

New access service launches next month

The goal of making it easier for people across Bristol to get the mental health support they need takes a major step forward in January with the launch of a new access service.

Community, religious, social and sporting groups will be contacted in the early part of the year to find out what can be done to help their members access mental health services and also to combat the stigma often associated with seeking help.

The aim is to ensure that as services are phased in and developed under the banner of Bristol Mental Health, access to them is as straightforward as possible.

Too often in the past, some groups in Bristol have felt unable to access services and part of the retendering process that took place was aimed at overcoming these historic problems.

The new community access service is being provided by The Healthy Living Consortium, a partnership led by Wellspring Healthy Living Centre and including Knowle West Health Park, Southmead Development Trust and Stand Against Racism & Inequality (SARI).

The new service will link into all the Bristol Mental Health services, provide a link between different Bristol services outside the formal mental health system and enable connections between existing and new services by working with other organisations, projects, services, networks and groups. It will not refer patients, but will support community groups to signpost their members to the right mental health help.

Chief Executive of Wellspring Healthy Living Centre Elaine Flint said: "It is really exciting to be involved at the beginning of a new service and we are determined to work with all the organisations providing Bristol Mental Health services to ensure that no part of our diverse community feels unable to seek the support they need."

The new service will have a base in each of the three Bristol localities so that they can use and build on their in-depth local knowledge and provide

New job opportunities at Bristol Mental Health

The new changes in mental health services in Bristol have brought new job opportunities.

The voluntary sector organisations Second Step, Missing Link, Nilaari, Off the Record and from March Brunelcare are looking to fill a significant number of new posts by April 2015.

Mo Neilson, HR Manager at Second Step, who is leading the recruitment drive for the voluntary sector organisations involved, said recruitment was on track but there were still many more roles to fill. "Second Step has another six recovery navigators joining us today, 8 December, with four confirmed as joining in January, and another round of interviews happening next week. We have also recruited two Intensive Support Workers. Altogether with our partners we have recruited 39 new staff – but there are still many more posts to fill."

To find out more about these exciting new roles please go to www.second-step.co.uk/jobs or if you prefer by all means give Paul Conyers a call on 07850 002 665 or email paul.conyers@second-step.co.uk

Key jobs to be advertised

As the phased implementation of the new Bristol Mental

tailor-make training and advice for each community and group.

For more information, please contact Elaine Flint at Wellspring Healthy Living Centre elaine.flint@wellspringhlc.org

Strengthening the service user and carer voice

Bristol Mental Health's new service user and carer board is up and running.

Members of the Board are being recruited from all the services across the new system with eight places being filled at its first meeting last month.

The Board is a key body in the new Bristol Mental Health system, representing a significant step in the development and improvement of service user and carer engagement and co-production.

It brings together representatives of service user and carer groups from each of the services across Bristol Mental Health – a big step in providing a system wide voice to influence decisions and service design and get problems solved quickly.

The remaining 13 places are being recruited by new services and a second round of recruitment will be held in January should there still be some vacancies to fill.

For the next few meetings, Board members will focus on working together to define the role of the Board, how it will work and how it will achieve the goals it was set up to deliver.

Community rehabilitation services are changing in Bristol



The new community rehabilitation service will launch in April 2015 and will support people with long term mental health problems and complex needs.

Its focus will be on supporting people to gain the skills and confidence to live as independently as possible in the community by providing specialist assessment and recovery focused interventions.

Health service gathers pace, recruitment of the team that will help ensure delivery of the new model of care across the system is taking place.

Until now, these system leader posts have been filled on a temporary basis but with more services going live in the new year, the search is on for people who will take up the roles permanently.

The system leadership team works with all 18 providers of services, providing the leadership, management and support required to deliver a seamless service and the quality improvements inherent in the new model of mental health care.

Among the posts being advertised in the coming weeks are the service user and carer director, the system clinical director and two support roles – a senior business manager and a service information and improvement manager

The role of the service user and carer director will be to ensure effective engagement, co-production and service improvement through involving service users and carers across the system and making sure that they are at the heart of the service.

The system clinical leader will work closely with the Bristol Clinical Commissioning Group, service providers, local clinicians, GPs, service users and carers in developing and delivering high quality services which will be delivered across the city by Bristol Mental Health.

The other two posts will make sure the new services have the support they need to succeed and that performance data and other information is available to develop and improve services to meet the needs of the diverse communities in Bristol.

Posts will be advertised in the coming weeks and interviews are scheduled for January and February. All roles will be advertised on our website at www.bristolmentalhealth.org

National focus on our mental

Led by Second Step with its partners AWP and Missing Link, the new service will be delivered in local settings across the community. Service users and carers who have experience of rehabilitation services are involved at every stage of the development of the new service. Recruitment for the 40-plus team will start in January and will concentrate on recruiting skilled and experienced staff who are able to provide a dynamic and recovery-focused service.

From April 2016 the service will be based in a specially designed resource centre which will run a wide range of activities and include accommodation for 10 people and six self-contained flats – with 24-hour support provided. The service will use Blaise View as a temporary base while the new resource centre is being built.

Inpatient rehabilitation services will continue to be provided by AWP at Alder Ward, at Callington Road Hospital.

The project team is working with designers and architects to ensure the centre will help the team deliver a recovery focused service to support people to lead fulfilling lives.

