



What's new.

Bristol Rethink Newsletter

Spring 2022



Temple Gardens, on a recent Rethink social walk

Hi everyone,

This is Abraham, Rethink Bristol's Service Manager. This year has been another difficult one and Covid has had an impact on all of us, especially those suffering with Mental Health difficulties. We hope that this year will be a better one and we are slowly returning to face to face support and hope to help more people under our 'Help When You Need It' service. This means that Rethink will be able to offer more help by opening Hubs across Bristol. The Hubs will provide a drop-in service, offering support and information, accessible to anyone

in need and in a familiar location in your local community.

Since our last newsletter, Rethink has welcomed a new staff member: Claire Stankovich has joined our Bristol Community Support Service as our Peer Support and Volunteer Coordinator and is already doing some great work recruiting and introducing new volunteers to Rethink.

Spring is coming and we have lots to look forward to.

Best wishes

Abraham and the Bristol Rethink team

Community Services

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

Hubs / Drop-in

We are running a Hub / Drop in in our office at St Paul's Settlement every Wednesday from 1pm—4pm. This is an opportunity to seek further information and meet one of our community recovery workers face to face.

For further information please contact Abraham 07436093214 or Jane 07918726450.

Useful contact details if you need money advice/financial help

Rethink Health and Money Advice Service
Freephone 0808 801 0525. Speak to one of our advisors regarding welfare benefits and money advice.

You could get £140 off your electricity bill for winter 2021 to 2022 under the Warm Home Discount Scheme. See warm homes discount scheme at www.gov.uk

Winter fuel payment

You will get your Winter Fuel Payment automatically (you do not need to claim) if you're eligible and either: you get the State Pension/ you get another social security benefit (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit) For more info www.gov.uk

Talking Money (Debt & money advice)

Money advice service for people with debts. 0117 954 3990 or 0800 121 4511 or mail@talkingmoney.org.uk Appointment only service. Open Mon – Fri 9.30 – 5.00 pm.

South Bristol Advice Service

Debt and welfare benefits advice. Based in the Witherwood Centre 0117 985 1122 Have drop ins and also an Online Debt Application Form.

North Bristol Advice service

Debt and welfare benefits advice. Based at

Gainsborough Square Lockleaze. Tel: 0117 951 5751/email: team@northbristoladvice.org.uk

St Paul's Advice Centre

Services – Welfare benefits, Debt and Money, Employment, Housing, Immigration, and other advice including consumer, discrimination, domestic violence and community care issues. www.stpaulsAdvice.org.uk 0117 955 2981 enquiry@stpaulsAdvice.org.uk

Advice Bureau

48 Fairfax Street, Broadmead. Tel: Mon – Fri 9.30 – 3.00 pm. Help with welfare benefits advice/debt and disability rights Tel: 0808 278 7957

Welfare, Benefits, Rights & Money Advice service

Tel: 0117 352 1888/Email welfarerights@bristol.gov.uk

Crisis Prevention Fund

One off emergency payments for those on very low incomes/benefits delays. Tel: 0117 2224500 Mon – Fri 9 – 12.00 Noon. Email icpf@bristol.gov.uk

Christians against Poverty

Tel 0800 328 0006 Email info@capuk.org

National Debtline

Everything from advice about bailiffs to applying for bankruptcy.

<https://www.nationaldebtline.org/>
0808 808 4000 or complete the online form.

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 . If you wish to register an interest in participating in the group please contact Jane on 07918726450.



Read Easy helps adults in the community learn to read. At Read Easy Bristol we pair up those who struggle with coaches to help them learn and improve, it's a completely free, volunteer-run service. If you know someone who could benefit from this service you can contact Miles Lynch, Referrals Networker at Read Easy Bristol.

To contact Miles you can phone 07907491414 or email bristolnetworker@readeasy.org.uk

<https://readeasy.org.uk/groups/bristol/>

Healthy Sleep Hygiene Tips

Healthy sleep hygiene refers to healthy sleep habits. Good hygiene is important because getting good sleep is good for your mental and physical wellbeing as well as your overall quality of life.

Your behaviours during the day can affect how well you sleep. Your food and drink choices, evening routine and many other activities influence and play a part in your ability to sleep well. Try to go to sleep and wake up at the same time every day. Make sure bedtime allows you to have 7-8 hours of sleep every night.

