of Operations



Lisa Stalley-Green
Executive Director of Quality and Safety (Chief Nurse)



Dave Tomlinson
Executive Director of Finance



Bal Claire
Deputy Chair and Non-Executive Director



Linda Cullen
Non-Executive Director



Winston Weir
Non-Executive Director



Monica Shafaq
Non-Executive Director



Sue Bedward
Non-Executive Director



Nick Moor
Associate Non-Executive Director

Welcoming our Forward Thinking Birmingham colleagues

This summer, we reached a major milestone in our mission to deliver compassionate, consistent and joined-up mental health care for all ages.

On 1 July 2025, 533 dedicated colleagues from Forward Thinking Birmingham (FTB) officially joined our Trust, along with the care of around 10,000 children and young people across Birmingham. These services – previously hosted by Birmingham Women's and Children's NHS Foundation Trust (BWC) – now sit within BSMHFT as part of our community-based Child and Adolescent Mental Health Services (CAMHS).

This change brings children and young people's community mental health care in Birmingham into the same Trust as adult services – paving the way for a more integrated all-age model.

Our Chief Executive, Roisin Fallon-Williams, described the moment as “truly transformational” for mental health care in the city. She said:

“By bringing children and young people's community mental health services into BSMHFT, we're creating a joined-up, all-age system that will improve lives – not just today, but for years to come.”

“Our focus is and always will be, on delivering safe, compassionate and inclusive care. I want to warmly welcome our new colleagues from FTB who bring so much knowledge, skill and heart into our Trust and to thank everyone at BWC and BSMHFT who has worked tirelessly to make this happen.”

While the organisational home for services has changed, the care and support patients receive will remain the same and waiting times will not be negatively impacted. The name Forward Thinking Birmingham (FTB)

“I want to warmly welcome our new colleagues from FTB who bring so much knowledge, skill and heart into our Trust and to thank everyone at BWC and BSMHFT who has worked tirelessly to make this happen.”

Roisin Fallon-Williams
Chief Executive, BSMHFT



will continue, as will the same trusted teams working in the same community settings. Families have been reassured directly through letters and text messages to explain what the move means for them.

Matthew Boazman, Chief Executive of BWC, added his thanks:

“Our FTB colleagues have been at the heart of care for thousands of families over the past nine years. Their compassion, commitment and ambition have made a real difference and I'm confident they'll continue to thrive and grow as part of BSMHFT.”

We know how important it is for children and young people in Solihull to continue receiving timely, high-quality support through Solar, our long-standing community CAMHS service. Services remain unaffected by the Birmingham transfer with Solar continuing their work as usual, providing the same excellent standard of care.

This is more than a service transfer, it's a milestone in the journey toward a more connected and responsive mental health system. To all our new colleagues and patients: welcome to Team BSMHFT. We're proud to have you with us and excited for everything we will achieve together.

Our Solar service remains under the management of BSMHFT and nothing will change with regards to the care provided. The way services are accessed remain and the staff who currently support children, young people and families will continue to do so in the same places in Solihull – there will be no requirement to travel to Birmingham for care.

A first taste of our fresh-looking future

Join us at the Uffculme Centre on Tuesday 23 September, between 10am and 3pm, for our Annual General Meeting (AGM) – and enjoy the very first taste of what's brewing in our new five-year Trust strategy.

As well as the formal AGM business, the day will offer a blend of interactive and engaging information stands showcasing the key ingredients of our future – including transformation, Quality Improvement, our 24/7 Neighbourhood Mental Health Centre, Culture of Care, Research and Development and more.

You'll also hear how people with lived experience are shaping services through our peer support hub and participation work.

And we want to celebrate all we've achieved together. We're inviting everyone to add their proudest moments and milestones



from 2021 to 2025 to a giant interactive timeline – a space to reflect on our journey so far.

We'll be offering health and wellbeing sessions throughout the day – because to be at our best for others, we need to take care of ourselves too.

Come along to connect with colleagues, celebrate what we've achieved and help shape what comes next. We'd love to see you there.

Launch of bold and ambitious NHS 10 Year Plan

The Government has launched a bold and ambitious 10 Year Health Plan for England, setting a new direction to ensure the NHS remains strong and sustainable for generations to come.

This plan is built around the voices of patients, service users, the public, health partners and staff, reflecting the changes people want to see in their care.

At the heart of the plan are three major shifts: moving care from hospitals into communities, embracing digital technology and focusing more on prevention rather than just treatment. These changes aim to personalise care, empower patients and service users and make sure the very best of the NHS is accessible to everyone.

For BSMHFT this means continuing to develop community-based services that bring care closer to home. It also supports our ongoing efforts to use digital tools to improve patient experience and strengthen early intervention to prevent mental health issues escalating.

You can read the full plan by scanning the QR code or visiting:
www.gov.uk/government/publications/10-year-health-plan-for-england-fit-for-the-future



Honouring excellence: BSMHFT Medical Celebration 2025

On Friday 13 June, colleagues from across the Trust gathered to celebrate the exceptional achievements and dedication of our medical workforce at the Medical Celebration 2025.

The event brought together inspiring talks, insightful discussions and a strong sense of pride as we recognised the compassion, leadership and clinical excellence demonstrated by our doctors. From quality improvement initiatives to innovations in patient safety and service development, the celebration showcased the vital role our clinicians play in delivering high-quality care.

A key highlight of the day was the presentation of the BSMHFT Medical Awards, recognising individuals who have gone above and beyond in their roles, congratulations to:

♥ **Dr Bill Calthorpe – Valuing Everybody**

With over 25 years at the Trust and 19 as a Consultant, Dr Calthorpe has shown long-standing commitment to patients with severe and enduring psychosis.

♥ **Dr John Croft – Leading and Inspiring**

Dr Croft has worked in the Women's Secure Service since 2005 and has been Clinical Lead since 2014 – his dedication continues to shape forensic mental health services.

♥ **Dr Mohammed Yousef – Partnership with Patients and Carers**

A General Adult Psychiatry trainee with a passion for quality improvement and neurodiversity, Dr Yousef is actively enhancing NHS efficiency and patient-centred care.

♥ **Dr Leah Wooster – Working Together**

Dr Wooster has been instrumental in developing services for people with learning disabilities and autism. Her work includes risk management collaboration with the police and research into stalking.

♥ **Dr Muhammad Abiola – Unsung Hero**

A Specialty Doctor in General Adult Psychiatry,

Dr Abiola's steady commitment and clinical expertise make a quiet but lasting impact.

♥ **Dr Humaira Aziz – Patient Safety**

As Consultant Psychiatrist and Clinical Director for Acute Care, Dr Aziz leads improvements in medical education, service development and patient safety.