For more information about the new service and possible job opportunities, please go to www.second-step.co.uk/rehabilitation or email rehabilitation@second-step.co.uk

Festive wellbeing tips

Christmas and New Year is a time of great excitement and enjoyment but for many, financial and social pressures can increase stress and anxiety. Family and personal relationship problems can intensify, adding to the distress many people feel. Here are some suggestions from our wellbeing therapies team to help you through the coming weeks.

Just do one thing at a time. Don't put yourself under pressure by setting too many goals or by making unrealistic resolutions. Try to set SMART goals (Specific, Measurable, Achievable, Realistic, Time-Framed). Make a list of what you want to do and decide which is the most important. A good tip is to have a list with 5 things to do on it. One of them must be purely for pleasure! As you complete a task, add another to the list. As you complete each task, you will have a real sense of achievement.

Take time out from the daily grind. Even if it is just 15 or 20 minutes it will help. Do something relaxing unconnected to your everyday festive routine - go for a walk, take a bike ride, meet up with a good friend or pamper yourself with a long bath. The break will do you good.

Try some simple relaxation techniques. For example, concentrate for a few seconds on taking slow, steady, controlled breaths, emptying your lungs as much as possible in between each breath. You can borrow CDs and books of relaxation techniques from local libraries. If you look on www.franticworld.com you'll find all sorts of useful articles / free mediation downloads of various lengths etc.

Talk through any anxieties with a friend or relative. Talking about things that are worrying you can give you a better perspective. Some of them may not be as bad as you think and talking through may help you to focus on the cause of your concern. Try to make the best of the support you can access from friends and family.

Don't place yourself under unnecessary strain. We're often over ambitious at this time of year. Don't expect too much of yourself! Also, try to exercise moderation when it comes to alcohol. Drinking can be a big feature of the festive season, but remembers that excessive drinking has consequences! For more information on sensible drinking / units visit www.drinkaware.co.uk

Debt isn't just for Christmas. Some people take out loans they can't afford to fund the festive season. If you find yourself in financial trouble after the festivities then get advice straight away. Try your local Citizen's Advice or the national debtline: www.nationaldebtline.org

If you are concerned about your wellbeing call your GP. They will be able to

health services

Our new mental health services and the shift towards services provided by several expert organisations was featured in a national magazine, the Health Service Journal (HSJ) at the end of November.

The magazine highlighted the pioneering work in Bristol which is attracting attention from around the country.

It featured how the previous services were completely overhauled and closely involved service users, carers and the third sector with the design and the delivery, and how this will continue into the future. The new services have also changed focus and funding to prevention and recovery.

Melanie Corish, programme director of Modernising Mental Health at Bristol Clinical Commissioning Group said: "The contractual model reflects the essence of what service users said they wanted. It is about modelling the behaviours and attitudes we want providers to exhibit. It is possible to achieve a great deal more, including continuous improvement, if we create a dynamic and positive culture within the system that can solve problems as they arise and respond flexibly and share responsibility

"I think we've got a good chance of succeeding because all the providers are driven by providing an excellent mental health system for Bristol."

The HSJ article also received a great deal of attention on social media .

Subscribe

If this has been forwarded to you, you can [subscribe](#) for future issues.

Any comments?

Do you have any comments or

point you to where you can get help.

Learning through volunteering



Left to right: Paul Hudson and Jane May of Bristol Men's Crisis House with Emily Peterson, making cakes on World Mental Health Day this October.

Cardiff Metropolitan University student Emily tells why she chose to volunteer with St Mungo's Broadway at the Bristol Men's Crisis House...

With pic (Caption Pic caption: Left to right, Paul Hudson and Jane May of Bristol Men's Crisis House with Emily Peterson, making cakes on World Mental Health Day this October.)

I started volunteering at the Bristol Men's Crisis House in July. I am currently in my final year of studies and in the months before becoming a psychiatric nurse.

I had researched the positive impact that St Mungo's Broadway has in the lives of clients for an assignment. From then, I realised that I wanted to become part of St Mungo's Broadway. It's inspiring to see how the organisation works firsthand with vulnerable people and supports thousands of clients who are isolated and at risk of homelessness. I have always wanted to work with people who are homeless, suffer from mental health issues, have physical and substance use issues or a combination of these.

My role as a project support volunteer at the Bristol Men's Crisis House involves providing advice and support to clients and encouraging them to engage in a range of activities, for example, in October we organised activities for Black History Month.

Overall, it is motivating to know that I contribute to making a positive difference to lives of the clients we work with, who have a range of complex needs, and that I participate in their recovery process. However, it is also difficult to accept that I cannot help everyone involved.

Although university has taught me a lot, nothing compares to what I have learned since volunteering at St Mungo's Broadway. I want to continue working as part of this incredible charity for as long as possible.

suggestions about this newsletter?

Is there anything we should be covering? We would be very pleased to hear your ideas for future editions. You can email your views to bristolmentalhealth@nhs.net

Need to print this?

You can download a PDF of this newsletter from the Bristol Mental Health website.

Our partners:



STAND AGAINST RACISM & INEQUALITY





Bristol Mental Health

0117 354 6200
bristolmentalhealth@nhs.net
www.bristolmentalhealth.org

[Unsubscribe](#)