



What's new.

Bristol Rethink Newsletter

Spring 2023

Including Community, Carers & BME Services



Dear All,

We welcome not only our new service manager Sabrina, but also Fleur, Bhavika and Seb in a range of roles that will bring new groups and online support to more people in Bristol, see p3

Also in this issue, we have details of Clic, our new web based support and details of new activity groups, see p4.

There is a new opportunity to train in Mental Health First Aid, an accredited and valued programme delivered by Narinder, see p6.

Several carers have contributed their experiences, offering advice about providing for the future in wills on p9, and things they wish they'd known when navigating the mental health system, p11.

We say goodbye to Margaret Price, who has retired after working with Rethink for twenty years, see p8, and to Julia Weaver, who also worked for Rethink in Community services in Keynsham and Bristol for many years.

There are links to the Warm Spaces, a warming recipe for Veganuary, and to cool down, an article on the benefits of ice cold baths.

If you haven't tried the multiple language option for our website, try it! See p7.

Finally, do let us know if you are happy to receive this by email, so that we can save on stamps.

Very best wishes,

Rethink Bristol team

COMMUNITY SERVICES

What do we do?

When you reach the top of waiting list you will work face-to-face with a Mental Health Recovery Coach. We are a community-based organization and we will help you decide a goal to work on. Here are some areas we offer support to our clients:

- help clients overcome anxiety which has stopped them going to work, shopping or seeing family.
- help clients to access leisure, exercise and social activities or a support group.
- help clients look at voluntary, educational or paid work opportunities
- take clients through graded exposure so they can access places in the community which their illness may have restricted them from accessing previously.
- help them learn coping skills, distraction techniques and other ways to manage their mental health.
- we recognise there are other organisations

in Bristol which offer services we don't. If necessary we will signpost clients to these services. This may include a period of support during a crossover of service provider.

We are not a counselling service and unfortunately we can't work with you in your home or solely on the phone. If you need counselling or Psychological Therapies speak to your GP. If you're struggling to get an appointment you can also self-refer to VitaMinds, which is a free service. Phone: 0333 200 1893.



Address and location

We haven't moved building, but since the nursery opened downstairs, the access has changed. Our new postal address is: Rethink Mental Illness, Docklands Community Centre, 29 Brigstocke Road, Bristol, BS2 8UA.

If you are coming to meet us in the office, look out for a big yellow box on the side of the building on the corner of Brigstocke and City roads. Follow the yellow railings to the left of the sign for Docklands, and at the end of the ramp you will see our sign.

Useful Self Help Resources

We apologise that you have to wait for our service but we are working to get to you as soon as possible. While you wait for our service, here are some useful self-help links:

[Maybe Charity Southwest | Independent Mental Health Charity Bristol \(maybe-southwest.co.uk\)](http://maybe-charity-southwest.co.uk) (low-cost counselling)

[CHAS Bristol – Housing advice service](http://chastbristol.org)

[Clean Slate Training & Employment - Clean Slate Training & Employment \(cleanslateltd.co.uk\)](http://cleanslate.org)

[Adult IAPT interventions | Clinical Education Development and Research \(CEDAR\) |](http://cedar.org)

[University of Exeter](http://www.universityofexeter.ac.uk) – here are some CBT style workbooks

<https://overcoming.co.uk/7/Home> - A range of overcoming self-help books

[Service search | Well aware service](http://www.service-search.org) – A range of organisations, groups, activities and events for Mental Health

[Clic - Free online community supporting everyone with their mental health \(clic-uk.org\)](http://www.clic-uk.org)

[Meditation and Sleep Made Simple - Headspace](http://www.headspace.com) – Meditation app

[Yoga For Complete Beginners - 20 Minute Home Yoga Workout! - YouTube](http://www.yogaforyou.com)

STAFF NEWS

Sabrina our new Service Manager.

Originally from Rome, Italy. She moved to the UK in 2009.

Her background is in Clinical Psychology.

Sabrina is focusing in maintaining and developing partnership in the community, to promote participation and



inclusion.

She joined the team at the right time to promote change and build on the existing skill sets that made Bristol Community service successful over the years.

