

A busy time for Bristol Mental Health

It's been a busy time across the system lately, with CASS, the Dementia Wellbeing Service and the Joining the Dots team all holding successful events. Meanwhile, we've appeared on the radio not once but twice! You can read all about it - plus much more - below.

In the news this month...

BMH on the airwaves

BMH has been on the airwaves not once, but twice, recently! AWP's ECT team appeared on the Dr Phil Hammond show on BBC Radio Bristol alongside a lady who has received the treatment. They spoke to Dr Phil about ECT.



This was followed by an appearance from Bristol Mental Health's Community Rehabilitation team on the same show. Chris Kinston, Service Manager, and Nicky Noble, an Occupational Therapist,

both spoke about helping people with long term mental health problems reconnect with their communities.

[Read more here.](#)

Jargon buster

Are you wondering what something means? We've created a handy list below.

ACE: Assertive Contact and Engagement Service
AWP: Avon and Wiltshire Mental Health Partnership NHS Trust
BMH: Bristol Mental Health
CASS: Community Access Support Service
ECT: Electroconvulsive Therapy
EI: Early Intervention in Psychosis service
SARI: Stand Against Racism & Inequality

Dates for your diary

Reality Check Festival

A space where you can learn more about mental health and celebrate recovery in a fun festival atmosphere.

12pm-4pm / Friday 29 July

Learning and Well-being Fair

Come and visit the BMH stall! The event will also have free activities, information about courses and stalls from health and wellbeing organisations.

2pm-4pm / Wednesday 20 July

Please see the [Bristol Mental Health website](#) for more dates for your diary.

ACE's women's group grows

ACE's women's emotional health and wellbeing group has grown significantly since it launched in May.

'Women's Morning' is a female-only space whose membership now runs into double figures, having started with just four attendees.



Engagement workers and volunteers support women to socialise with one another and improve their wellbeing in a safe space. The group offers one-to-one support, as well as a variety of activities to

aid relaxation and boost wellbeing.

[Read more here.](#)

BMH initiative supports trans service users

BMH has launched an initiative to ensure its staff treat trans people accessing the system with dignity and respect.



As part of this, the first Working with Trans People workshop - commissioned by the BMH System Leadership Team - took place on 7 July.

[Read more here.](#)

Well done to...

Nina Simmonds, a Peer Support Officer and Tutor at Second Step's Recovery College, who was given an 'outstanding' grade in a recent teaching observation by Bristol City Council's Learning Communities team.

Job of the month!

Role: Project Manager

Details of role: We are looking for a Project Manager with fantastic multi-tasking and project management skills to join BMH's System Leadership Team.

Closing date: Monday 18 July

[Find out more here.](#)

Peer mentoring

"When I found Golden Key Peer Mentoring, I was at a point where I wanted to give something back and to give hope to someone who needed it."

Ian Gaskin is using his experience to help others as a Peer Mentor with Golden Key.

[Read more here.](#)

Conference puts spotlight on Dementia Wellbeing Service

Healthcare professionals from around the country travelled to Bristol to find out how the Dementia Wellbeing Service has transformed diagnosis and support in the city.

The fully booked conference at Ashton Gate Stadium included a talk from guest speaker Professor Alistair Burns, NHS England's Clinical Director for Dementia, as well as Bristol GPs.

[Read more here.](#)



Joining the dots holds System Wide event

The Joining the Dots Project team recently held a System Wide Event to update key stakeholders from Bristol Mental Health (BMH) about progress and developments made in recent months.

Attendees met at Bristol's Watershed on 5 July, where they also had the opportunity to make suggestions and ask questions about Joining the Dots - a collaboration between BMH, service users accessing BMH services, and Otsuka Health Solutions that aims to support the delivery of recovery focused care within services across Bristol.

[Read more here.](#)

Faces of BMH



We pose some questions to one (un)lucky staff member from BMH so you can get to know them better.

Name: Becky Piggot

Job title: Crisis Worker in the Crisis Team

What do you enjoy best about your role?

I enjoy hearing people's life stories. I like listening to people sharing their feelings - it's a privilege to do that.

[Read more here.](#)

SUCC meetings

SUCC meets monthly and is made up of members who represent all services and service users. They act on feedback and use their personal experience to influence decisions and service design and get problems solved quickly.

You can find notes from their June meeting [here](#)

CASS event challenges mental health stigma



Over 60 people attended the morning event at The Park in Knowle. They heard Alex Raikes MBE, Director (Strategic) of SARI, discuss the importance of people with mental health issues getting support to find the help they need..

[Read more here.](#)

CASS held a successful Networking Event recently with support from SARI. The event, on 28 June, featured a packed programme, which included information about CASS, workshops around the service and a session on challenging mental health stigma.

Tips for looking after your wellbeing



Will Hall, System Clinical Leader at BMH System Leadership and Consultant Psychiatrist with Central Bristol Assessment and Recovery, shares his top tips for positive mental health over the summer.

It's important that we all look after our wellbeing as doing so means that we are more likely to feel happy and to have positive mental health. There are a number of proven areas of wellbeing that help to lead to happiness.

[Read more here.](#)

