



What's new.

Autumn 2021

Bristol Rethink Newsletter

including **Community Service, Carers Service & Community Development Work**



Wall on Dartmoor

Dear All,

Welcome to our first combined newsletter! We have now brought together news of all three services at Rethink, for the benefit of people in the community who use our services and groups, their families and friends, and the diverse communities in Bristol.

And we would like to welcome Abraham Sanyang, who joined Rethink as Service manager in 2020.

In this issue you will find how to refer yourself or someone else for support, details of our self compassion group, some tips on managing seasonal affective disorder, and some delicious recipes.

The Carers Service are organising two autumn social walks, and starting a new drop-in on Thursday mornings at St Paul's Settlement. There is also a new temporary position for a carers worker, see p6.

And Black Women Pause returns on 5th October with an event celebrating stories of women important to us.

Why not send us a photo for our next front page in the winter issue? Prize of a voucher!

Very best wishes,

Abraham, Jane, Joyce, Julia, Karen, Margaret, Narinder, Tim & the Rethink Bristol team

Community Services

Who is this service for?

Our community support service has been working for many years to help Bristol-based people with mental health issues make a positive difference in their lives.

We support people within the community, using a person-centred approach, and taking time to identify what you would like to work towards. Our support is centred on values of recovery and social inclusion, and we have found people that use our service become more independent, confident and resilient.

How the service can help people

- Improved confidence
- Sense of belonging and feeling part of your community again
- Better coping mechanisms for managing mental health
- Build social contacts and feel supported
- Achieve personal goals
- Feeling more motivated

How to get in touch or refer someone to us for mental health support

For yourself: just call, text or email us—see back page for details. **Professionals:** send details of the person by email (password protected) or phone and we can take down their details. See more information here: www.rethink.org/help-in-your-area

Rethink is part of Bristol City Council's 'Help When You Need it'

This is the new way of working from Bristol City Council, providing targeted short-term interventions for adults living in the community who have support needs. This aims to prevent and delay the need for longer reliance on formal services across adult Social Care, Health and Housing.

- Support for Older people
- Support Services for people with Mental Health issues living in the community.
- Support for people with Learning Difficulties and/ or Mental Health issues and autism living in the community
- Support Services for people with Physical health needs/HIV I
- Community-based services for people with Mental Health issues and Carers.

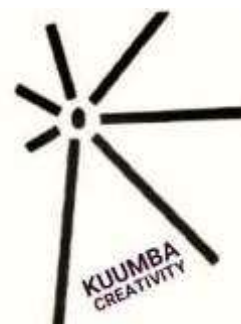
These services will play a vital role in the 'Help When You Need It' services across the city. There is targeted support for citizens who have care and/or support needs to get Help When You Need It, aiming for immediate help, minimal delays, with no presumption about long term support, and goal focussed.

Urban Minds

Based at the Kuumba Project in St Pauls, Urban Minds will provide a variety of ways to support and engage with young people in St Pauls, promoting positive wellbeing and offering preventative and early support for mental distress.

A place where young people are not shunned or stigmatised if they are experiencing mental health support needs. Improved mental wellbeing of young people through preventative, therapeutic community support being available.

Project launch date TBC



One in four people will experience mental illness in their lifetime, it is not as uncommon as you think. Worried about yourself or a loved one? Look at our information pages:

www.rethink.org/advice-and-information

Self Compassion group

At present we are running a zoom group available for clients who are getting support from Rethink.

The group aims to develop Self Compassion in order to reduce and help manage depression, anxiety and stress. The course covers identifying self compassion, the barriers to self compassion and practical steps to enable you to become more self compassionate.

It is a 6 week course and the next one will be starting approx. at the end of November 2021. If you wish to register an interest in participating in the group please contact Jane on 07918726450.



Source: Alyseruriandesign

Music therapy group

Would you like to join a weekly music therapy group for mental health support? Soundwell Music Therapy Trust are inviting referrals for a 20-week group due to start in January 2022. There's no need for any musical skills or experience and sessions are free, donations welcome.

The group will be in Bedminster on Tuesday afternoons. Music therapy can help with low mood, anxiety and isolation and can be a space to improve your self-esteem and explore relationships and identity.

You can download a referral or self-referral form from their website

www.soundwell.org.uk

or contact Kim Roberts for more info on 0793 8679667



World Mental Health Day

World Mental Health Day will be on October 10, 2021.