Creating a relaxing bedtime routine:

- Taking a warm bath or shower.
- Try to do some gentle relaxation exercises to help your muscles relax and release tension, such as tensing up your body and gradually relaxing each part starting with your toes and working your way up.
- Spend a few minutes meditating to calm body and mind.
- Listen to some soothing music, whilst focussing on your breathing.
- Spend some time reading a book. (Stay away from electronic reading devices).
- Turn off electronic devices an hour before bedtime. Your phone, emits a blue light which reduces melatonin, making it more difficult for you to sleep.
- Some people find having a warm milky drink helps at bedtime

Exercise

Exercise regularly. 30 minutes of exercise per day can improve your sleep quality as well as

your overall health. Exercising outdoors increases the benefits even more since exposure to light helps regulate your sleep cycle. (Avoid strenuous exercise before bedtime).

Food & Drink

Avoid having a large meal before bedtime. Limit your caffeine intake. The effects of caffeine can last up to between 3-7 hours after consumption.

Make your sleep environment comfortable

Some people prefer a cool dark room, with blackout curtains. Make sure you have a comfortable mattress and pillows. Relaxing pillow sprays are available at most health shops. (Holland & Barrett). Earplugs may be a good idea to cut out noise.

Go to sleep when you feel tired

Limit cat napping. Napping during the day can make it harder to fall asleep. If you do cat nap try to limit it to 30 minutes and try to avoid napping later in the afternoon.

Thinking about things to do

Thinking about things can keep you awake. Write down worries and a to do list, prioritizing the things that you need to do tomorrow and the rest of the week.

Healthy Living Quiz (answers on p.9)

1. Approximately how much of the human body is water?
 - a. 45%
 - b. 60%
 - c. 80%
2. Which of these doesn't count towards your five a day?
 - a. Sweet potatoes
 - b. Potatoes
 - c. Orange juice
3. How much is the recommended salt allowance per day?
 - a. 1 teaspoon
 - b. 3 teaspoons
 - c. 5 teaspoons
4. What is the best source of vitamin D?
 - a. Eggs
 - b. Fortified breakfast cereal
 - c. Sunlight
5. How many 200ml glasses of water should we aim to drink each day?
 - a. 6-8
 - b. 8-10
 - c. 10-12
6. Which drink has more sugar, coke or orange juice?
 - a. Orange juice
 - b. Coke
 - c. They have approximately the same amount
7. How much is the recommended fibre intake per day?
 - a. 12g
 - b. 20g
 - c. 30g
8. How much moderate intensity exercise are we recommended to do each week?
 - a. 2.5 hours
 - b. 5 hours
 - c. 7 hours
9. Which of these has been found to disrupt sleep the most?
 - a. caffeine
 - b. nicotine
 - c. alcohol
10. The recommended alcohol limit for men and women is 14 units per week. What is this in bottles of wine?
 - a. 1.5 bottles
 - b. 2 bottles
 - c. 3 bottles

Tuna Pasta Bake

4 servings and cooks in 15 minutes.

Ingredients

1 sachet of Colman's tuna
Pasta Bake Seasoning Mix
225g pasta – fusilli, penne or
twirls (not spaghetti)
425ml skimmed milk
2 tins (preferably in sunflower oil) of tuna,
drained
80g cheese grated
115g frozen or tinned sweetcorn (Drain excess
liquid if tinned)

Directions

1. Cook the pasta as per pack instructions.
2. Mix the Colman's seasoning and milk in pan
3. Bring mix to boil, stirring, add tuna,



sweetcorn & the cooked
pasta, simmer for 1 minute
4. Spoon into an ovenproof
dish
5. Top with cheese and
place under grill or bake in
oven, until golden.

Where to start Googling?

There is so much information online about mental health... if you are looking for a simple and reputable place to start, try these two sites:

[Rethink factsheets](#)

www.rcpsych.ac.uk/mental-health

Volunteering with Rethink

Over the years many people who have used our services at Rethink Bristol have asked if there is a team of volunteers they could join. Time to Change filled this gap for some years, offering a campaigning role for anyone who wanted to raise awareness of stigma and discrimination. Nationally, Rethink recruits volunteers, and in Bristol we have had reliable, dedicated volunteers who have been involved with the work we do in hospitals and at events (you know who you are!!) but until now, we haven't had a dedicated volunteer co-ordinator. So we are very pleased that we are now able to offer this new opportunity.



Volunteers Needed

'Amazing', 'Giving', 'Inspiring' and 'Awesome' are just a few of the words we would use to describe our volunteers.

