

Out with the old and in with the new

There's been lots of change at BMH recently. We've formed a new performance and improvement group to ensure that the system continues to work as effectively as possible. CASS has also created a brand new website and BMH has started redeveloping its website, too.

Meanwhile, we've been getting creative, making twiddlemuffs* and a series of podcasts around psychosis.

*You're probably asking yourself what these are. You can find out below!

In the news this month...

Early warning signs of psychosis podcast



Services users and a carer involved with BMH's EI Service have come together to feature in a podcast. In the audio they discuss psychosis and the early warning signs that people may display as part of the condition.

You can now listen to [part one](#) and [part two](#) of the podcast. Keep an eye on our website for further podcasts, where our podcasters will be discussing the stigma around psychosis and how to support someone with the condition.

[Read more here.](#)

Jargon buster

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

AWP: Avon and Wiltshire Mental Health Partnership NHS Trust

BMH: Bristol Mental Health

CASS: Community Access Support Service

CPI: Complex Psychological Interventions

EI: Early Intervention in Psychosis Service

SUCC: Service User and Carer Council

Dates for your diary

Freedom of Mind

The festival aims to encourage discussion around mental health, offer tools to help improve mental health and make Bristol a happier, healthier city.

Various times / Friday 30 September - Monday 10 October

Wellies for Wellbeing

Join BMH on a walk through Blaise Castle Estate where we'll share mental health tips and discuss the link between nature and wellbeing. There'll be a competition for the jazziest wellies, too!

2pm-4pm / Friday 21 October

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

A new term begins at the Recovery College

It's almost the start of a new term at Second Step's Recovery College and course enrolment is now open! The College has a variety of free wellbeing courses on offer to people accessing BMH's Assessment and Recovery Service and Early Intervention Service, as well as carers who support people using these services.



From 'confidence building', to 'food and mood', to 'ways to wellbeing', each course is a safe space where learners can explore ways to improve their mental health.

[Read more here.](#)

Would you like to create a twiddlemuff?



Our Dementia Wellbeing Service is looking for people to create twiddlemuffs to distribute to people in the later stages of dementia. "What's a twiddlemuff?" you're probably asking yourself. They're knitted or crocheted muffs with different materials attached that can be used to support people with dementia.

Twiddlemuffs are embellished with different 'twiddles', such as ribbon, string and buttons, to provide a soothing, sensory experience for people with dementia who place their hands inside them.

[Read more here.](#)

BMH devises new ways to improve system

BMH is always looking for new ways to develop the system so that it continues to provide the best possible mental health care to the people of Bristol. Recently, the decision was made to form a Performance & Improvement Group (PIG) with one aspect of its role to oversee the delivery of improvement projects, as part of the system's revised governance structure.



An initial PIG workshop was held in late July and made up of service users, carers, clinicians, BMH staff and GPs. Everyone discussed three priority areas that had been set up by the BMH Partnership Committee for the PIG to focus on.

[Read more here.](#)

Well done to...

Bradley Jones, a Peer Worker in our EI service. He has co-produced an EI booklet, developed a peer group and taken a lead in organising several other groups. In the words of a colleague: "His passion for providing good mental health support is infectious!"

Job of the month!

Role: Personality Disorder Clinical Lead

Details of role: The CPI Service is looking to fill this role. The successful candidate will have significant experience of working with people with personality disorder diagnoses and a high level of interest for improving services for these individuals.

Closing date: Friday 26 August

[Find out more here.](#)

Finding employment with BMH

"My story isn't a remarkable one and I'm certainly not a remarkable person. Anyone could experience the mental health problems I've had - and come out the other side, too."

Dave Nichols has been supported by BMH and now works for the system, too.

Introducing the new CASS website



CASS has recently launched its first website. The site provides information about the service to service users, carers and health professionals, alongside news and information about mental

health in Bristol. The website also includes information about the CASS team, case studies and a page of downloadable leaflets about local health services.

The service enlisted local digital agency Southmedia to design the website and also sought input from Bristol Disability Equality Forum to make sure that the site meets the accessibility needs of all visitors.

[Read more here.](#)

A big thank you!



BMH is redeveloping its website and has held a survey and several focus groups as part of this. A big thank you to everyone who shared their ideas to help us plan how the website will look in the future. Keep an eye on the website to see how we're improving it over the coming months.

[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: Dan Hodgson
Job title: Consultant Psychiatrist and Medical Lead for Bristol

Describe how you're feeling today in three words
Proud, challenged and exuberant!

[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 meetings [here](#).

Our partners:



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