They say about her: she can spot a genuine Italian restaurant from a distance.

Seb our new Recovery worker

Personal experience and studying psychology led him to this role. Seb will work with people 1 to 1 to try and achieve their goals, and work towards being as free and independent as possible.

The aim is to make people feel listened to and not alone in their battle against mental illness. In Seb's free time he likes DJing, live music and festivals, watching Liverpool, surfing, and travelling! .



Fleur our new Group Coordinator

Fleur is our new Group Development Coordinator who has joined Rethink Mental Illness in October, to increase our service users access to community groups and activities.

Social connection is key to experiencing a good quality of life. Fleur therefore aims to provide service users with the opportunity to meet new people whilst trying new things and experiencing what our city has to offer.

Outside of work, Fleur enjoys cooking, going to gigs and spending time in Bristol's lovely parks with friends.



Bhavika our new Digital Officer

Bhavika is our new Digital Officer for Bristol Community Services. She holds her bachelor's degree in Bachelor in Dental Surgery with the master's degree in Digital Health. She handles all the digital content on various platform, collecting data, working closely with other members of the team.

She enjoys cooking, gardening, travelling, aesthetics nature photography, d&b music & poker.

Groups—be connected



Social connection is key to experiencing a good quality of life. By setting up and improving access to activity groups, with our Group Coordinator we aim to provide service users with opportunities to meet new people and try something new.

It is important that the groups and activities we provide and refer people to are non-judgemental and inclusive spaces so that individuals feel supported in this step of their recovery.

We aim to offer various taster sessions with organisations who share our vision. These will enable individuals to have a taste of what they might like to be involved in regularly.

Be Included



Clic is a free UK-online community to support individuals with their mental health and wellbeing.

Clic Bristol is a localised section within Clic-UK which has tailored information and support that is specific to our area.

Key features:

- Clic Chat (chat with other members)
- Forums to chat (on a particular topic)
- Information & Support
- Mood Tracker
- Events (Clic UK only- livestreams to hear from mental health experts across the UK)

Register/ sign up to get the support.

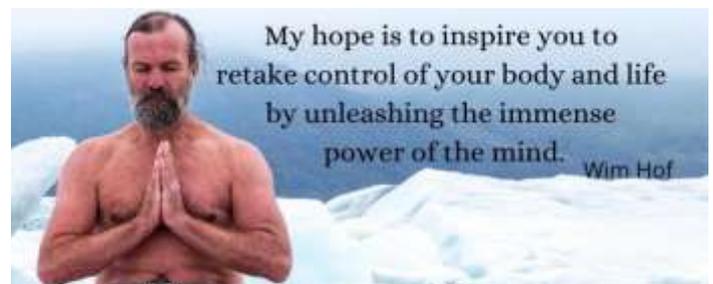
Join the Bristol local community by visiting: Bristol.clic.uk.org

Contact Bhavika (Digital Officer- Bristol) for assistance: Bhavika.jadav@rethink.org

Kick off 2023 with a challenge?

Want to try something different to try and fight your mental illness and have a stronger immune system? Then have a go at the Wim Hof Method! Known as 'The Iceman', he holds the record for barefoot marathon on snow, swimming under ice and prolonged full body exposure to ice. He attributes these superhero feats to the Wim Hof Method, a combination of cold exposure therapy and Breathing techniques: [Welcome to the Official Wim Hof Method Website](#) there's a free 3 part course on the website.

There are many benefits, to name a few: decreased anxiety/stress and depression, increased willpower, concentration, mind-body connection, energy, boosted immune system,



better sleep, natural anti-inflammatory, increased metabolism and lower blood pressure/ heart rate.

Wim Hof Recovered from the darkness of losing his wife to suicide with this method. This method might not work for everyone, but if 10 minutes of breathing exercises and 2 minutes of cold water can be life changing, it could be worth a try!