The celebration also featured the Postgraduate Medical Education Awards, recognising excellence in training and development:

♥ **Foundation Year 1 Resident: Dr**

Nosheen Ahmed

♥ **Core Trainee Resident: Dr Ogechukwu**

Dike

♥ **Specialty Trainee Resident: Dr**

Amandeep Phull

♥ **Specialty and Specialist Doctors: Dr**

Onaiza Awais

♥ **Trainer of the Year: Dr Jelena**

Jankovic

♥ **Resident Doctor of the Year**

♥ **Poster Winner: Dr Sarah O'Connor**

We extend our congratulations to all winners and nominees. Thank you to everyone who helped make the day such a success – and to all our doctors across BSMHFT, thank you for everything you do.



BSMHFT goes smoke free on 1 September

BSMHFT is going smoke free on Monday 1 September 2025. This means cigarette smoking and use of any other tobacco-based products will be strictly prohibited on all our Trust sites. Vaping is allowed in outdoor spaces only.

The NHS introduced smoking bans on hospital sites to protect patients, staff and visitors from the harmful effects of second-hand smoke, create a healthier environment and to encourage people to quit.

We know that smoking among people with a mental health condition is more than 50% higher than in the general population and is a leading cause of the reduced life expectancy among people with mental health conditions (source: ASH). As a Mental Health Trust we are committed to help smokers to quit.

Our Tobacco Dependency Service is providing support to patients, service users and staff to help them to stop smoking using nicotine replacement therapy, vapes and counselling sessions. If you are a member of staff or one of our patients or service users and you and feel you can benefit from the service email

✉ bsmhft.tobaccodependency@nhs.net

Most people are aware that smoking causes heart disease and a wide range of cancers but may not realise it can also increase the risk



of dementia, hearing loss and eye problems, damage your digestive system and cause high blood pressure. The good news is your body will start to heal almost immediately after you quit.

Support can also be accessed through:

■ **The Quit Clinic**

☎ **0121 314 4041** If you live in or your GP is

registered in Birmingham or visit

🌐 thequitclinic.co.uk

■ **A Better Life (abl)**

☎ **0121 740 1212** If you live in or your GP is

registered in Solihull or visit

🌐 smokefreesolihull.co.uk

■ **Light Up Your Life**

Birmingham City Council

and Solihull Metropolitan

Borough Council have

joined forces to provide

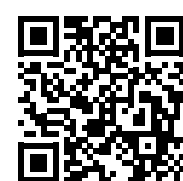
support and guidance to

help you stop smoking

for good.

🌐 Visit lightupyourlife.today to find out about

the support available or scan the QR code



Celebrating International Nurses Day 2025

On Monday 12 May, our Trust proudly celebrated International Nurses Day, honouring the incredible work of our 1,407 nurses across our services.

An event at the Uffculme Centre brought staff together for a vibrant and relaxed day of connection, learning and fun. Themed stalls highlighted key areas of nursing, including safeguarding, professional development and our Nursing Strategy.

A standout moment was a lively cultural dance by internationally recruited nurses from Reaside, adding energy and pride to the occasion. Outdoors, colleagues enjoyed cakes, ice lollies and games, while Experts by Experience led creative crafts.

Celebrations also took place across our sites. At Reaside, Ardenleigh, Barberry and the Caffra Suite, staff reflected on the compassion and commitment of nurses in secure care. At Little Bromwich Centre, Community Dementia and Frailty teams shared personal nursing journeys and honoured trailblazers in the profession.

At HMP Birmingham, staff received meal vouchers and cakes in recognition of their vital work, while the Tamarind team paused to thank their nurses for their strength and dedication. The day concluded with a calming mindfulness session, a fitting end to a heartfelt celebration.



Nurses celebrating at Uffculme

Nurses celebrating International Nurses Day across the Trust



Caffra Suite



Developing a new era for young minds at BSMHFT

As we welcome colleagues from Forward Thinking Birmingham into the new Children and Young People's division at BSMHFT, Trust Talk reflects on the progress so far in our plans to improve mental health care for children and young people.

In 2024, the Mental Health, Learning Disability and Autism Provider Collaborative embarked on plans to improve mental health care for children and young people through an ambitious programme of transformation.

Based on feedback from young people, parents, carers and colleagues from across Birmingham and Solihull working in children and young people's services, the collaborative developed a draft plan which was then published with a 'call for comment' to gain feedback from a range of stakeholders including young people, parents and carers, the public and partner organisations.

More than 200 people and 12 organisations across Birmingham and Solihull responded

to the report, which highlighted the need to reduce wait times and improve support available to children, young people and families whilst waiting for care, with more online and digital resources to be made available.

There was also strong support for more focus on prevention and early help – both in responding to the mental health needs of children and young people more promptly when they need it most, offering more support to infants and parents at the very start of life and the need to address the health inequalities faced by our most vulnerable young people.

Dr Fabida Aria, Consultant Psychiatrist and Executive Medical Director, said:

"We have made changes to the plans in light of the key themes and comments in the report. The feedback we received has also helped us to focus in on what our priorities should be in implementing this model.

"There is some way to go before we can put the agreed actions into practice and see the

benefits for our young people and their parents and carers – it will take time to get it right.

And this is only part of the story – there are a number of initiatives taking place, both with our partner organisations and engaging with children, young people and parents and carers to improve children and young people's mental health.

"However, we will ensure that we take every opportunity we can to collaborate and co-produce as we progress our planned improvements."

The full report and a summary version are available to read on the NHS Birmingham and Solihull website by scanning the QR code.



Championing Deaf Inclusion in Parliament

Dr Ben Holmes, Consultant Clinical Psychologist at our National Deaf Mental Health Service (Barberry), joined MPs and campaigners at a special Deaf



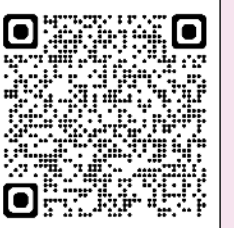
Awareness Week event held at the Houses of Parliament in May.

Titled 'Empowered through British Sign Language: Celebrating Deaf People, Culture and Language,' the event brought together key figures including Secretary of State for Health and Social Care Wes Streeting and Minister Sir Stephen Timms. Together, they explored the challenges deaf people face in accessing health and social care – from the lack of British Sign Language (BSL) interpreters to services relying too heavily on phone contact.

Speakers urged policymakers to involve deaf communities in designing services, warning that reforms can widen or close access gaps depending on how they're delivered.

The event strengthened links between our service, MPs and organisations like Empowering Deaf Society – all working towards more inclusive, accessible care.

Scan the QR code to learn about the National Deaf Mental Health Service.



Managing your alcohol intake over the summer

Summer can be a time of socialising, celebration and winding down – and for many, that can mean drinking more than usual. It's a good moment to pause and think about our own relationship with alcohol and how it might be affecting our wellbeing.