At Rethink we will be highlighting "mental health in an unequal world", and during the day, we will be sharing stories, videos and facts about the inequalities people severely affected by mental illness face and what Rethink Mental Illness is doing to challenge and change these situations. Please join us on social media and help spread our message of equity for all.

If you have experienced inequality while accessing mental health support and would like to share your story, please get in touch with our media team via media@rethink.org

Mental Health and Money Advice

A valuable place to start if you need advice or help in dealing with money related issues or benefits.

This is a national service provided by Mental Health UK, which brings together four national mental health charities working across the country, one of which is Rethink.

Ask your Rethink support worker for details, or visit

www.mentalhealthandmoneyadvice.org

Seasonal Affective Disorder (SAD)

This is a type of depression that is experienced during certain seasons or times of year. It is common to be affected by changing seasons and weather, or to have times of year when you feel better or worse. However, if your feelings are interfering with your day to day life it could be a sign that you have depression – and if it keeps happening at the same time of year it could be seasonal affective disorder or 'seasonal depression'.

If you have SAD you might experience some of the following symptoms:

- Feeling low, tearful and hopeless
- Lack of energy
- Difficulty sleeping
- Change in appetite e.g. eating more especially snacks and carbs
- Isolating yourself
- Difficulty concentrating

The exact causes of SAD aren't clear but there are some theories about causes.

Light - when light hits the back of your eye, messages go to the part of your brain that controls sleep, appetite, temperature, mood and activity. If there isn't enough light, these functions can slow down. Some people seem to need more light than others. This may mean they're more likely to get SAD during winter months. Some people seem to have the opposite experience, finding bright light and sunshine hard to cope with.

Disrupted body clock - your brain sets your body clock by the hours of daylight. One theory is that if you experience SAD your body clock slows down, leading to tiredness and depression. Some researchers think this is because your sleep pattern changes with the seasons rather than staying constant. SAD is thought to be more common in countries where there are greater changes in the weather and daylight hours during different seasons, including the UK.

High melatonin levels - when it's dark, your brain produces a hormone called melatonin which helps your body get ready for sleep. Some people with SAD seem to produce much higher levels of melatonin during winter (this is seen in hibernating animals). The exact relationship between melatonin and SAD isn't clear. Researchers have found that if you have high levels of melatonin and you're exposed to

bright light, your melatonin levels drop to a more usual amount. But this doesn't seem to help with symptoms of depression.

Weather and temperature - We all have different experiences of seasons and types of weather. If you feel uncomfortable in hotter or colder temperatures this could contribute to you developing depression (or any existing depression worsening) at those times. While more people are aware of SAD happening in winter, some people experience it in warmer weather.

If SAD affects you during winter you could try the following things:

- Make the most of any natural light. You could try going for walks or just spend time outdoors in parks or gardens.
- Plan ahead to make things easier for yourself e.g. make meals in advance and freeze them in case you struggle to shop and cook.

If SAD affects you during hot weather, you could try the following things:

- Drink plenty of water so that you stay well hydrated.
- Keep as cool as possible outdoors by wearing a hat and sunglasses. Avoid going out at the hottest time of day if possible.
- Visit indoor places to reduce isolation e.g. a museum, library or cinema.

If you think you may be suffering from SAD you could talk to your GP about it. If you are diagnosed with SAD you may be offered medication, talking therapies or they may suggest you try a light box for light therapy.

Light therapy

Some people find it helpful to use a light box. This is a device that gives off strong white or blue light or simulates dawn light. The NHS doesn't provide light therapy because there is currently insufficient evidence to show it works. Light therapy might not be suitable for you if you're also taking St John's wort, as St John's wort can make your skin more sensitive to light. If you decide to try using a light box or lamp, you may wish to discuss this with your GP who can advise on whether it's suitable for you to try. If you have existing eye problems or you use a light box regularly, it's also advisable to talk to an optician and to have regular eye check-ups.