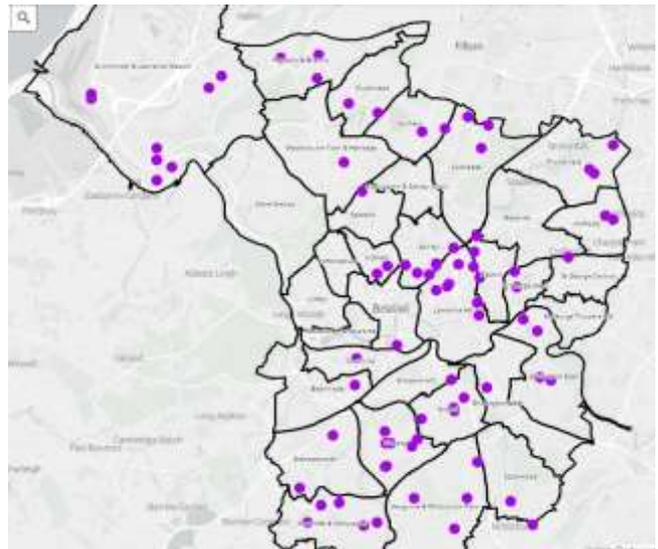
Welcome Spaces

Welcome spaces or warm spaces are being set up all over Bristol, it is a communal space where people can socialise, warm up if they're struggling with heating bills and get support for the cost of living crisis. Every space will vary, but some services include:

- Help and sign posting regarding money and mental wellbeing
- Community activities such as crafts, meals, games and film nights
- Access to computers, wifi, free charging points, music
- Free or low cost warm meals

You can find the closest Welcome space to you at [Find a Welcoming Space](#)

(bristol.gov.uk)



Digital Inclusion Projects

It can be tough when it seems like all advice and help that is recommended is online, plus managing your finances and even doctors appointments these days. If you don't have access or have never learnt how it should not reduce the support you can get. Here are some charities that can help:



Nobody in the Dark: Aims to immediately help people digitally and financially excluded in

the UK, mostly those in poverty,

DigiKnow: Aim's to help young people build up knowledge and defence around cyber security, aswell as digital career opportunities

Age UK: As a response to the pandemic, Age UK has set up tech guides to help Older people navigate technology and stay connected with their friends and family.

Action UK: Digital aid for Refugee and asylum seekers, opening up more employment opportunities

Mama Health and Poverty Partnership: Support for BAME women, they are offering per paid phones inside food packages to protect against domestic violence

Get online with a reused computer

Get connected for as little as £99 with a refurbished computer from Byteback, Unit 1 Brewery Court, North Street, Bristol, BS3 1JS
Feel free to pop in, call 0117 3706 375 or email info@bristolcomputerreuse.org
We are open Tuesday- Friday, 10.00am – 4.00pm.

[Home - Bristol Computer Reuse](#)

Syndi

This app can give you free mental health app recommendations based on questionnaires and self assessments