Our volunteers play an integral part in the services we provide and the people we support. If you are looking for a rewarding role where you will really make a difference whilst gaining experience along the way, *then join us here at Rethink Mental Illness.*

What you will be doing as a Volunteer:

- Supporting the Recovery Coaches to run hubs e.g. by helping to set up the room and welcoming people) or as Co-Producers (workshops/support groups/etc)
- Supporting service users in various ways e.g. Befriending, Tech Buddies, Peer Support)
- Working with other volunteers who support the service

What will make you a great fit for this role:

- Lived experience of mental health
- Empathy for others
- Good communication skills
- Reliable and punctual

About the role:

We are looking for volunteers who are able to commit to 4-8hrs a month, supporting our services in the local community. You will receive free training and regular support & supervision to ensure you feel confident in your role. Full job descriptions will soon be available on our website: <https://www.rethink.org/aboutus/what-we-do/work-for-us/latest-vacancies/>

About the service:

The support service has been working for many years to help Bristol-based people with mental health issues make a positive difference in their lives. The service works with anybody who has mental health difficulties.

We support people within the community and work with them to build meaningful connections. Our Support is centered around help when you

need it, as well as values of recovery and social inclusion, and we have found people that use our service become more independent, confident and resilient.



Our Volunteer Coordinator is looking after these roles. If you have any questions about these positions, please feel free to drop her an email at: **Claire.Stankovich@rethink.org** or give her a call on **07570307463**

The safety and wellbeing of our service users and colleagues is our priority. It is a condition of employment for anyone joining us in a front-line role that they have either had the recommended Covid-19 vaccine or agree to have it when offered by the NHS. We also require all staff to undertake regular testing to ensure the safety of service users and staff.

We welcome applications from everyone, applicants with lived experience, those who are Lesbian, Gay, Bisexual, Transgender, Queer/ Questioning+ (LGBTQ+), people with a disability, or those from Black, Asian and Minority backgrounds are actively encouraged to apply. We are proud to have also been awarded Disability Confident employer status. We have an ambition of becoming an anti-racist organisation and we recognise there is more to do in ensuring our recruitment is fair and inclusive, which is why we are recruiting new roles in helping us to achieve this.

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.

Come & meet us at March's Community Health Event in Easton

Narinder and Health Links colleagues will be at Easton Community Centre on Saturday 26 March 2022. We'll have information about emotional wellbeing, healthy living and support that's available from Rethink Bristol's services, as well as how to access free Mental Health First Aid training if you are supporting the wellbeing of people from BAME communities. These monthly events are organised by CAAFI Health & Bristol Inner City Primary Care Network.

OPEN DAYS!!!

COMMUNITY HEALTH EVENTS
All welcome!
Snacks and Refreshments Available

WEDNESDAY 16 FEB 10AM - 2PM BARTON HILL St Lukes Church Church St Bristol BS5 9FB	SATURDAY 26 MAR 10AM - 2PM EASTON Easton Community Centre Kilburn St Bristol BS5 6AW
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Women's Health | Men's Health | Cancer Screening | Mental Health | Diabetic Eye Screening | Diet & Nutrition | Vaccination | Sexual Health

CaafiHealth
For more details email info@caafihealth.com

BRISTOL INNER CITY PCN

Narinder and Shahnaz Chowdhury at Healthlinks continue to offer confidential emotional/mental wellbeing telephone surgeries with Bengali & Sylheti language support.

Phone Surgery times: 2pm on the last Tuesday of every month.

From 22 February 2022, we will also be offering this with Punjabi and Urdu-speaking Link Workers.

Outside of the surgeries, you can contact Narinder to speak in English on 07970 892041 any time in office hours.

Black Women Pause

Launched in October 2020, Black Women Pause is an online space for Women of Colour living or working in Bristol.

Promoting emotional wellbeing, self-help tips and information
Join us bi-monthly to share, listen or simply take time to pause.

Facilitated by Narinder and colleagues from Nilaari, please contact on 07970892041 or narinder.chana@rethink.org for more information.

Facilitated by:

NILAARI | community access support service | Rethink Mental Illness | BWL

Diversity on the agenda

We know Black and Minority Communities find it difficult to engage with services and yet they are often more likely to experience increased mental health difficulties. For example:

- Black people are four times more likely to be detained under the Mental Health Act than White people.
- Over the last year, One in eight LGBTIQ + people aged 18-24 have attempted to end their life.
- Refugees and Asylum seekers are more likely to experience mental health difficulties than the general population, including higher rates of depression, anxiety and PTSD.
- Up to 50% of deaf community in Britain experience mental health difficulties.