If you're supporting a friend or loved one who's thinking about cutting down, your encouragement can make a real difference.

Drinking less can improve:

- ✓ Sleep quality
- ✓ Physical and mental health
- ✓ Energy levels and mood
- ✓ Memory
- ✓ Long-term health, including a reduced risk of cancer, liver disease, high blood pressure and more.

While alcohol might seem like a quick way to relax, it's actually a depressant that can affect how we feel, think and behave.

Over time, it may lead to:

- ✓ Increased anxiety or low mood
- ✓ Impaired decision-making
- ✓ Mood swings or anger.

It takes about an hour to process one unit of alcohol. The recommended weekly limit is 14 units – roughly six pints of 4% beer or six glasses of 13% wine.

A few helpful ways to stay in control:

- ✓ Avoid drinking in rounds
- ✓ Use a drinks measure at home
- ✓ Alternate alcoholic drinks with soft drinks
- ✓ Start drinking later in the day
- ✓ Plan in alcohol-free days
- ✓ Rediscover a hobby you enjoy.

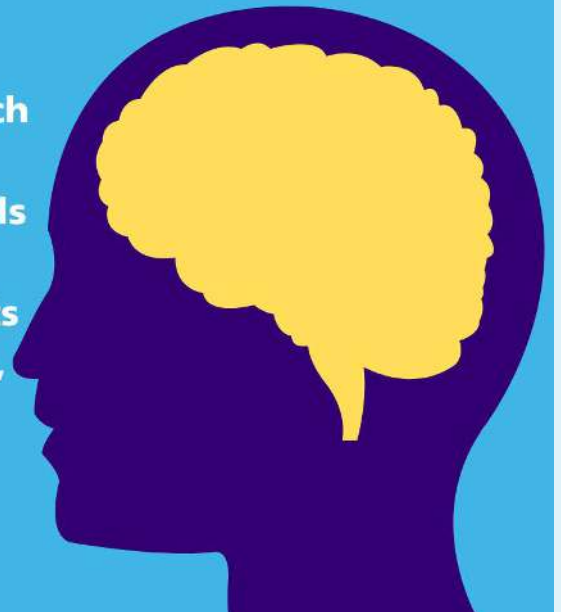
If you live in Solihull and would like support or advice, our Solihull Integrated Addiction Service (SIAS) is here to help. Drop by the

📍 **Newington Centre (B37 7RW)**

📞 **Call 0121 301 4141, or visit**

🌐 **www.sias-solihull.org.uk/make-a-referral**

Alcohol is a depressant, which can disrupt the balance chemicals in the brain, leading to affects on your feelings, thoughts and behaviour



If you live in Birmingham visit

🌐 **[changegrowlive.org](https://www.changegrowlive.org)**

Change Grow Live (CGL) is a free and confidential drug and alcohol service for adults and affected others in Birmingham. CGL provides treatment and recovery services

to support anyone experiencing difficulties with drugs/alcohol including confidential advice and information, care packages, healthcare clinics, residential detox, housing support, detox in a box, aftercare and family support.

24/7 Neighbourhood Mental Health Centre's hopes for its forever home



BSMHFT has made significant progress in its shift from hospital to community care by submitting a planning application to convert a former education centre into a day and night Neighbourhood Mental Health Centre, treating up to 30 patients per day.

Submitted to Birmingham City Council, the application – if approved, will pave the way for the Ghamkol Sharif Education Centre in Small Heath to become the 'forever home' for our 24/7 Neighbourhood Mental Health Centre (NMHC). The outcome of the planning application is expected in August 2025.

Currently operating from its temporary base at Omnia GP Practice, the service provides care from 8am to 8pm, seven days a week, offering

access to specialist community mental health support, including crisis care, home treatment, early intervention and rehabilitation.

Since January, the service has supported 160 new service users living in the east of Birmingham, the equivalent of six people each week.

As one of six national sites – and the only one in the Midlands – this NHS-funded pilot in East Birmingham brings together person-centred care alongside peer support in a non-clinical environment. Working hand in hand with community partners, the team also supports each person with their physical health and social needs.

The real impact of this approach can be seen through the stories of those we support.

A 32-year-old man living with schizophrenia, was identified while in custody and was facing a challenging transition back into the community. The 24/7 team worked closely with his family and the prison service to ensure continuity of care. On the day of his release, support began immediately – including help with medication, benefits and reconnecting with his loved ones. He now attends the centre regularly and is taking active steps to rebuild his life.

A 28-year-old woman living with complex trauma and post-traumatic stress disorder (PTSD), had little trust in mental health services when she joined the 24/7 team. With her consent, the team helped her reconnect with her family through therapeutic sessions, supported her housing needs and provided a space where she felt truly seen. She now regularly visits the centre, describing herself as more stable and emotionally connected than ever before.

These stories show how the 24/7 NMHC model makes a lasting difference through trust, timely support and whole-person care – foundations that will be strengthened by a permanent home in the heart of the community.



Community garden project blossoms into £500 fundraiser

A once-overgrown allotment at the Uffculme Centre has been transformed into a thriving green space, thanks to the hard work and vision of Recovery College for All.

The garden, now known as Seeds of Hope, was launched in summer 2022 as a calm and creative recovery-focused space where people can connect, grow and build confidence together. What began as a daunting project to clear a neglected plot has since flourished into a vibrant community hub.

Participants meet for weekly drop-in sessions, sharing gardening skills, nurturing plants and supporting each other through the power of nature and peer connection.

The group recently celebrated their achievements with a summer plant sale, featuring hanging baskets, potted plants and flowering

shrubs, many grown from seed as part of the project. The event raised an impressive £537.50, all of which will be reinvested into the garden.

Garry Edgington, Recovery Peer Support Worker, said:

"It was an overwhelming day, in a really lovely way. Seeing the hard work come to fruition and to raise so much money, that will go back into the Seeds of Hope garden – it's really inspiring."

One participant added: "I'm really proud to show what we've been working on together," while another said they valued the opportunity to "give something back."

To find out more about Seeds of Hope or other activities at Recovery College for All, contact 0121 301 3992 or email: bsmhft.recoverycollege@nhs.net.

Let's brew up something brilliant

We kicked off the first 'Brew Up' session on Tuesday 24 June following a well-attended internal webinar (Listen Up Live) with staff from across the Trust.

Colleagues at Mary Seacole and the Enhanced Reconnect team at Phoenix House were the first to pop the kettle on and stir in their thoughts, helping us start to brew up our new Trust Strategy. These were quickly followed by conversations at Zinnia Centre, Hertford House and Little Bromwich.

Over the next few months, we'll be seeking the views of our colleagues, service users, patients, families, carers and partners - to blend together the perfect mix of priorities, ideas and aspirations for the next five years.