Soundwell Music Therapy

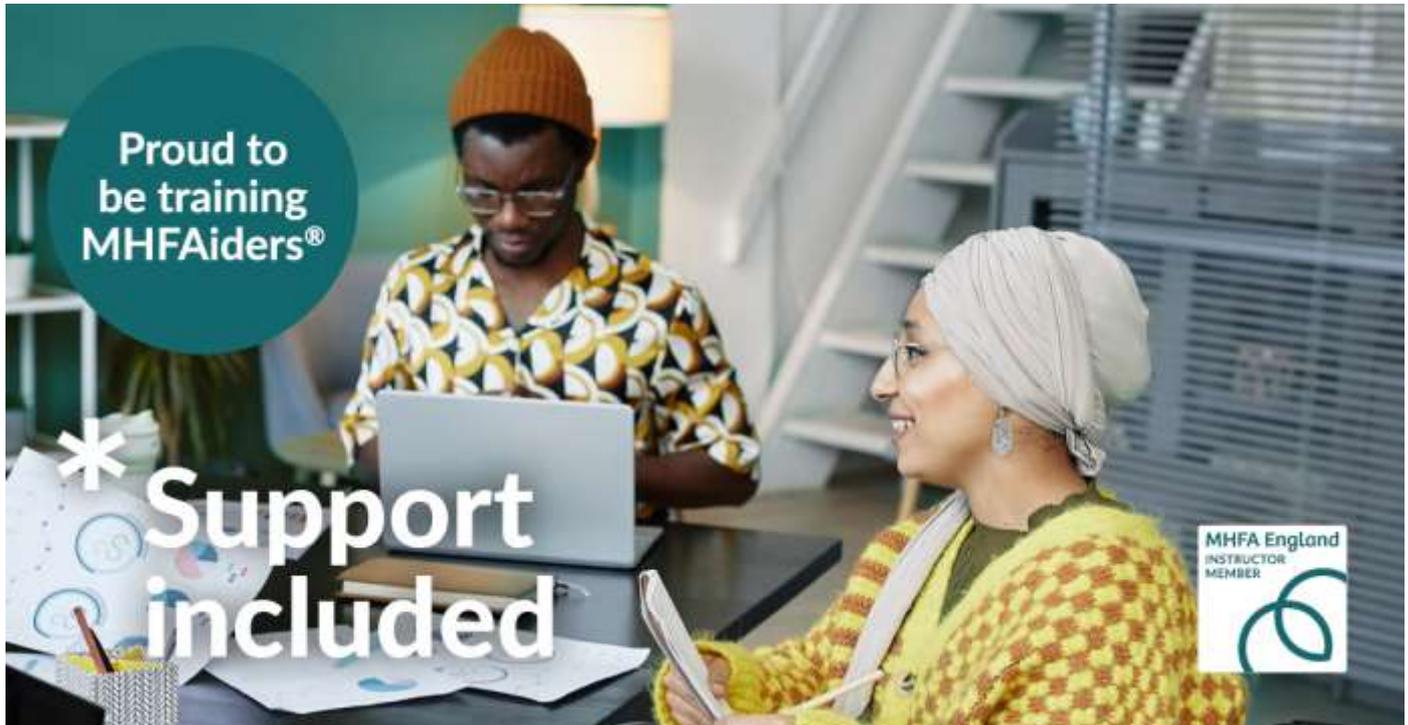
The trust offers a range of groups for adult mental health and wellbeing support using music as a medium.

Information: [Soundwell Music Therapy Trust – Music therapy in the South West for adults](#)

Email: enquiries@soundwell.org.uk

Community Development Worker : Black, Asian and Minoritised Ethnic Communities

Rethink Bristol's Community Development Worker is Narinder Chana (she/her). Narinder's work aims to improve understanding of mental wellbeing as well as access to information and support for people from Black, Asian and Minoritised backgrounds.



Would you like to train as a Mental Health First Aider (MHFAider®) in 2023?

Narinder delivers this course subsidised (low cost or free depending on eligibility) to anyone actively supporting the wellbeing of Bristol's Black, Asian and Minoritised communities.

Train as an MHFAider® and you'll get three years of support to help you feel empowered and confident in your role.

The last few years have been hard on everyone, and the need to support everyone's mental health and wellbeing is greater than ever.

With the recently launched new MHFA course, training doesn't stop when the course comes to an end. We provide continuous support for MHFAiders® – well beyond your initial certification – so you are confident, empowered and motivated to carry out your role.

Why become an MHFAider®?

You will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Three years of access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources and the benefit of joining England's largest community of trained MHFAiders®

Courses will run from Spring 2023, for more information or to request a booking form, contact Narinder Chana on 07970892041 or narinder.chana@rethink.org

Black Men Talk

Join Church of God Prophecy, Nilaari, Rethink Bristol and Community Access Support Service on the **23 January** for the first Black Men Talk Health of 2023. It's a chance for Black, African and Asian men to share experiences and discuss issues around health and wellbeing. Book on to [Black Men Talk Health](#).



Accessibility and Inclusion

The Rethink website has a new feature that helps to make the website content accessible to all.

Look out for the logo at the top right hand corner of each page on www.rethink.org and click to turn on accessibility.

You can play audio of the paragraphs you want to read, increase text size, change website colours and translate into Arabic, Bengali, English, Farsi, Hindi, Somali, Spanish,

Ukrainian, Urdu and many other languages.



This new resource helps us to connect people to information on our national website, such as factsheets and our national Advice & Information Line.