(Adapted from info on Mind website)



Easy Chicken and Pea Risotto

(Cooking time 30 minutes) Serves 4

Ingredients:

- 2 Tablespoons of either Sunflower or Vegetable oil
- 1 Onion cut in ½ and roughly grated
- 2 Garlic cloves grated
- 9oz/250gm of Arborio risotto rice
- 100ml/3 ½ fl oz White wine or water
- 1 Litre/ 1 ¾ pts chicken stock
- 250 gm/9 oz cooked leftover chicken, skin removed and cut into small pieces
- 200gm/7oz frozen peas
- 75gm/2 ¾ oz Grano Padano or parmesan cheese finely grated
- 25g/1 oz butter
- Freshly ground black pepper

Method

Heat oil in a large non-stick saucepan over a medium heat. Add onion and garlic and fry for 2-3 mins, stirring occasionally until softened and just beginning to colour.



Add risotto rice to the pan and stir well for 30-40 secs, until oil has coated the grains of rice.

Pour in half the wine (or water) and allow to bubble for 30-40 secs, then add all of the stock and bring to the boil, stirring well. Reduce heat and simmer, uncovered for 8-10 mins, stirring occasionally until rice is almost tender and is creamy in appearance.

Stir in remaining wine (or water) the chicken and frozen peas, then continue to cook, stirring for a further 4-5 mins or until the chicken and peas are heated through and rice is tender.

Remove from heat, then stir in butter and cheese. Season with black pepper. Cover pan with lid and set aside for 5 mins before serving

(Source: BBC Food)

Mixed Bean Chilli With Wedges (Vegetarian)

Prep : 10 minutes, Cook: 40 minutes

Serves 4

Ingredients

- 4 medium baking potatoes unpeeled, each cut into 8 wedges
- 4 tsp olive oil
- 1 red onion roughly chopped
- 1 yellow pepper
- 1 tbsp Cajun spice mix
- 2 x 410g/14oz cans mixed pulses in water, rinsed and drained
- 400g can chopped tomatoes
- 150ml vegetable stock



1 tbsp dark chocolate chopped

4 tbsp reduced-fat soured cream or plain Greek yogurt

Method

Heat oven to 220C/200C fan/gas 7. Toss the potato wedges in 2 tsp oil and spread out in a single layer on a large baking tray. Cook for 30-35 mins, turning halfway, until tender and golden brown.

Meanwhile, for the chilli, put the remaining oil into a casserole dish and fry the onion and pepper for 5 mins. Add Cajun spice, pulses, tomatoes and stock. Cover and simmer for 15-20 mins. Remove casserole from the heat and stir in the chocolate until melted. Ladle the chilli into bowls, top each with 1 tbsp soured cream and serve with the wedges.

(Source: BBC Food)



Carers & Families Service

Who is this service for?

Anyone who has a family member, partner or close friend who experiences mental health issues and gives them some kind of support. As well as dealing with crises, keep in contact with them in case they need your support or a listening ear, you might be calling to remind

them to take medication, arranging their appointments, or helping financially. They may live with you or live far away. Everyone's situation is different, but a mental illness often has an impact on those around the person who experiences it, and Rethink Carers Service aims to relieve some of the pressure on families and friends.

We are currently offering:

- individual support (phone or Zoom)
- New Drop in meetings at St Paul's Settlement
- Carers Assessments & Carers breaks
- Newsletter
- Online Support groups
- Monthly social walks in Bristol
- Individual support for Family & Friends using Fromside & Wickham
- Finding information and specialised services locally including out of area and young carers
- Liaising with mental health teams and GPs & ensuring carers are involved in planning

New Drop ins for family & friends

We are starting a new drop in at St Paul's Settlement, which will benefit new carers as well as those carers with urgent problems that need face to face meetings.

It will be held twice a month between **10am - 1pm** on the 2nd & 4th Thursday each month until at least the end of 2021.

Dates in 2021: first drop in will be on **14th October**, and the last on **9th December**.

We expect to continue in the new year.

New job at Rethink Carers Service

Good news: we have extra funding to engage a new part time worker for six months at Rethink Carers Service.

We very much welcome applications from carers, as well as anyone who is studying mental health care. Please contact Margaret Price to learn how to apply.

Autumn Walks

We are continuing our easy social walks for carers into the autumn, the next two:

[Across the Downs](#) on Wednesday 20th October meeting at 11am - [book here](#)

[Riverside Garden Centre to Ashton Court](#) on Wednesday 1st December meeting at 11am - [book here](#)

The Harbourside walk in early September was sunny and socialble, a welcome relief after the downpour on our walk to Snuff Mills in July. But it's all about the company, so join us on the next one!