We want to make sure our strategy - launching in April 2026 – is rich, full-bodied

and reflects what really matters to every corner of Team BSMHFT. That's why we're setting off on a site-to-site tour across the Trust, hosting 'Brew Up' sessions where you can share your thoughts over a cuppa.

Have a brew and tell us about:

- The achievements you're proud of
- What you'd love to see change by 2031
- The perfect ingredients you think will help us get there.

We'll also be brewing up conversations with corporate teams and professional groups across the Trust – no team will be left on the back burner.

Prefer your feedback strong but anonymous? No problem. You can share your blend of ideas via an online form, comment cards or suggestion boxes that will be popping up across our sites.

And don't forget to check our Brew Up BSMHFT Connect page for the latest colleague updates, dates and ways to take part.

If you're a member of staff with ideas for promoting this work or know of events suitable for a 'Brew Up', please contact Abi Broderick or Louise Butler in Strategy and Business Development.

Help brew our new strategy



Have a cup of tea with us and tell us what we need to focus on to further improve our Trust.





Our Values Awards

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.



Hadia Iftikhar

Gold



Natasha Jones

Silver



Chris Cook

Bronze

We marked this year's Values Awards with a spectacular evening at Aston Villa Football Club on Friday 23 May. With over 300 guests and 450 nominations, it was our biggest and most inspiring ceremony yet. Hosted by Roisin Fallon-Williams (Chief Executive) and Phil Gayle (Chair), the event celebrated excellence across 10 award categories, with 30 individuals and teams recognised for truly living our Trust Values – Compassion, Commitment and Inclusive.

The evening was a chance to reflect on the progress we've made, the challenges overcome and the lives touched by the dedication of Team BSMHFT.

A huge well done to all those who were nominated and the bronze, silver and gold awardees.

Thank you to our sponsor Summerhill Services Ltd (SSL) and to everyone who made the event possible. The night was also a success for our charity, Caring Minds raising £510 to fund 'added extras' for service users, patients and staff, over and above what the NHS can provide.

If reading about our fantastic winners gives you an appetite to find out more, watch the highlights via the QR code or visit:

📍 www.bsmhft.nhs.uk/about-us/values-awards-2025



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.



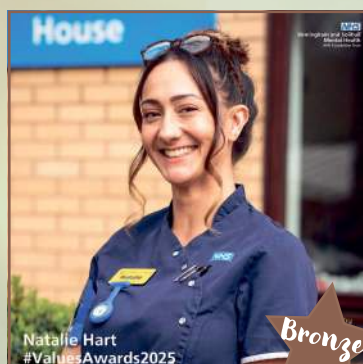
Katy Willmont

Gold



Sharon Nolan

Silver



Natalie Hart

Bronze

Inclusive Award

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



Rachel Upton

Gold



Holly Holmes

Silver



Louise Reardon

Silver

Quality Improvement, Research and Innovation 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.



Cultural Competency Project team

Gold



International Medical Graduates (IMG) Project team

Silver



Professor Hugh Rickards

Bronze

Team of the Year Clinical Services Award

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



Intensive Community



Adult Eating Disorders



Small Heath Community Health

Values winners 2025



Mustak Mirza Award

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.



Bernadette Herron



Jazz Janagle



Melissa Suite

Team of the Year

Recognise a team that has shown multidisciplinary working the quality of care for our service users.

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.



Rehabilitation team



Participation and Experience team



Disorder Service



Post-Graduate Medical Education team



Community Mental Health team



ICT team

Caring Minds Charity Champion Award

This award is for an individual or team who has supported and promoted the charity, inspiring colleagues to get involved and going the extra mile.



Sharon Baldock



Stacey Watkins



Uffculme Reception team

Lifetime Achievement Award

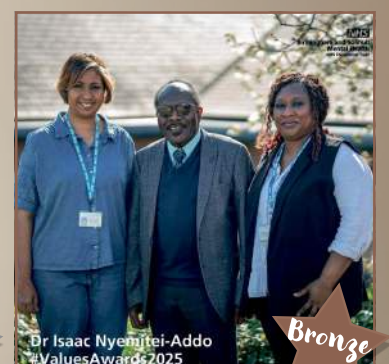
This award is for an outstanding and inspirational individual who has dedicated many years of their life to service users and patients, whether that's as part of Team BSMHFT or to the wider NHS.



Jennifer Lindsay



Graham Taylor



Dr Isaac Nyemitei-Addo

Our *Team of the Month* winners

Every month, we shine a spotlight on one incredible team whose work truly stands out, because with over 4,000 staff spread across 40+ sites, there's no shortage of drive, dedication and passion to celebrate. Our *Team of the Month* award is more than a pat on the back, it's a heartfelt thank you to the teams who go above and beyond to bring our Trust Values to life.



From clinical care to professional support, every team plays a vital role in delivering outstanding mental health services to our communities. Whether it's showing deep **Compassion**, championing **Inclusivity**, or going the extra mile with unwavering **Commitment**, these teams are the heartbeat of our Trust. And now it's time to reveal our latest winners:

March's *Team of the Month* Recovery College for All

The team were nominated by a service user who said that they had received exceptional care from the Recovery College for All team following a severe mental health crisis. They wrote of the support they had from the team and praised the courses and the opportunity to connect with people who have had similar experiences. They said that they have regained confidence, positivity and a sense of community and that the College's inclusive and compassionate approach has been life changing.

April's *Team of the Month*

Solihull Perinatal Mental Health team
After experiencing a severe mental health crisis following the birth of her second daughter, a mother credits the Solihull Perinatal team with saving her life. Suffering

from extreme anxiety and sleep deprivation, she received daily support from the team, whose compassion and dedication were transformative. With their help and ongoing care, she recovered, bonded with her daughter and returned to work. She now feels reassured knowing the team will be there if she ever needed them again.

May's *Team of the Month*

Communications team and Mandy Fletcher
The team has demonstrated outstanding commitment and exceptional work in the planning and delivery of our annual Values Awards. Their creativity, attention to detail and dedication to excellence ensured the event was not only professionally executed but also truly reflective of our Trust Values. The team consistently went above and beyond, demonstrating remarkable teamwork and passion throughout the entire process.



Solihull Perinatal Mental Health team



Communications team and Mandy Fletcher



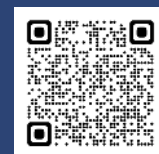
Recovery College for All

Nominate your *Team of the Month*

If you're a member of Team BSMHFT, a 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 BSMHFT Connect or via our website www.bsmhft.nhs.uk (see QR code).

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.