Spiced Aubergine Bake (vegan)



Ingredients

- 4 aubergines, cut into 5mm-1cm slices
- 3 tbsp vegetable oil
- 2 tbsp coconut oil
- 2 large onions, chopped
- 3 garlic cloves, crushed
- 1 tbsp black mustard seeds
- ½ tbsp fenugreek seeds
- 1 tbsp garam masala
- ¼ tsp hot chilli powder
- 1 cinnamon stick
- 1 tsp ground cumin
- 1 tsp ground coriander
- 2 x 400g cans chopped tomatoes
- 200ml coconut milk
- sugar, to taste

- 2 tbsp flaked almonds
- small bunch coriander, roughly chopped

Method

Heat oven to 220C/200C fan/gas 7. Generously brush each aubergine slice with vegetable oil and place in a single layer on a baking tray, or two if they don't fit on one. Cook on the low shelves for 10 mins, then turn over and cook for a further 5-10 mins until they are golden. Reduce the oven to 180C/160C fan/gas 4.

Heat the coconut oil in a large, heavy-based frying pan and add the onions. Cover and sweat on a low heat for about 5 mins until softened. Add the garlic, mustard seeds, fenugreek seeds, garam masala, chilli powder, cinnamon stick, cumin and ground coriander. Cook for a few secs until it starts to smell beautiful and aromatic.

Pour the chopped tomatoes and coconut milk into the spiced onions and stir well. Check the seasoning and add a little sugar, salt or pepper to taste.

Spoon a third of the tomato sauce on the bottom of a 2-litre ovenproof dish. Layer with half the aubergine slices. Spoon over a further third of tomato sauce, then the remaining aubergine slices, and finish with the rest of the sauce. Sprinkle over the flaked almonds and coriander (if using), reserving some to serve, and bake for 25-30 mins. Serve garnished with more coriander.



Carers & Families Service

www.rethink.org/bristolcarers

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, and keeping 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.

Changes to the Carers Service

As you will probably know by now, Margaret Price retired on 8th December, and Karen Bonney has been confirmed in the role of coordinator for the Carers Service. The post of Carers Liaison worker which Karen has left vacant is currently being recruited into.

We have requested to extend the funding for the temporary support worker post which Josiah has been occupying, which otherwise will end at the end of January.

Luckily this is usually a quiet time of year which allows us time to reorganise and retrain our small team.



Margaret, I just wanted to say all the very best and good luck in this stage of your life and it's been a pleasure getting to know you and all the help you've given me over the years and without you and the team I don't think I would of made it through this thing called life.

You have been a pillar of stability, just knowing you are there. The courses and wellbeing support is phenomenal and I will never forget you. RB

Dear Margaret,

Your professionalism, expertise, compassionate kindness, wisdom and never failed, and your devotion in every hard, often urgent situation will always be remembered and deeply missed.

Your ability to see the core of the problem and to express your view in broad context with honesty while act in timely manner was life - sustaining for us, who often just lost in our troubled situations.

You hold our hands all way through and along our tragic journey. Thank you for being here for us. I wish you most enjoyable retirement years. With best wishes of good health and fulfillment. A million thanks for all your support to us over the years. NU

How to refer a family member or friend

Just call or email us—see back page for details. Professionals: See more information including our referral form here: www.rethink.org/bristolcarers

Phone & Face to Face appointments

If you would like to talk to someone at the Carers Service, do look at our online diary and book yourself a slot when you are free to talk.

<https://calendly.com/rethinkbristolcarers/phone-appointment>

These are set up as phonecalls lasting at least 45 minutes, but it could be longer or shorter than that depending on what you need on the day. If you prefer to



meet face to face, especially if it's a first appointment, just request this in the notes. We can meet you in our office, or perhaps in a café. Of course you can also just call us!

Landline phone

Our landline phone 0117 9031803 is now digital. What this means is that when you leave a message, it is automatically sent to our email address where it is picked up by one of the members of carers service staff.

Don't be put off by the mechanical voice!

Future Provision for a loved one

A carer kindly wrote about how she has provided for her son through Rethink Trust Corporation.