Therefore, we will be introducing new projects such as 'Urban Minds' and 'Black Men Talk Health' alongside our existing community development work focusing on race equity and mental health.

Urban Minds:

A new project '**Urban Minds**' is a strong Community Driven alternative support provision that will be Culturally designed for the development needs & awareness of mid age Black men initially. Its mission is to ensure it addresses the:

- Physical – Good Body Maintenance/Fitness
- Spiritual- Inner Mind Development of Self
- Well Being-Interaction & Cooperation
- Health- Sharing, Caring & Dietary Needs.

UM is located in St. Paul's and will be a safe space that intervene early to prevent Black men from going into Withdrawal, Rejection, Denial & Isolation. As a Social Hub it will be stimulating, recreational and deliver a range of practical, theoretical self maintenance programmes.

UM will run sessions that enable young men to openly talk about their:-

- Physical Health and Well being support
- Spiritual Guidance
- Regular events that promote wellbeing and reduces stigma,
- Racism, Negative Stereo typing and how to deal with these.
- Developing Good & Sustainable Peer Support Structures.

Developing Active Partnerships

UM will seek to Collaborate & Work with other like minded services both Locally and Regionally. By way of:

- Providing Advocacy for Service Users out/in Mental Health institutions.
- Become an active Professional agency which will support clients being referred & discharge into the community.
- Sign posting to other service providers
- Offer Advice and guidance to maintain independent living.

You can also contact us at urbanmindsbristol@gmail.com

What's going on in our community



'Black Men Talk Health' is an Online Health Seminar, for Black men to discuss relevant issues that concern them and their community. The sessions will be led by, and are for Black African and Asian men only.

Our first seminar; 'Let's Talk Covid and Vaccination', will be held on Thursday 17th February 2022 between 12 noon – 1.30pm. Following on from this, the seminars will be held on the 4th Thursday every other month (February, April, June, August, October, December.)

You can register interest using this weblink and a Zoom link will be sent out to you on the day of the event.

Eventbrite: <https://www.eventbrite.co.uk/e/black-men-talk-health-tickets-254441951727>

Alternatively, the zoom link will be available on www.nilaari.co.uk or you can call 0117 9525742 or via Rethink on 07436093214)



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, keeping in contact or giving 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 in person)
- Carers Assessments & Carers breaks
- Newsletters and emailed bulletins
- Social walks
- Individual support for Family & Friends using Fromeside & Wickham
- Workshops on topics like Setting Boundaries, Motivation and Recovery
- Finding information and specialised services locally including out of area
- Liaising with mental health teams and GPs & ensuring carers are involved in planning
- Drop in meetings at Knowle West Health Park

Invitation to afternoon tea

As we had to cancel our Christmas tea party, we set a new Spring Tea Party date... do come and socialise with each other and enjoy some refreshments.

We have booked a room upstairs in the Wesleyan Chapel in Broadmead, lift access is available.



**Wednesday 9th March
3.30pm - 5pm**

RSVP or book here:

www.eventbrite.co.uk/e/afternoon-social-event-tickets-265100993207

Invitation to our Focus group

We'd also like hear from you about what parts of the service you have found beneficial, and what suggestions you have that could improve our service to families and friends.

We have booked the Horsefair room upstairs, lift access is available. Stay on after the focus group for tea and cakes!

**Wednesday 9th March
2pm - 3.30pm**

RSVP or book here:

www.eventbrite.co.uk/e/focus-group-for-rethink-carers-service-tickets-265105346227

Want to hear from us regularly?

As well as this newsletter, we send emailed bulletins on average twice a month. Just let Karen know if you would like to be added to our list.

If you would like to receive this newsletter by post, or prefer it to be emailed, do let us know.

How to get in touch or refer a family member or 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.

Changes to our support groups

Since April 2020 we have been running support groups online, open to anyone with family or friends with MH issues in or connected to Bristol. We are receiving many new requests for support each month, so we want to use our time in the best way. So from February the online group we normally hold on the second Wednesday evening of each month **will stop**, and we would like to know what form of group support you'd like instead.

We plan to offer two different types of group, both will have limited places so that you have time to get to know each other and it feels safe and supportive:

In person: Held once a month for a closed group limited to 6 – 8 people for a period of 6 months, or six sessions, with the option to continue as a peer-led group.

Online: Held once a month in person closed group limited to 6 – 8 people for a period of 4 months, or four sessions, followed by a review.

If you are interested in either of these options, please let Karen know. She will then ask you more about when & where you prefer to meet.