Follow us on
Instagram

Did you know that Team BSMHFT is on Instagram? Follow [@bsmhft_nhs](https://www.instagram.com/bsmhft_nhs) for the latest mental health news, support services, staff celebrations and much more. We are always looking at new ways to communicate and share information about the work we do across the Trust, used by 35 million people in the UK alone, Instagram is helping us to do just that. Why not hit that follow button to discover what exciting things we are working on this year.

Transforming experiences for people with learning disabilities and autism

The Learning Disability and Autism (LDA) team at the Mental Health Provider Collaborative is putting real voices and lived experience at the heart of change, with the launch of two powerful new videos designed to improve health outcomes and the way services are delivered.

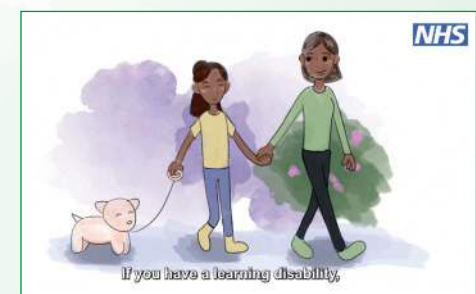
Created hand-in-hand with people who have learning disabilities and autism, the first film tackles some of the very real challenges autistic people face when trying to access their GP. From booking appointments to feeling comfortable during a visit, the video shines a light on how simple, reasonable adjustments in primary care can make a world of difference. It's a must-watch for anyone working in healthcare.

The second video is a vibrant animation aimed at children and young people, demystifying the learning disability annual health check. Sparked by conversations with parents and carers, the animation brings the topic to life through the voices of two young people who share their own experiences, backed by the collective insights of their peers.

Warm, honest and accessible, the animation answers the key questions young people and their families might have, what the check involves, why it matters and what to expect at every step.

Both of the videos are now live on the BSMHFT website:

www.bsmhft.nhs.uk/service-users-and-carers/service-user-information/learning-disability-and-autism/annual-health-checks/





Children and Adolescent Mental Health Services Team Manager

Ayesha Tiwana



Studies have shown that one in four people will struggle with their mental health at some point in their lives and one in five children and young people (aged eight to 25) have a probable mental health condition.

This number has been rising since 2017, most notably in the 17-19 age group, so we decided to focus our Five Minutes With on Ayesha Tiwana, Children and Adolescent Mental Health Service (CAMHS) Team Manager for Solar (Solihull's emotional wellbeing and mental health service).

We can read more about Ayesha and Solar below.

Hi Ayesha, please could you start by telling us a little bit about yourself and what you do at Team BSMHFT?

"Hello! My name is Ayesha and I currently work as a team manager within our Solar Children and Adolescent Mental Health Services (CAMHS), secondary care service. I have the pleasure of line managing and working alongside our CAMHS practitioners with a wide range of professional backgrounds such as nursing, cognitive behavioural therapy (CBT) therapists, social workers and many more.

"Our secondary care team also extends to a psychology team filled with trainee psychologists and therapists as well as a medical team. I've been back in the Trust for about a year now, having started in Solar as a therapist, I have recently had the opportunity to step into my current role, with a more direct connection with the flow of the team and service. Day-to-day can consist of supervisions, service development, screening referrals, supporting our team, understanding data patterns, lots of meetings and much more.

"Being in this role has provided me with opportunities to empower our staff, supporting their wellbeing and professional development, to ensure our young people get the best they possibly can from the service. I still work with a small number of children and young people as this is something that's important to me and allows me to use my therapeutic skills and get creative.

"A bit about myself... I love being around my people, doing something active, cooking (mostly the eating bit) and in nature. My camera roll is largely filled with pictures of sunsets and sunrises!"

Has there ever been a stand out moment in your career that has made you pause and reflect?

"I don't think there is enough time to go over those stand out moments. This is something I think about a lot when working with families and my colleagues.

"In CAMHS, I think it's been largely seeing that glimmer from a young person when they see themselves past their difficulties, or labels that have been given to them and have hope for the future. When working with our staff team, I find so much joy in hearing reflections, wins and overcoming challenges when talking about their families and networks that they work with."



What kinds of psychological interventions does the Trust offer to children and young people?

"Interventions can vary across all of our different teams. Teams in Solar include our Primary Care, Secondary Care, Looked after Children's team, Crisis and Eating Disorders. In short, interventions may include family therapy, cognitive behavioural therapy (CBT), dialectical behaviour therapy (DBT), compassion focused therapy (CFT), occupational therapy support, psychological approaches, medical interventions and support in school.

"I think something beautiful about CAMHS is that the work with children can extend to families and the young person's network including school, by supporting those around them to support them too."

What would you say to a parent or carer who is worried about their child's mental health?

"I would encourage parents and carers to reach out to those around them for support, whether it be family, their child's teachers or other important people. I would also encourage them to reach out to services, including Solar.

"Here at Solar, we accept referrals from everyone in Solihull – whether that be the young person and families themselves, as well as professionals around them. The referral form can be found on our website where you can also find information for the support needed in an emergency."

Why did you decide to pursue a career in children's mental health specifically?

"I've always had a passion for helping people and I've always been passionate about mental health. Growing up, someone close to me experienced significant mental health difficulties and I was really aware of how cultural differences influenced decisions to seek help (although I know everyone's experience may be different).

"This drew me to wanting to work with people even more, especially groups of people that are underrepresented. I have such a passion about all things diversity and inclusion and connecting this within therapy has been powerful.

"I've always had a soft spot for CAMHS and I think that's because working with children at such a young age allows

“I remember early in my career, a patient had told me that we may not be able to change the world, but we can change someone's world and that really stuck with me.”

for that 'earlier intervention' of support and empowers them to see their potential and to overcome and manage their difficulties.

"Throughout my career I have had the opportunity to work with adults largely in forensic and inpatient setting and it really encouraged me to be a part of their journey at an earlier point in their life. Having the opportunity to become team manager has also allowed me to extend this passion to the team I am working with, supporting colleagues who deliver incredible work, whilst also supporting the service to think creatively about accessibility of CAMHS.

"Each child and young person is unique, thinking about their experiences, differences and what makes them, them. I am also passionate about breaking down the barriers to accessing mental health support. Stepping into the role as team manager, I think has helped me to extend this passion to our staff team and supporting them in their roles, whilst looking after themselves too."

What are your hopes for the future of children's mental health services?

"We have a wonderful team over here at Solar, who are truly passionate about the work they do with our families and I wish we could copy and paste them so there are more of us!

"We are working to support children and families in our areas receive timely support, through a number of initiatives and projects. We also aim to co-ordinate a young person's care, for example with education or social care and I hope this continues. I feel this will be developed further with the introduction of our Dialog+."

Past, present or future, what three people would you most want to sit down for a meal with?

"This is a tough one! I'd say my grandma, she was always full of wise words about life and tales about her life in Africa before she moved to England."