In December 21, Covid was still a significant factor and my son's mental health had deteriorated. This led me to thinking about my own mortality and what would happen to him if I died. So, as part of my New Year thoughts, I decided to rewrite my will and make some particular provision for him. I wasn't sure how or what this would look like, so I started to explore different options.

I talked to others in a similar situation – what were they doing, why and how.

I talked to other family members - in particular my son's siblings. What involvement did they want, what were they prepared to commit to and what they did not want to do. I also talked to his father, from whom I am separated, about what he was doing.

I spent a long time on the internet exploring various options, and researched setting up a trust through a lawyer and/ or other organizations. As my local Rethink staff has supported me for a number of years, I soon

Rethink Trust Corporation

came across the Rethink Trust Corporation. I was particularly struck by the this statement- *'This scheme is run by Rethink Mental Illness so you can be sure that the people in charge understand the circumstances and needs of people who are affected by severe mental illness.'*

It was their understanding of mental illness that led to me to pursue this with Rethink. Board members and staff all have understanding or experience of supporting family members with mental illness.

I had an initial Zoom meeting with them, which introduced the idea of a trust fund and how it would benefit my son.

[Click here to watch a webinar](#)

Next step was a detailed meeting (which can be done via Zoom) with a lawyer who, through discussion and focused questioning, talked me through my situation, my finances and what I was trying to achieve. Deciding who was going to be a trustee was an important decision and led to lengthy discussions with family. The whole process involved quite a lot of soul searching and thinking into the future, which was difficult- thinking and discussing my death and that of other family members, and the various different scenarios and different outcomes.

The following few weeks involved a lot of emails and phone calls – explaining legal language, clarifying detail and finally signing the relevant documents.

Having explored other options I feel that paying for using Rethink TC's expertise and experience in investing and managing my money has given me peace of mind. It took a few months, but both his father and I have now completed our wills and set a Trust for our son. It's a huge relief for us both to know that when we die our son will be provided for and will have financial security.

[Planning for the future \(rethink.org\)](https://rethink.org)

Peer-supported Open Dialogue Workshop 2023



International interest in Open Dialogue is growing rapidly, yet it is difficult for many to access opportunities to learn more about the approach. The [Academy of Peer-supported Open Dialogue](#) will be offering a free, two-day, online introduction open to everyone. It will be hosted by the trainers who have developed POD over the past 8 years within the NHS.

Join a free, two-day, online introduction on 15th & 16th of March 2023 from 9am – 3pm
Visit <http://developingopendialogue.com>
Or contact Katya.vasco.od@gmail.com

Home from hospital

We Care's 'Home from Hospital' service facilitates timely discharge from hospital (including psychiatric inpatients) by helping patients to return to a home which is safe, suitable and warm.

"We can also carry out free home safety checks and arrange for work to be done when the patient is home, with the aim of reducing the risk of readmission.

Do contact us as soon as you know that work to the home may be needed for discharge or to reduce the risk of readmission. "Typically, we respond to referrals on a same-day basis."

Referrals can be made via healthcare professionals and hospitals, but they also accept referrals from family members.

[Home from Hospital Service \(wecr.org.uk\)](http://wecr.org.uk)

Our news

Would you like to get news of walks, events and workshops we are organising?

Sign up [here](#), or ask us. We send it once or twice a month by email.

Winter Walk

We will be meeting for a winter walk around the harbourside at a café in the Centre at the beginning of February. Details to be finalised, but you will be able to book here:

<https://tinyurl.com/43a2mj9d>

New Support Group

Our new support group starts on 10th January, and will be running until July. Please let us know if you are interested in joining the next group, or an online support group.



Counselling for carers

The Carers Support Centre are funded to offer free counselling for carers. To use the service you must not currently be in receipt of counselling or psychotherapy services elsewhere.

There is also a free telephone counselling service is available for carers age 18 and over, with up to 6 weekly sessions of counselling over the phone.

