

Content headnote - this mailout contains or links to webpages or files with mentions of the following topics: *mental health services, stress, depression, trauma, recovery*

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**Independent Mental Health Network
Newsletter - October 2023**

Dear Reader,

Hello!

I hope you're well! This month's newsletter is jam-packed with opportunities, events and updates. We hope you will enjoy reading it and learning a bit more about what we've been up to.

In this edition you'll find an update from our staff and lived experience representatives (LERs) on how things are going in Inner City & East Bristol (ICE). Plus, we've welcomed back Ali Maxwell who is helping us with ICE!

Take care,

Lauren Davison (Communications Officer)

**AN UPDATE FROM OUR WORK IN THE INNER
CITY AND EAST BRISTOL (ICE) LOCALITY...**



Hi, I'm Fauzia, I'm new to the Bristol IMHN team as an engagement coordinator. One of the areas I've started to work on, alongside Lived Experience Reps (LERs) in Inner City & East Bristol (ICE).

We've also recently welcomed back Ali Maxwell who is helping us with ICE 😊

For more information on ICE's background and our overall aim within this locality please click here: <https://bnssg.icb.nhs.uk/wp-content/uploads/2022/12/Inner-City-and-East-Bristol-presentation-ICB-Board-Feb-23.pdf>

***(Please note this resource is from Feb 2023, and so some details may be out of date, but overall this resource gives a good overview).**

Over the last month the ICE LERs have:

- Regrouped in the ICE LERGs (Lived Experience Reference Group) – this is an 'all reps' catchup meeting facilitated by IMHN where we discuss the issues of the month. The LERGs allow for a flow of information between LERs about the ICE work they've been part of, allowing for a greater opportunity to input & express opinions. At times members of the Integrated Care Board (ICB) also attend allowing the LERs to have dedicated time with the ICB outside of wider meetings.
- Met with a member of the ICB to review the ICE structure – to understand where LER's currently sit, and where LER recruitment is needed.
- Attended the ICE Mental Health Transformation Group (MHTG) alongside IMHN LERs from One Weston, Worle & Villages (WWV). A focus was on ICE's plans for the MINT (Mental Health and wellbeing Integrated Network Team) mobilisation and how WWV LERs attended to share lessons learned from the mobilisation in Weston, with great feedback from the mobilisation team for their invaluable insight to help ICE.

- Sat on the interview panel for an ICE MINT social worker.

To keep up to date with how things are going in ICE please see:

<https://www.imhn.org/what-we-do/>

WE'RE RECRUITING...

A recruitment banner for the Independent Mental Health Network (IMHN). The background is a gradient of blue and purple. On the right, the IMHN logo is displayed, featuring a stylized brain icon with the text 'IMHN INDEPENDENT MENTAL HEALTH NETWORK'. On the left, the text 'WE ARE APPOINTING A NEW: CHAIR OF THE BOARD OF TRUSTEES' is written in large, white, bold, sans-serif capital letters. Below this, it says 'CONTACT US FOR A CHAT:' followed by an email icon and the address 'recruitment@imhn.org'. On the right side of the banner, there is an illustration of four diverse people (two men and two women) standing and talking to each other.

We're looking to appoint people to the following new roles:

- 1) 1x Chair of the Board of Trustees - click [here](#) to read more about the role
- 2) 1x Children and Young People Lived Experience Rep
- 3) 1x Trauma Specialist Pathway Lived Experience Rep
- 4) 2x Inner City & Bristol East Lived Experience Reps
- 5) Trustees - click [here](#) to read more about being a Trustee

We will be updating the website soon with more information about the Lived Experience Rep vacancies - so please do check out [this page](#) in the coming days for more info.

OPPORTUNITIES AND JOBS

A NUMBER OF INVOLVEMENT OPPORTUNITIES HAVE BEEN SENT TO IMHN. THESE OPPORTUNITIES ARE NOT RUN BY IMHN AS SUCH WE CANNOT PAY

YOU/ PROVIDE YOU WITH SUPPORT TO ATTEND THESE.

Please find the document detailing this opportunities for involvement here:

[OPPORTUNITIES OCT -2023](#)

WHAT'S GOING ON



BLACK MEN TALK HEALTH

A free, online workshop about Black,
African and Asian men's health

Everyone welcome!



Let's Talk about Loss with guest
speaker Dr. Delroy Hall

October 26th | 12.00 - 1.30pm

Register on Eventbrite:

<https://BMTH-October-2023.eventbrite.com>

Scan for the Zoom link:



Register



Zoom link

UNTOLD RUTHS

Join us as we explore the importance of our studio community and creative recovery. If you would like to support the artists and the charity, some of the artwork will be available to purchase.

**28th - 29th October 2023
11am - 4pm**

**Units 1&2
Albion Dockside Estate Hanover Place
Bristol
BS1 6UT
0117 930 0314**

studioupstairs.org.uk





YOU MIGHT FIND INTERESTING

<https://www.theguardian.com/society/2023/oct/09/mental-healthcare-in-england-is-a-national-emergency-say-hospital-bosses>

[Losing a loved one to suicide can cause immense grief and anger. But the truth can set you free | Sharon Hollis | The Guardian](#)

[Roman Kemp: 'My mental health fluctuates – I struggle to enjoy life as much as other people' \(telegraph.co.uk\)](#)

[Mental health: Headteachers unable to find hour for sessions \(schoolsweek.co.uk\)](#)





Bristol, North Somerset & South Gloucestershire Talking Therapies

**Are you feeling low,
worried or stressed?**
We are here to help you

At NHS Bristol, North Somerset & South Gloucestershire Talking Therapies, we provide a range of support to thousands of people to help them to improve their mood and find ways to manage.

If you are 16 years and older and live in Bristol, Somerset or South Gloucestershire we can support you by providing the tools you need to get life back on track.

**Contact us
today - it is a FREE
and confidential
service.**

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 Text 'YOU' to 88802

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self refer**



Services provided by



Are you experiencing:



Excessive worry



Low mood



Depression



Anxiety



Lack of motivation

We provide a range of evidence based talking therapies and new ways of coping to help you better manage your mood.

Our therapies are available via secure video, text-based therapy, webinar, phone or face to face (one to one or group).



Our easy 3 step approach

01

Self-refer using our website, or by scanning the QR code on this leaflet or by giving us a call.

02

You will be assessed by a friendly member of our team. Together, we will agree the best support for you.

03

A fully qualified therapist will support you throughout your treatment.



Contact us today - it is a FREE and confidential service.



vitahealthgroup.co.uk



0333 200 1893



Text 'YOU' to 88802

Scan to self refer



**Making People Better in Bristol,
North Somerset & South Gloucestershire**

Keep in touch!

Have a story you want to share? Running an event that you want help promoting? Have any questions about the Independent Mental Health Network? Then get in touch! Drop us an email or send us a message via social media:

Email: engagement@imhn.org

Twitter: twitter.com/BristolIMHN



Have you been forwarded this email?

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[Click here for more information about our network, and to join as a member today.](#)

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