Tell us something that people might not know about you

"I used to really enjoy going to car shows when I was younger and I'm keen to get this going again!"

Describe yourself in three words

"Outgoing, thoughtful and creative."

When every call counts

Patient safety is at the heart of everything we do. Whether you're a member of staff, someone using our services, a carer, or a member of the public, we all want the same thing – safe, responsive and compassionate care.

Patient safety isn't just about avoiding harm. It's about doing things well, listening carefully and learning from each other so that every person receives the best support possible. That's exactly what we're doing with a recent review of the duty system in our Community Mental Health teams.

The duty system is there to help when someone needs support between appointments. It's meant to be a reassuring point of contact – especially if a person is feeling distressed, needs urgent medication advice, or feels their mental health is getting worse. It should be easy to reach, quick to respond and there when it matters most.

But we heard from people using the service that it doesn't always feel that way.

To better understand what was happening, we invited patients and carers who had recently used the duty system to take part in focus groups. These were co-led by our Expert by Experience Patient Safety Partners – people with lived experience of using our services.

They told us that some people weren't sure what the duty team is for, or when to contact them. Others described calling for support, waiting for a call back that never came and feeling confused or let down. Some felt frustrated at having to repeat their story to different staff members and a few said they'd called duty when another team or service could have helped more easily.

These conversations were honest and powerful. Most of all, they were full of insight. And they've helped us see exactly where we need to improve.

Now, we're working together with service users and carers to make things better. We're creating clearer, simpler information so people know what the duty system is, when to use it and what to expect. Behind the scenes, we're also looking at how our teams communicate – so we can respond more quickly, more consistently and with more care.

This is what patient safety looks like in action. It starts with listening. It continues with learning. And it leads to real change – together.

If you want to help share our message about the purpose of duty, contact us at bsmhft.patientsafety.nhs.net



It's Summer! Stay cool and stay safe



Whilst many of us enjoy the summer months it's important to look after ourselves when the temperature rises. Here are a few helpful tips on staying safe in the sun:

- ☀ Keep out of the heat if you can. If you have to go outside, stay in the shade especially between 11am and 3pm.
- ☀ Wear sunscreen of at least sun protector factor (SPF) 30 even its cloudy as over 90% of UV rays can pass through cloud. UVA and UVB rays cause premature aging, skin damage and cancer.
- ☀ Wear clothing that's loose-fitting, ideally with long sleeves or at least

covering your shoulders. Wear dark or bright colours - intense colours can help filter more UV rays.

- ☀ Choose a wide-brimmed hat that shades your face, ears and neck.
- ☀ Sunglasses can protect your eyes from UV rays.
- ☀ Cool yourself down. Have cold food and drinks, avoid alcohol, caffeine and hot drinks and have a cool shower.
- ☀ Keep your living space cool. Close windows during the day and open them at night when the temperature has gone down. Electric fans can help if the temperature is below 35 degrees.

Feedback through the Friends and Family Test

We're always thrilled to read the feedback that comes in through our Friends and Family Test (FFT) – it's a real reminder of the amazing care and support our teams provide every day.

The FFT gives service users, carers and families a simple way to share their experiences with us. It's not just about praise, it's also a vital tool that helps us learn, grow and keep improving the way we deliver mental health care.

Here's some of the recent feedback:

Memory Assessment Service

"Listened, patience, no judgement. I left the centre feeling hopeful and positive about our future. I understand the door is always open I just needed to voice my fears and ask the questions that have worried me. Thank you for the resources and sign posting."

Community Mental Health team – Lyndon

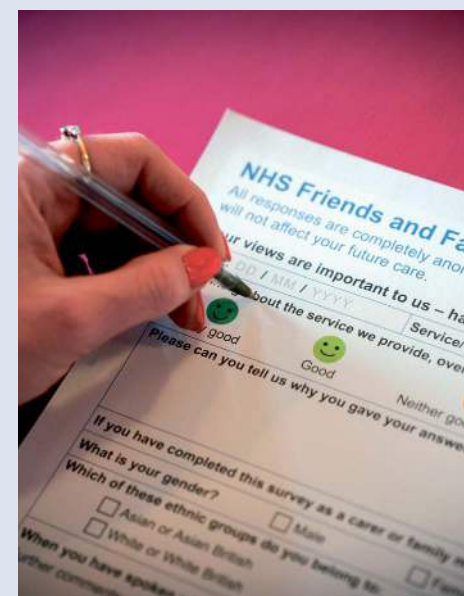
"I have had amazing support from Ogechukwu and Chekaine during my treatment at Lyndon Clinic. Oge is a really great support worker and she has been kind and supportive throughout, she has done the upmost to help me through some difficult times and I'll always be very grateful for her. Chekaine has equally been incredibly helpful at getting me active again, as a result of our yoga intervention together I actually got myself a scholarship to train as a yoga teacher. For the staff members I interact with regularly, Oge, Chekaine and Kai, I have always felt heard and seen."

Lavender Ward

"I was admitted to Lavender two days ago, I felt safe on the ward and the staff seemed very welcoming. I was shown around the ward as soon I was admitted. My admission was a positive experience. Staff have been listening and are helpful."

Birmingham Healthy Minds South

"I started therapy due to social anxiety which was affecting my work, social life and relationships. I am now more confident and thriving in my development following my sessions with skills to support me in my future development."



Let's Talk Suicide Prevention

In September, Birmingham City Council Public Health – in partnership with local mental health and suicide prevention partners – will launch a suicide prevention campaign to encourage residents to engage in open, compassionate and empathetic conversations about suicide.

Suicide can affect anyone, regardless of background or life experiences and can devastate entire families and communities. By normalising conversations about suicide, Birmingham residents may feel more comfortable seeking help and others can be better equipped to offer meaningful, compassionate support during difficult moments.

Along with advertising on billboards and digital screens, radio stations and social media, Birmingham is planning its first annual Suicide Prevention Week from Monday 8 – Sunday 15 September, centred around World Suicide Prevention Day on Wednesday 10 September. Activities will include a five-a-side football tournament, remembrance exhibition, cycling event and a Lunch and Learn webinar.

As we continue working towards making suicide Birmingham's business, Birmingham



residents, particularly those with lived experience, are encouraged to participate in the campaign in variety of meaningful ways.

If you're interested in participating in interviews with local media, sharing stories that can be featured on Birmingham City Council Public Health's Healthy Brum social media channels, or volunteering at any Suicide Prevention Week

events, please email:

✉ suicideprevention@birmingham.gov.uk

With your help, we can build a more open and supportive Birmingham where conversations about suicide are met with empathy and more people feel confident and prepared to offer meaningful support to those who need it most.

NHS 111, option 2 mental health

If you are experiencing something that makes you feel unsafe, distressed, or worried about your mental health, you can now contact your local crisis service in Birmingham and Solihull by calling NHS 111, option 2.