Independent Mental Health Advocate (IMHA)

Access to an IMHA is a statutory right for people detained under most sections of the Mental Health Act, subject to Guardianship or on a community treatment order (CTO). When someone is detained in hospital or on a CTO it can be a very confusing and distressing experience. IMHAs are independent of mental health services and can help people get their opinions heard and make sure they know their rights under the law. See more from [Institute for Social Care Excellence](#)

New providers of advocacy in Bristol

Pohwer now provides the following types of advocacy for people with mental health needs and their 'carers':

- Community/Outreach Advocacy: support with a particular issue.

Social Walk: Blaise and Daffodils

Tues 22nd March meeting at 10.30 am

We will meet at Blaise car park BS10 7AA



and take a circular walk with the option to eat some lunch together in the café or you can bring sandwiches.

Buses: **1** to Avonmouth Way, walk 7 minutes
3 or 4 to Blaise Castle, walk 2 minutes
76 to Crow Lane lay by, walk 15 minutes

Book here or call us

www.eventbrite.co.uk/e/march-walk-blaise-and-daffodils-tickets-228864087647

- Citizen Advocacy: support with health and wellbeing issues but do not qualify for other types of advocacy.
- BAME Advocacy: for people from BAME communities who have a mental health issue. This service is for inpatients on psychiatric wards across Bristol including Fromeside and Wickham, and for people living in the community who are experiencing serious mental or emotional distress.

Tel: 0300 456 2370 www.pohwer.net/bristol

Swan Advocacy

Provides Victims of Crime Advocacy Service, Independent Mental Capacity Advocacy, Independent Mental Health Act Advocacy and Inpatient Advocacy service, all commissioned by Bristol City Council.

Tel: 03333 447928 swanadvocacy.org.uk

Answers to Quiz on p4:
1b, 2b, 3a, 4c, 5a, 6c, 7c, 8a, 9b, 10a

Knowle West 'Hub' Drop in for family & friends

Rethink Bristol are starting a new 'hub' drop-in at Knowle West health Park, for people to drop in and meet staff from the Rethink Carers and Community support service. Fortnightly dates to be announced.

Mindfulness taster sessions

The next Mindfulness For Carers Taster sessions are on Thursday evening 3 March at 7-8.15

- Make space/ time for yourself, and feel less run down and fatigued
- Feel less isolated and more supported
- Strengthen your resilience and work toward maintaining a hopeful outlook

www.themindfullife.co.uk

Please get in touch with Penny by sending an email to: info@themindfullife.co.uk

Anxiety and the Halo Effect

Take a look at this interesting blog about mental health topics and research by local trainer and researcher Phil Harris, including a summary of research into how perfectionism can turn into depression and anxiety.

www.philharris.online/post/the-halo-effect-anxiety

"As much as it feels good to do well and be praised for it," writes the head researcher Dr. Vaillancourt "youth need to accept that achieving perfection is not possible. It is important for them to understand that everyone has strengths and weaknesses, and that is what makes us human... it is particularly important for parents and educators to foster environments of self-acceptance. Avoid putting pressure on youth to be perfect and instead acknowledge their successes, even the little ones, as well as their effort. Also, work to counteract "all-or-nothing" thinking (i.e., standards are either met or not met). Not attaining perfection does not mean one is a failure."

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 swcarersbpdgroup@rethink.org

OCD group restart

This peer led group is open to anyone who experiences OCD (whether formally diagnosed or not) and anyone supporting someone with OCD.

The group will run every Tuesday between 2.30 and 3.30pm on Zoom. If you are interested you can get in touch with Julie Bevan or Tracey Tainton at the Independent Mental Health Network (IMHN) julie.bevan@imhn.org www.imhn.org

Soundwell Music Therapy Trust

Run music groups for unpaid carers online once a month on Friday mornings. This is a supportive group, facilitated by music therapists, where group members are invited to share music that's significant to them which we listen to together, to talk about music and sometimes to try some live music making together. The group is a way to connect with other carers, take some time for yourself, support your wellbeing and boost mood.