Do you have an idea for a walk in your neighbourhood? Think about starting somewhere easy to get to by bus, where you can also park, and an easy route no more than 3 miles long ending more or less where you set off. We are looking for more walks in the new year.

How to get in touch or refer a family member of friend to us

Self: just call or email us—see back page for details. Professionals: send details of the carer by email (password protected) or phone and we can take down the details. See more information including our referral form here: www.rethink.org/bristolcarers

5 Ways to Wellbeing

You have probably heard of these: nothing new, but it can be worth reminding yourself of the simple and subtle things you can do when many things are beyond your control.

Connect

We get positive benefits and good feelings from connecting with people around us. Sometimes it may be more difficult than usual to stay in touch with people we care about and we may need to discover new ways to stay connected. Feeling close to, and valued by, other people is a fundamental human need

Be active

Being active is good for our bodies and minds. Regular physical activity helps to reduce depression and anxiety and boosts confidence and energy levels. Exercise doesn't need to be particularly intense for you to feel good.

Take notice

Paying more attention to the present moment, your thoughts and feelings, your body and the world around you, can help improve your mental wellbeing. Examples include sitting quietly to watch the clouds, paying attention to your breathing, or slowing down and really noticing the food you are eating. This approach is often called Mindfulness.

Learn

Learning something new can improve our confidence. Set yourself a goal or a task that you will enjoy achieving.

Give

A small act of kindness for a friend, or a stranger is not only good for them, it helps

Carers Break?

Is there something that you'd like to do to improve your wellbeing, but you can't justify the expense? It might be rejoining the gym or yoga class you used to do, or getting a haircut. It might be going away for a couple of nights, or treating yourselves to a nice meal out.

We are lucky in Bristol to have funding for carers to get a break. And if it's over a year since you last applied, you can apply again. Contact us at Rethink for a phone appointment.



Carers Support Groups

Our support groups are still running online, rather than in very warm rooms with complementary cups of tea and biscuits. We don't know when that will change, so in the meanwhile, why not try one out?

There are two which are open to any carer using our service, facilitated by a Rethink worker and frequently a staff member from mental health services co-facilitates.

Held regularly the **second Wednesday** in each month in the evening at 6.30pm, and the **fourth Wednesday** in the afternoon at 3pm.

The next dates are:

22nd September, 3pm – 4pm

13th October 6.30 – 7.30pm

27th October, 3pm – 4pm

Please contact Karen for joining details.

Mindfulness for Carers

The next free Mindfulness For Carers Taster sessions are on Monday 18 October at 2.30pm-3.45pm and Thursday 4 November at 7pm-8.15pm

Please contact Penny by sending an email to: info@themindfullife.co.uk

www.themindfullife.co.uk

I've been waiting...

Thanks so much to Carina Andrews for this invitation to see her and others in...(drum roll)

An original musical performance composed and created by Many Minds, a member-led mental health and performance charity.

Using movement, singing and bubble machines Many Minds will take you on a 30 minute journey through sound and



song inspired by our connection with nature and her offerings to us during the pandemic.

Fri 1st Oct & Sat 2nd Oct
at 3-4pm

Where: Theatre on the Downs. Book here:

bristololdvic.org.uk/whats-on/ive-been-waiting

To obtain a discount, enter code **TOTDFIVE** on checkout.

NHS Long term planning

The Community Mental Health Framework for adults and older adults (CMHF) is the guide that underpins a plan to transform community mental health services across England. The framework describes how the Long Term Plan's vision for a place-based community mental health model can be realised, and how community services should modernise to offer whole-person, whole-population health approaches, aligned with the new Primary Care Networks.

Earlier this year, Mark Yates, Director of Operations at Rethink Mental Illness wrote:

“For decades, people severely affected by mental illness have struggled to get the care they need. The Community Mental Health Framework has the potential to change this status quo for people with moderate to severe mental illness, and those with complex needs.

“By 2023/ 24, Sustainability and Transformation Partnerships (STPs) / Integrated Care Systems (ICSs) will be delivering treatment to people with moderate to severe mental illness using integrated, place-based approaches, underpinned by new investment.

The involvement of local authorities in this process and the availability of the services they provide will be key to its success – clinical support is only one piece of the puzzle. We know that this moment comes at an extremely challenging time for local authorities, but it also opens up new opportunities for collaboration.”