The phone will be answered by a trained mental health professional who will be able to listen to your concerns and help you get the support you need. With your permission, they can also access your electronic patient records to better meet your needs and to avoid you repeatedly having to tell us your situation.

Need urgent help for your mental health?

Call 111 and select the mental health option

NHS 111 is for all ages, including children and young people and those with neurodevelopmental needs. If you're deaf or have hearing loss, please visit:

🌐 www.signvideo.co.uk/nhs111/ to be connected to local crisis service.

If you aren't able to make the call yourself, then anyone can call on your behalf. You can also access NHS 111 online via:

🌐 111.nhs.uk

In emergency situations where there is an immediate risk to life, you should continue to contact 999 or go to A&E.

Taking Therapies: fact or fiction?



Talking Therapies can be an effective first step in looking after your mental wellbeing, especially if you're feeling low, stressed, or anxious.

To help you feel confident about getting started, we've dispelled some of the myths about the service to explain how it works and what to expect.

Facts

"You can self-refer or ask your GP to refer you."

You can either talk to your GP or self-refer into all adult Talking Therapies services in Birmingham and Solihull – just scan the QR codes for more information:

The only exception to this is Talking Therapies for children and young people, provided by Forward Thinking Birmingham. They are not currently accepting self-referrals but you can be referred into the service by speaking to your GP.

"You're typically seen within four weeks of making a referral."

Talking Therapies has been working hard to reduce waiting times so that they can see more people, more quickly. You will be offered an initial appointment within four weeks of making a referral and start treatment within three months, though more often, you'll start after just a few weeks.

Myths

"Talking Therapies is limited to a maximum of six sessions."

You'll have an assessment which will determine the best treatment for you. That may be a brief intervention which typically lasts four – six sessions or it could be a longer course of therapy, 10-14 sessions or more if you and your therapist think it will help.

"After I finish my therapy, I am on my own."

This is not true – you will be given some tools that you can use for the rest of your life to manage your mental health. If you find these tools are not working for you, speak to your GP about alternative treatment options.

"I have post-traumatic stress disorder (PTSD) – Talking Therapies won't work for me."

Talking Therapies support people with a wide range of mental health challenges including PTSD.

Other issues that Talking Therapies can help with include:

- **Anxiety disorders:** General anxiety, social anxiety, phobias and panic attacks
- **Depression:** Mild to moderate depression or low mood
- **Stress management:** Support with coping mechanisms for overwhelming stress
- **Obsessive-Compulsive Disorder (OCD):** Helping individuals manage intrusive thoughts and repetitive behaviours.



For more information about how Talking Therapies could help you or someone you care for, speak to your GP or scan the QR codes for your local Talking Therapies service:



My recovery journey at BSMHFT

After a dedicated 30-year career in the West Midlands Police, Paul Tyrrell faced unexpected challenges following his retirement, including depression and post-traumatic stress disorder (PTSD). In this heartfelt account, Paul shares his inspiring journey from a difficult turning point to finding hope, purpose and renewed confidence through the support of the BSMHFT Home Treatment Team and the Recovery College for All.

Hi Paul, please could you start by telling us a little bit about yourself and your recovery journey at BSMHFT?

"I'm Paul Tyrrell, 60 years old and I retired in October 2022 after dedicating three decades to the West Midlands Police. My journey in the force began as a beat officer in Bournville, evolving through roles as a first response officer and culminating in my specialisation as a Digital Media Investigator (DMI) within Criminal Investigation Department.

"Despite a fulfilling career, I've faced ongoing challenges with endogenous depression and more recently, PTSD since leaving the police – retirement has been a real struggle for me.

"September 2024 marked a significant low point for my mental health, leading me to the care of the Home Treatment Team for about eight weeks."

“The Recovery College isn't just a resource; it's become a cornerstone of my life. I now volunteer there most weeks and serve as an Expert by Experience (EbE).”

Paul Tyrrell

What kind of support did you find most helpful from the Home Treatment Team?

"Their support was phenomenal – daily listening, advice, medication adjustments and ultimately, guiding me back to a place of positivity.

"As my time with the Home Treatment Team neared its end, a new vital connection was made: the Recovery College for All at Uffculme Centre."

How did you feel when you were first introduced to the Recovery College for All?

"My first encounter there (Recovery College for All) was with Eugene Egan, a peer support worker whose role in my continued recovery has been immeasurable. He introduced me to the wealth of courses offered, which I've been attending consistently since December. These include Understanding Depression, Hoping in Recovery, Seeds of Hope, CHIME (Connected, Hope, Identity, Meaning and Purpose Empowerment) and RSPB (Royal Society of the Protection of Birds) all of which have proved profoundly beneficial.

"The Recovery College isn't just a resource; it's become a cornerstone of my life. I now volunteer there most weeks and serve as an Expert by Experience (EbE). This active involvement, combined with the earlier support from the BSMHFT Home Treatment Team and my partner, Lisa has been instrumental in vastly improving my mental health and my ability to manage day-to-day."

How did the Recovery College for All help you build skills or confidence in managing your mental health?

"My volunteer work at the college, particularly creating wooden planters for the entrance and improving the allotment area, has given me vital focus, boosted my confidence and significantly aided my recovery. My enduring passion for IT also finds an outlet as an EbE, where I assist the Participation and Experience team with their newsletters."

What advice would you give to someone who is struggling with their mental health?

"My strongest advice for anyone grappling with mental health difficulties is to always



reach out to your GP. For me, that step opened the door to the Home Treatment Team and subsequently the Recovery College for All – two entities that have been truly instrumental in my healing.

"Being an EbE at the Recovery College for All gives me renewed purpose and keeps me engaged, which I genuinely cherish. The future, which once seemed bleak in September 2024, now shines much brighter. The Uffculme Centre, with its welcoming staff and understanding service users, offers an environment I've long craved and has played a crucial role in bringing me to where I am today.

"I would like to take this opportunity to thank the Home Treatment Team, Uffculme Recovery College for All and the Participation and Experience team for your immense support in my recovery."

The British Psychological Society published Junaid Shabir's work...again!

We are incredibly proud to announce that Junaid Shabir, Trainee Mental Health and Wellbeing Practitioner, has once again been recognised by the British Psychological Society (BPS).

This time for his insightful and powerful reflection on the role of code-switching in clinical mental health practice. Code-switching is the act of shifting between different languages, dialects or accents depending on social context.

In his latest piece, Junaid explores the impact of Code-switching and how it plays a pivotal role in building rapport with patients and service users from diverse backgrounds. Drawing from personal experiences and professional practice, Junaid illustrates how code-switching can be a powerful clinical tool

to break down barriers, foster trust and promote meaningful psychological engagement.

