

An eventful October

This month we've had lots of events taking place across BMH. We celebrated World Mental Health Day and SLT held a birthday conference as well. There are lots more events coming up too! We're starting 'Conversation Cafes' for service users this month and Callington Road is holding a Carers Event. Read on to find out more.

In the news this month...

BMH and partners mark World Mental Health Day



BMH and partners marked World Mental Health Day with an event to challenge mental health stigma. BMH, BASA, Bristol City Council and Bristol CCG brought Talkaoke, a pop-up talk show, along with face painting and an information stall about

mental health, to Cabot Circus on Saturday 8 October.

[Read more here](#)

Meanwhile, James Eldred, Consultant Psychiatrist and Clinical Director at AWP for Bristol, appeared live on BBC Radio Bristol's John Darvall show last week to mark World Mental Health Day. He discussed a range of mental health topics with John and a series of callers.

[Read more here.](#)

Service users invited to 'Conversation Cafes'

Jargon buster

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

A&R: Assessment and Recovery

AWP: Avon and Wiltshire Mental Health Partnership NHS Trust

BASA: Bristol Anti Stigma Alliance

CCG: Bristol Clinical Commissioning Group

EI: Early Intervention in Psychosis

SLT: System Leadership Team

SUCC: Service User and Carer Council

Well done to...

Kerry Preshaw, a member of the EI team. "Her kindness and dedication to the people she works with and supports is a fantastic example of good practice," says a colleague.

Job of the month!

Role: Band 6 Specialist Recovery Practitioner

Details of role: AWP is looking to fill this role within the Bristol Central and East A&R teams. The successful candidate must be highly motivated and have a qualification in either mental



People using mental health services across Bristol are invited to an innovative new pilot called 'Conversation Cafes'. The cafes have been developed as a social meet up in Bristol for service users to socialise with one another in a relaxed, friendly environment.

The idea for the cafes was developed by Bev Woolmer, Service User Involvement Co-Ordinator at AWP and Lynne Newbury, Strategic Lead for Service Users and Carers at BMH, in response to service user feedback.

[Read more here.](#)

New BMH video!

BMH is excited to announce the release of a new video which aims to increase understanding of its services and to highlight the wide selection of services available within the BMH system.

The video is a tour through Bristol, travelling from one service to another, with short interviews from each service included. It was created by the BMH System Leadership Team and Videographer Florence Pellacani.

[Read more here.](#)

Winter courses at the Recovery College



Second Step's Recovery College has released a brochure featuring its winter courses. The free courses all focus on wellbeing and are available to people accessing BMH's A&R Service, EI Service, and who are supported by BMH's Crisis Team, as well as carers who support people using these services.

There are a range of courses on offer from 'Coping with Christmas', to 'Ways to Wellbeing', plus lots more in between.

[Read more here.](#)

BMH holds birthday celebration



BMH celebrated its second birthday with over 70 people at a special event at Bristol Zoo. The 'BMH: piecing together the puzzle' conference was held this month to increase understanding of how BMH and other mental health and wellbeing

organisations across the city work and fit together.

On 19 October frontline staff from BMH and people employed in other mental health and wellbeing organisations flocked to the Zoo to take part in

health nursing, occupational therapy or social work.

Closing date: Tuesday 1 November

[Find out more here.](#)

Carer involvement

"Since my daughter's been unwell I've got involved in different projects to help improve mental health care."

Carol got involved in improving mental health care when her daughter was diagnosed with a form of bipolar.

[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: Leanne Skuse
Job title: Project Co-ordinator

What do you recommend people try in the city?

I was introduced to Pinkmans bakery recently, which is great for anyone who loves cake. A healthier suggestion would be to venture out of town and walk the old Strawberry Line from Yatton.

[Read more here.](#)

SUCC meetings

SUCC meets monthly and is made up of members who represent all services and

a variety of activities organised by BMH's SLT.

[Read more here.](#)

Dates for your diary

Carers Event

AWP is holding a Carers Event for carers to come along to share their experiences and meet other carers and professionals. There'll be workshops, information stands, refreshments and much more!

2pm-5pm / Thursday 27 October / Callington Road Hospital

New Bristol Sinfonia concert

New Bristol Sinfonia symphony orchestra is holding a classical music concert featuring Mark Bunker, AWP's Bristol Quality Director. Tickets can be booked [here](#).

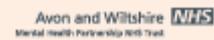
7.30pm / Saturday 19 November / Victoria Rooms

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

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





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