

## Out and about this autumn

The weather might be getting colder but we're still getting out and about at BMH. People using our Dementia Wellbeing Service have been getting outside and gardening with Growing Support. Meanwhile, ACE is set to celebrate its first year in its south Bristol hub with a BBQ.

We're also holding a Wellies for Wellbeing event at Blaise Castle Estate to mark Healthy City Week. Find out more below!

## In the news this month...

## Service users get green fingered with Growing Support

Our Dementia Wellbeing Service has commissioned Growing Support, an award-winning social enterprise, to run a pilot which engages communities to help people with dementia be more physically and socially active by spending more time in green spaces.



The pilot supports people with dementia and their families or carers to access their neighbourhoods through community gardening, which increases their social networks, tackles isolation and counteracts the negative health effects of inactivity.

[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

**BWT:** Bristol Wellbeing Therapies Service

**CBT:** Cognitive Behavioural Therapy

**CCA:** Care Coordination Association

**EI:** Early Intervention in Psychosis

**HSJ:** Health Service Journal

**JTD:** Joining the Dots

**OHS:** Otsuka Healthcare Solutions

**SUCC:** Service User and Carer Council

## Well done to...

**Simon Smith**, a Mental Health worker with the South Bristol Crisis Team who, along with others, has won a CCA Good Practice Award, for his work supporting young carers. A colleague says: "It's brilliant that he's being recognised for his dedication!"

## Job of the month!

**Role:** Female Mental Health Crisis House Manager (Link House)

**Details of role:** The Women's Crisis House is looking for a confident and enthusiastic Manager.

**Closing date:** Monday 3 October

[Find out more here.](#)

## AWP named as one of 'Top 50 UK inclusive employers'

AWP has been selected as one of this year's Top 50 UK Inclusive Employers. The Inclusive Top 50 UK Employers is a list of UK based organisations that promote inclusion across their workforce in respect of age, disability, gender, LGBT, race, faith, and religion.



It recognises the outstanding efforts of employers in attracting and retaining a truly diverse workforce and achieving equality and inclusion among staff.

[Read more here.](#)

## Launch of online CBT



BWT is set to offer a free online therapy programme that people can access from anywhere, at any time of the day. From October, the service will test a pilot of SilverCloud, a CBT course that supports individuals with a range of emotional issues.

People will be given access to the package, if appropriate, following an assessment from a trained mental health professional in the Service. They will then be able to take part in the online course and will be assigned a member of staff from BWT to check their progress.

[Read more here.](#)

## New podcasts around psychosis released

BMH and AWP have released the final two podcasts in a series around psychosis. Service users and a carer involved with BMH's EI Service came together to feature in the podcasts.



In the **first podcast** the group talk about the many forms of stigma that can exist around psychosis. In the **second podcast** they discuss what aided their mental health recovery and how they would support someone with psychosis.

[Read more here.](#)

## Finding fulfilment in service user involvement

"I've become really involved in helping to shape mental health services in Bristol and ensuring that service users are involved in this."

Peter Hale has been working to shape the city's mental health services since being diagnosed with anxiety and depression.

[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:** Fathieh Wilkins  
**Job title:** Apprentice Engagement Worker

**What do you like best about Bristol?**  
I've travelled to many places, having worked as a tour guide, but have never felt the vibe that Bristol has anywhere else in the world!

[Read more here.](#)

## SUCC meetings

# Joining the Dots shortlisted for award

AWP has been shortlisted for the HSJ Award for Innovation in Mental Health for 'Joining the Dots', its collaborative project with OHS.



The Joining the Dots team have co-created a selection of digital solutions with teams of dedicated service users, carers and staff in BMH. This software aims to help mental health services to work in an

integrated way, using health data and information to improve care for the people who need it most.

[Read more here.](#)

## Dates for your diary

### ACE BBQ

ACE is holding a BBQ to celebrate its first year at its south Bristol hub and you're invited! Please RSVP by calling 0117 239 8969.

**1.30pm-4.30pm / Wednesday 28 September / Filwood Community Centre**

### Wellies for Wellbeing

Get your wellies on and join BMH for a walk through Blaise Castle Estate. En route we'll share tips for positive mental health, try seed bombing and hold a competition for the jazziest pair of wellies. You can book [here](#).

**2pm-4pm / Friday 21 October / Blaise Castle Estate**

### World Mental Health Day event

BMH and partners are holding an event at Cabot Circus to mark World Mental Health Day. There'll be Talkaoke, information about mental health support and lots of fun activities.

**10am-5pm / Saturday 8 October / Cabot Circus**

Please see the [Bristol Mental Health website](#) for more events.



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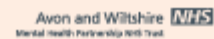


[Unsubscribe](#)

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:



STAND AGAINST RACISM & INEQUALITY