Junaid's article includes real-life examples of using Mirpuri, Arabic and informal English dialects to connect with patients who were initially disengaged or resistant to support. These moments not only helped patients and service users feel understood and respected but also encouraged deeper participation in psychological interventions and ward activities.

He also advocates for greater recognition of code-switching in clinical training. Suggesting that equipping future practitioners with the skills and confidence to code-switch where appropriate can enhance patient outcomes, strengthen cultural understanding and empower clinicians to bring their authentic selves to their work.

Reflecting on the recognition, Junaid said:

"It feels surreal that I've got another publication out. I feel like an established writer. Hopefully I can continue to provide the best service for patients whilst bringing my authentic self to work and being able to document my journey through future publications!"

We can read more about his work on the British Psychological Society's website:

www.bps.org.uk



the british psychological society

CaringMinds



A great experience at BSMHFT can make a big difference to someone's wellbeing and recovery. That's where Caring Minds - our official charity - steps in, funding the little extras that go beyond what the NHS can provide.

From enhancing patient spaces to supporting wellbeing activities, every donation helps us do more for the people who use our services.

To fundraise, email:

✉ bsmhft.fundraising@nhs.net

or make a quick donation at:

📍 justgiving.com/caring-minds

Scan here
to donate



Thank you to our Great Birmingham Run heroes

The latest lucky Caring Minds lottery winners

More lucky staff members have each won £250. Below are some of our recent winners, congratulations to all!

📅 **March:** Kai Ahiah, Family Liaison Officer

📅 **April:** Charlotte Ward, Team Manager, Juniper Centre

If you are a permanent or fixed term BSMHFT staff member, you can join the Caring Minds lottery for as little as £1 a month. You can find out more information on Connect or contact the team:

✉ bsmhft.fundraising@nhs.net

Eight colleagues from Team BSMHFT took part in the AJ Bell Great Birmingham Run recently, raising more than £2,400 for Caring Minds, the Trust's official charity.

Stacey Watkins, Louise Hudson, Travis Barrett, Amerjit Nijjar, Jess Bolton, Llwyd Anwyl, Rebekah Amos and Monaswee Millward-Brookes joined thousands of runners on the streets of Birmingham to

champion mental health and raise vital funds to support service users and staff.

The team trained for months in preparation for the event, demonstrating dedication, teamwork and mutual encouragement throughout the challenge.

Their fundraising total of £2,438 will go directly to Caring Minds, helping to enhance mental and physical health initiatives across the Trust.

New staff wellbeing space opens

A brand-new wellbeing area has officially opened on Coral and Citrine Wards at Ardenleigh, thanks to funding from Caring Minds.

The space has been designed as a calm, comfortable retreat for colleagues working in what can often be a demanding and high-pressure environment – offering a chance to take a break, recharge and reset during busy shifts.

Advanced Nurse Practitioner Chris Goodban, a driving force behind the project, was thrilled to officially open the space and welcome colleagues to start making use of it.

And there's more good news – Caring Minds has approved funding for additional wellbeing spaces across the Trust, with more updates coming soon.

If you know of a space that could be transformed into a staff wellbeing hub, please get in touch with Charity Manager Louise John at:
✉ louise.john1@nhs.net



Sunshine, stalls and celebrations: Marking 77 years of the NHS

The sun was shining and spirits were high as colleagues and service users from BSMHFT and Birmingham Community Healthcare came together at the Juniper Centre, Moseley Hall Hospital, to celebrate 77 years of the NHS.

Hosted by Caring Minds and the Birmingham Community Healthcare Charity, the event was a joyful showcase of community, creativity and appreciation for everything the NHS stands for. The Trust's Quality Improvement team was also on hand, highlighting some of the exciting work

happening across our services.

With live music, delicious ice creams, colourful gift stalls, origami sessions, interactive activities - and even a 'guess the number of bears in a bag' competition - there was something for everyone to enjoy.



Celebrating National Healthcare Estates and Facilities Day



Staff celebrating

Summerhill Services Limited (SSL) know that behind every smooth-running site and safe, welcoming environment is a dedicated Estates and Facilities team. This year, SSL proudly joined organisations nationwide to celebrate Estates and Facilities Day to recognise the crucial work their teams do each and every day.

Under the theme 'We Value You!', they encouraged all colleagues to reflect on their services and values and the vital role they play in healthcare. Teams came together to share stories, celebrate achievements and highlight how they keep Trust sites running safely, efficiently and with pride.

To mark the occasion, staff received a small token of appreciation for their continued dedication and hard work.

Barberry catering team

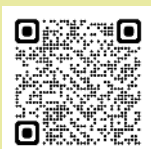


Themed bunting and posters created spaces for teams to gather, spark conversation and showcase what makes their work meaningful. Whether through team activities, bingo or simply sharing a cup of tea, everyone was invited to answer a simple but powerful question: "Why are you proud to do the work that you do?"

Director of Operations Neil Hathaway, said: "Estates and Facilities Day is a fantastic opportunity to celebrate the people who keep everything running behind the scenes. Their work is the backbone of SSL and I'm incredibly proud of the dedication they show every day."

To learn more about what they do, scan the QR code or visit:

summerhillservicesltd.com



SSL Celebrating Excellence: People and Values Awards 2025



Summerhill Services Limited (SSL) recently rolled out the red carpet for their *Our People and Values Awards* – a vibrant evening dedicated to recognising those who go the extra mile, live SSL's values and make a real difference across the Trust's estates and facilities services.

Held at Austin Court, Birmingham, the event was opened by Managing Director Shane Bray and was full of energy, laughter and a few surprises. As part of the evening's entertainment, Janice Connolly, brought her iconic comedy character *Barbara Nice* to the stage. With an interactive comedy raffle and plenty of audience banter, she had the room laughing from start to finish.

“These Awards celebrate the very best of who we are. It's our people living our values each day who drive our success, shape our culture and make SSL a truly special place to be.”

Shane Bray

Once again, the nominations were exceptional, showcasing inspiring stories and everyday heroes. Big winners on the night included Ardenleigh's Catering team, who took home *Team of the Year* and Chloe Kite, Communications and Marketing Business Partner, who was recognised with the *Above and Beyond* award. A special new honour – the *Director's Award* – went to all teams at Reaside, for their commitment and resilience.

Awards were presented by Operational Director Neil Hathaway, alongside other senior leaders from SSL and BSMHFT.

Reflecting on the evening, Shane Bray, said: "These Awards celebrate the very best of who we are. It's our people living our values each day who drive our success, shape our culture and make SSL a truly special place to be."



Richard Fernandez – Line Manager of the Year



Sangar Natarajan – Excellence in Service Delivery



Helen Ball – Futures Award

 TrustTalk listening to you

Contact the editors: The Communications 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

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