

# Mental Health & Learning Disabilities Service Group Briefing

Somerset NHS Foundation Trust

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## Minds Maze


### Ryan's Journey

Ryan, who has worked as a Peer Support Worker in the STEP Team for the past 3 years, has worked with friends to produce a video sharing his mental health journey.

This was recently shown at the ward leadership training days which were attended by colleagues across the trust, and can be viewed using the link on the right.

During these training sessions Ryan outlined his hopes for supporting people, as well as his



 Ryan's film can be viewed here: [Minds Maze](#)

advice to those who may be struggling with their mental health.

## Hopes

Help promote peer worker roles; we can always learn the clinical stuff, and service users will always find hope with our stories, recovery and our lived experience.

For people to be able to speak to professionals, friends or family about their emotions and problems and not be afraid to ask for help.

To inspire others to speak about their experiences and help empower them.

To help people from being so socially isolated.

Inspire people to get out more, challenge themselves physically and mentally.

A perfect example is 'hardest geezer', where he has turned from having substance use problems and now has potentially inspired a generation to improve their physical health.

Build a platform where people can share their experiences with others, to work on reducing the stigma around mental health.

I've always wanted to help people and make the world a better place, and that is my goal.

I have a lot of ideas regarding trying to contribute to putting more money into mental health services, use my service user experiences to help understanding, reducing the stigma and doing more to help others outside of my job.

# Ryan's 16 Pieces of Advice



- 1. Do a lot of graded exposure**, make small steps towards a bigger goal. Goals don't work for everyone, but you will always get further than you would if you have a bigger goal planned for motivation. Also making sure you don't have too many goals at once, complete one and then move onto the next.
- 2. Accept failure**, this is something that is very hard to accept but it's a great way of learning and growing.
- 3. Push yourself outside your comfort zone**, it's an essential part of recovery and a great gauge of where you are at in terms of your recovery.
- 4. Have a healthier life**; changing diet, stopping or being careful with alcohol and substances and do more exercise.
- 5. NEVER try and compare yourself to others**, it can be dangerous as there are many reasons we are not like them. Instead, find people that inspire you.
- 6. Be more productive with your time**, a lot of service users will watch television all day or lay in bed, when there are opportunities to learn especially with the beautiful world of YouTube. This is a day and age where you can search anything online, and you will have answers.
- 7. Really focus on your sleep and relaxation**, sleep is a huge part of having better mental health, so looking at sleep hygiene is very helpful.
- 8. Surround yourself with positive and likeminded people.**
- 9. Lead a life of doing things you love** and get enjoyment out of, picture what your perfect life would look like and pursue it.
- 10. Socialise wherever possible**, its proven that having social interaction can improve longevity and mental wellbeing. Gym classes, social groups, running groups and other communities are fantastic for meeting others.
- 11. Routine**, its proven that having a consistent routine will help with sleep and many other factors.
- 12. Being able to speak to others about your problems and concerns.**
- 13. Lists**, a great example is writing one of 'things in my control, and things not in my control', by writing these things that are out of your control are a good way of realising you don't need to worry as much about them. It's also good to have all your concerns in front of you. As well you can write down future goals, dreams and a bucket list to try and tick off and aim towards.
- 14. Recognising your triggers** and what will make your mental state worsen, a stress bucket is a fantastic and easy example of this.
- 15. Balance**, we cannot have it all unfortunately and there are only 24 hours we have! Try to keep social, physical and work elements without overloading yourself.
- 16. ENVIRONMENT!!** In my opinion, the most important. Having a life with as minimal stress as possible is key, I know it's easier said than done, but having a; stable job, supportive friendship groups and family and safe accommodation really help with leading a less stressful life.

## Recovery Partner / Expert by Experience Update

By Paul Milverton

Recovery Partner EbE's have been engaged in 44 workstreams/assignments across the Service Group during the last quarter.

The existing two Recovery Partner Mendip forums (Wells and Frome) continue to thrive with additional membership and increased involvement in co-production activities. Taunton and Bridgwater 'in-person' Recovery Partner peer forums have been less well-attended and so the two groups have been amalgamated and will be operating on a mixed in-person/ MS Teams basis to suit participants' availability.

Forum participants by locality:

- South Somerset 12
- Mendip 25
- Sedgemoor 10
- Taunton and West Somerset 20

Recovery Partner EbE's now have their own website which has been discussed with Corporate Governance colleagues who have no objections from a corporate perspective. Here is a link to the website: <https://somerstrecoveypartners.godaddysites.com/>

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A programme of learning and development sessions are now in place based on the following topics;



Induction to  
Recovery Partners



Co-production



Telling your Story



Participating in  
Staff Recruitment

A Team Development Day is being planned for next Quarter and in keeping with previous events a representative group of Recovery Partners will be invited. Themes will be how do we better involve/get the views of less able people, what minimum level of commitment is required to be a Recovery Partner EbE? And how is it best to recognise and thank Recovery Partners for what they do.

**And finally, some particularly good news!**

We have planning well underway for a Celebratory Review of Co-production at the Canalside on 16th July – This will be an inspirational event studded with examples of service improvement through co-production along with lived experience stories and even some fun thrown in. Jelly and Ice cream will be served as suggested by Recovery Partners! If you are interested in attending, then please book a place through [LEAP](#).

## Mental Health & Learning Disabilities Colleague Compliments

Our bi-monthly Governance Matters newsletter focuses on compliments from service users and carers but we also wanted to highlight some of the lovely feedback that has been shared by colleagues. Don't forget you can find out more on the intranet about the new [reward and recognition](#) programme, including how to nominate a colleague for Star of the Month, and sending a 'Thank You' card.

"We had a professional's meeting the other week for [patient], one of the ward nurses attended. There was positive feedback from both [patient's mother] and [care provider] about this inpatient stay, in particular the medication changes and the positive impact that this has had on [patient], so just wanted to share this with you and thank you for your support for this admission.

**Feedback following Holford admission**

"I wanted to thank you for a great couple of days last week.

The training you delivered was interesting and the activities we did were helpful in thinking more about the learning"

**Clinical Model Training**

"XX has the ability to not only hear and understand others, but also carefully consider individualised and creative solutions, and act upon these quickly. They've made suggestions that in all my career have never been suggested before, and these give me hope for change and development, encouraging me to take action with their support...I don't think I'd be doing quite so well if it weren't for the support and suggestions from XX. They are compassionate, warm, and friendly whilst also empowering others to make changes for their own growth and development. I feel very fortunate to be part of such a wonderful team."

**Talking Therapies Colleague**