Contact Duncan Stagg on [07423400655](tel:07423400655) or email duncan.stagg@soundwell.org.uk
www.soundwell.org.uk



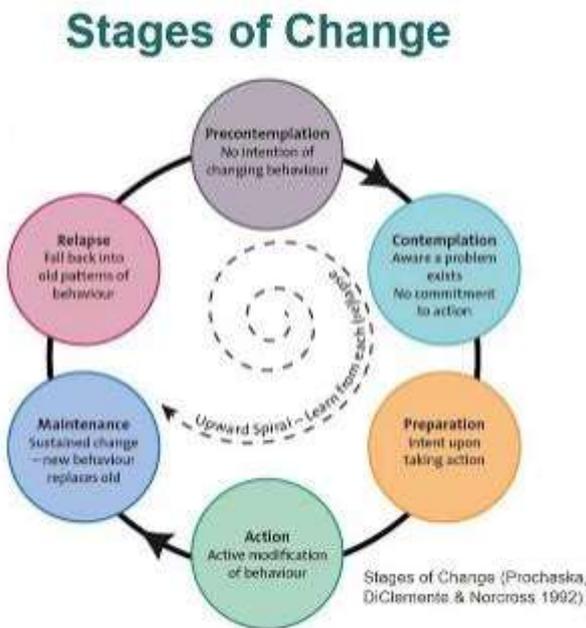
Thanks!

Many thanks to Helen, who sent this photo of a sensible squirrel preparing for his or her winter feast.

Do send us your photos for inclusion in our next newsletter, as well as any items that may be of interest to others.

The Righting Reflex

Motivational Interviewing (MI) is a conversational style that can be helpful to consider in our everyday interactions, including with those closest to us, and especially with those who have habits we think are unhelpful for them... or for us.



Nicky Noble, an MI educator at the University of the West of England who uses it in her mental health work, in her excellent workshop

for Rethink Carers Service introduces some of the most relevant and practical concepts, and for those of you who have not been able to attend it but would like to explore the topic, she recommends 'Lifting the Burden' and 'The Righting Reflex' in particular from these pages:

psychwire.com/motivational-interviewing/

Another useful concept is that of the Stages of Change, a basic understanding of which can help us see when change is most likely to happen, and avoid 'nagging' when it is unlikely to have a positive effect.

The 'righting reflex' is the desire to 'fix' or offer advice or information when someone presents you with a problem which requires change to be made.

When it is used, often the response from the person considering making a change is to intuitively argue against it. Rather than helping people and inspiring change, the 'righting reflex' can unintentionally make people feel bad, and perhaps even more likely to ignore or push back against the advice that was intended to help them.

[wiseducationblog.com](https://www.wiseducationblog.com)

People at the heart of care: adult social care reform white paper

Rethink Policy team are working with the Department of Health and Social Care, and they are currently working on the carers strand of the work.

Through their individual and group work with families and friends across Bristol, Margaret and Karen are able to inform regular meetings which are held to share good practice across the many carers services Rethink runs nationally. As a campaigning voice for carers and service users we continue to monitor carers needs and feed in carers views on good practice and also where things could be improved. This work influences and support service development. If you are interested in this work, see

www.rethink.org/get-involved/campaign-with-us/

New job at Rethink Carers Service

We have a unique opportunity in the Carers Service to recruit someone for up to 6 months on a paid bank contract (18.5 hrs per week) using their lived experience to contribute as part of the carers team.

As a Bank carers worker, you will support us to deal promptly with the growing numbers of carers requesting/needing support from our Bristol service.

As a carer you will already have important qualities such as respect, empathy, ability to communicate and listen with a patient approach. An understanding of cultural diversity and a commitment to inclusion are key for this role.

You will join a friendly and supportive team and be offered opportunities to develop and learn new skills. Please contact bristolcarers@rethink.org For additional information please contact Margaret on 0796 7811146 .

Rethink Mental Illness Bristol

Abraham Sanyang, Service Manager

☎ 0743 609 3214

abraham.sanyang@rethink.org

Community Services

Main number 0117 9031805

Claire Stankovich, Peer support & Volunteer

Coordinator ☎ 0757 0307463

claire.stankovich@rethink.org

Carers Service

Margaret Price, Service Co-ordinator

(Mon—Thurs) ☎ 0796 781 1146

margaretr.price@rethink.org

Karen Allen Bonney, 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

(Web links are in titles)

[Care Direct](#) tel 0117 922 2700

First point of contact for social services

[AWP Response Service](#) tel 0800 953 1919

[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 AWP](#) 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 (to 25)

[Carers Support Centre](#) tel 0117 965 2200

Supports carers in Bristol & S Glous

[DHI](#) tel 0117 440 0540

Alcohol & substance misuse support

[Bristol Black Carers](#) Tel 0117 379 0084

[CASS](#) Tel 0117 304 1400

Connects community groups & mental health
services in Bristol.

[Pohwer](#) Tel: 0300 456 2370 Advocacy
services

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