Further Reading

www.rethink.org/get-involved/

www.imhn.org/wp-content/uploads/

democracy.bristol.gov.uk/documents/

In Depth Suicide Awareness Training

An in depth suicide awareness training session. In under 30 minutes, you will gain the skills and confidence to help someone who may be considering suicide. When you complete this training you will be understand the importance of breaking the stigma surrounding suicide by encouraging open conversations about it.

www.zerosuicidealliance.com/training



Information about how to make a Safety Plan:

www.stayingsafe.net

Advance Care Planning

Advance care planning is important to carers contemplating who looks after and advocates for their loved one should they die. In discussion with various services for carers run by Rethink and James Harris, our associate director of campaigns & communications, we have identified two actions:

1. To address the gap between the ambition of care assessments and the resources available to implement them, which impacts on advance care planning and the confidence people have in it. As part of the government's anticipated reform/funding of social care to be announced this autumn, this issue will be part of Rethink's influencing work to secure sustainable funding for mental health social care.
2. Raising awareness of the importance of advance care planning and the resources that are available to support it.

See our Advice and Information factsheet [Planning for the future – your relative's care and support](#)).

We welcome your feedback and suggestions.

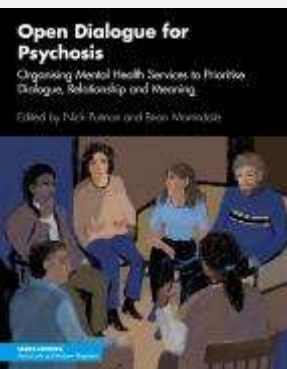
Open Dialogue and other talks

The best laid plans... sometimes go all wrong. Apologies to those of you who tried to join the talk on Open Dialogue, which for various reasons didn't happen. We will reschedule for the autumn. Please let us know if there are other topics of speakers you would like us to arrange, or share interesting MH related talks held elsewhere we can publicise.

opendialogueapproach.co.uk

In the meanwhile there is a whole day Introduction to Open Dialogue run online on 28th October, with some reduced cost places available, and a book 'Open Dialogue for Psychosis' available from Routledge [here](#).

Enter the Promo Code **FLR40** for a 20% discount.



Siblings Support Group

A peer support group held online for brothers & sisters of people with mental illness. New members please email bristolsiblingsgroup@rethink.org for more information.

South West Carers for BPD

A peer support group held online for families of people with Borderline Personality Disorder. New members please email

Money Advice Service

Need advice on benefits, managing budgets, grants? We can refer our clients for individual money advice from Rethink's specialised service. Ask for details.

University of Bristol Law Clinic

The UoB Law Clinic provides pro-bono legal advice, supporting those that most need it to get the justice they deserve - whilst students gain clinical legal education through the provision of a valuable service.

Tel: 0117 394 0082

Email: bristol-lawclinic@bristol.ac.uk

www.bristol.ac.uk/law/law-clinic/

Many thanks to DL for recommending this service

YCDT

Young Carers Development Trust

Young Adult Carer Aspirations Conference

Wednesday 27th October 2021

10:00 - 15:30 @ Bristol City Hall (or online)

For young adult carers aged 14 -25.

Visit www.surveymonkey.co.uk/r/VRKK9K3

Community Development Work

What is 'Community Development'?

Rethink Bristol's Community Development Worker is Narinder Chana (she/her(s)). Narinder's work focuses on Black, Asian and minoritised ethnic (BAME) individuals and communities and aims to improve understanding of mental wellbeing as well as access to information and support.

Emotional wellbeing workshop in St Werburghs with partners Sirona & Khaas

After months of online and telephone sessions, it was brilliant to be back in St Werburghs Community Centre for an Emotional Wellbeing Workshop for women, delivered in English, Punjabi and Urdu.

Over 20 women attended to share and learn tips for looking after ourselves and others. If you are interested in hosting a free workshop about emotional and mental wellbeing in your community group or setting, please contact Narinder to discuss 07970892041

narinder.chana@rethink.org



Narinder (left) with Shazadi Ilyas (middle) and Balvinder Kaur (right) from Healthlinks Sirona

BRISTOL WOMEN'S VOICE

Black Women Pause - "Sharing her-stories"

To honour Black History Month, our theme will be "Sharing her-stories". Please bring along something related to a Woman of Colour/of BAME origins who has supported or inspired you- whether that is your grandmother, a teacher, or Deputy Mayor Asher Craig. A photo, a memento, some lines from a poem or song. We are excited to share these with each other.