Contact Debi Amor on 07716 288 407 or counselling@carerssupportcentre.org.uk

BDP carers

[South West Carers](#) is a voluntarily led peer support group for carers, who face the challenge of loving and caring for someone who has borderline personality disorder (BPD). We meet twice a month on Wednesday evenings, alternating between Zoom meetings and face to face meetings in Bristol city centre.

Please contact us by email and we will give you details. swcarersbpdgroup@rethink.org

Demystifying Paranoid Schizophrenia

Listen to a podcast on BBC radio in the 'Seriously...' series, introduced by Bristol poet Vanessa Kisuule.

Growing up in Canada, her father's delusions and paranoia gave Julia Shaw a front-row seat into an alternate reality Believing "they" were out to get him – including everyone from aliens to the Bin Laden family . He believed that doctors too were part of the conspiracy - so has never had a diagnosis from a psychiatrist. Witnessing her father experiencing a parallel "reality" inspired Julia to look into the mind and she had a "lightbulb moment" and at university studying psychology she first heard a description of paranoid schizophrenia.

The well-known "positive" signs of a psychotic episode like hallucinations, paranoia and deluded thoughts can feel frightening to witness but Julia learns how the some families find it hardest to live with the "negative" symptoms like a lack of motivation and difficulty in concentrating.

Julia talks to families who understand the demands of living with someone who has

serious delusions – to hear what helped them to look after themselves as well as their loved one.

We hear from Philippa whose son had his first episode of psychosis when he was at university, and from Kate who was only 11 when her cool, older brother Sean first showed the signs of schizophrenia, and who struggled to look after himself and became homeless. Both women found support from Rethink Mental Illness.

[BBC Radio 4 - When Reality Breaks](#)



What I wish I had known

Many thanks to Tony who has written this personal reflection on his recent experiences.

"Nothing in my personal or professional life prepared me for the emotional rollercoaster of having a partner with severe mental health issues who is actively suicidal. Whilst there is light at the end of the tunnel you can expect extremes of upset, frustration and anger. This is normal and, if it helps to know, thousands of others are on this same journey.

It can take a long time to engage with the NHS and they may not acknowledge how bad things are. Be tenacious but understand their limited resources – no its not fair!

Access to NHS services is going to be through your GP practice (or via being sectioned), but you may need to see more than one GP to get the right sort of support.

If the person has had a bad experience of an antidepressant which makes them wary of taking them, starting on a very low dose (less than clinically significant) can be a way to gain confidence. Don't assume a psychiatrist

will suggest this, it was our GP that gave us that gem.

Find out who is taking the clinical lead in the treatment.

A small step of improving can be getting up/ cleaning teeth or just acknowledging there might be future improvement. Don't be disheartened by the many days in between when it appears things are going backwards or not improving.

The police can lack empathy when called to attend someone with mental health problems

As the partner, parent or sibling you may have limited access to the clinicians/information, but someone who is severely depressed needs help just to attend appointments – getting the balance right between patient responsibility and engaging with treatment can be frustrating.

You as the carer CANNOT fix someone no matter how hard you try. The sooner you accept that you can support—but not fix—the better you will feel and the better support you can give.

The person will start responding when they are ready, you cannot force or hurry this."

Rethink Mental Illness Bristol

Sabrina Massaroni, Service Manager

☎ 0117 9031805

sabrina.massaroni@rethink.org

Community Services

☎ 0117 9031805

bristolervices@rethink.org

Carers Service (Mon—Thurs)

bristolcarers@rethink.org

☎ 0117 9031803

Karen Bonney, Service Co-ordinator

☎ 07918 162 523

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 Help in an emergency Avon & Wilts Mental Health Partnership NHS Trust
tel 0800 953 1919 and choose option 1

The Sanctuary - St Mungo's

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

Wellaware tel 0808 808 5252

Local directory, health & community services.
www.wellaware.org.uk

Patient Advice and Liaison Service (PALS)
tel 01249 468 2618 awp.pals@nhs.net

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

Royal College of Psychiatrists
Treatments and info: rcpsych.ac.uk

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 Mind
Mindline-helpline: 0808 808 0330

Rethink Mental Illness
Docklands Community Centre,
29 Brigstocke Rd, Bristol BS2 8UA



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