"Your ancestors did not survive everything...
For you to shrink yourself
To make someone else more comfortable." Nikita Gill, Ancestors

5th October 12:30 - 1:45 pm

A SAFE ONLINE SPACE FOR BLACK, ASIAN, AND MINORITY ETHNIC WOMEN. PROMOTING EMOTIONAL WELLBEING, SELF-HELP TIPS, AND INFORMATION.

Facilitated by Rethink Mental Illness
Community Access Support Service
& Nilaari Agency.



www.bristolwomensvoice.org.uk

Black Women Pause

It's been a year since Rethink, CASS, Nilaari and Bristol Women's Voice launched Black Women Pause.

Join Narinder and colleagues at the next one, where we'll be sharing her-stories for Black History Month.

Book online on Eventbrite and you'll be sent the zoom link:

<https://buff.ly/39csi4q>

Rethink Mental Illness responds to government social care reforms

Commenting on the government's announcement on health and social care made on 7th September 2021, Mark Winstanley, Chief Executive of Rethink Mental Illness, said:

“There has been a huge amount of noise generated in the debate around health and social care reform, but we are waiting for the government to speak up and explain how plans will support the thousands of people living with mental illness who rely on this support.

“Funding for the NHS will not address the significant mental health backlog, and with £1 of every £12 spent on social care needed to support people severely affected by mental illness, no plan for reform can be considered comprehensive without it. The smaller proportion of investment announced today for social care is not only insufficient to address the widespread challenges which now face mental health social care, but current plans appear to focus on tackling only one of the many problems within the current system.”

www.rethink.org/news-and-stories/news/2021

No Panic

A national support helpline for people experiencing anxiety, panic, OCD and related disorders including withdrawal from tranquillizers. No Panic also provides support for the carers of people who suffer from anxiety disorders.

Telephone - 0300 7729844 10.00 am - 10.00 pm every day of the year.

www.nopanic.org.uk

Directions to our office

We moved to the first floor in the same building in 2019, so we are still based at St Paul's Settlement, but the entry door is now round the corner on Brigstocke Rd. (red arrow below).



Please ring the bell marked 'Rethink' and speak into the intercom.

If you are coming to a drop in or attending an appointment, please come alone unless you've agreed in advance, and please don't arrive early, as at the moment we can't offer you anywhere to wait.

We are following guidelines to create as safe an environment as possible for you when you visit.

Rethink Mental Illness Bristol

Abraham Sanyang, Service Manager

☎ 0743 609 3214

abraham.sanyang@rethink.org

Community Services

Main number 0117 9031805

Carers Service

Margaret Price, Service Co-ordinator
(Mon—Thurs)

☎ 0796 781 1146

margaretr.price@rethink.org

(please add the 'r' after margaret!)

Karen Allen, Carers Outreach (Tues - Thurs)

☎ 07918 162 523

karen.allen@rethink.org

Community Development

Narinder Chana, Community Development
Worker ☎ 07970 892041

narinder.chana@rethink.org

Rethink Advice Service

Mon to Fri between 9.30—4pm
0300 5000 927 advice@rethink.org



Leading the way to a better
quality of life for everyone
affected by severe mental illness.

For further information
on Rethink Mental Illness
Phone 0300 5000 927
Email info@rethink.org

www.rethink.org

USEFUL CONTACTS

Care Direct tel 0117 922 2700

First point of contact for social services

AWP Response Service tel 0800 953 1919
and choose option 1

Sanctuary tel 07709 295 661
Open Thurs to Monday from 4pm to 12am

Wellaware tel 0808 808 5252
Local directory of health & community
services. www.wellaware.org.uk

PALS tel 01249 468 2618
Patient advice & Liaison service for Avon and
Wiltshire partnership. awp.pals@nhs.net

Samaritans tel 116 123
open 24 hrs a day. jo@samaritans.org

Royal College of Psychiatrists
[Treatments and info](#)

Off the Record 0808 808 9120
Mental health support for young people up to
the age of 25

Carers Support Centre tel 0117 965 2200
Supports carers in Bristol & S Glous

DHI tel 0117 440 0540
For families affected by alcohol & substance
misuse

Bristol Black Carers Tel 0117 379 0084

Rethink Mental Illness Bristol
First floor, St Paul's Settlement,
74-80 City Rd, Bristol BS2 8UH



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