

Evening Programme

6.45 - 7.45pm	Arrival and buffet reception
7.45pm	Ceremony opening Adrian Goldberg
7.50pm	Welcome Andy Street, Mayor of the West Midlands
7.55pm	National context for mental health Andy Bell, Deputy Chief Executive, Centre for Mental Health
8.05pm	Musical Entertainment Wellbeing Choir
8.25pm	Continuing the Work of the Mental Health Commission Sarah Norman, Chief Executive of Dudley Metropolitan Borough Council and Lead Chief Executive, WMCA Wellbeing Board
8.30pm	Mental Health Superstar Winner 2018 Gurbax Kaur
8.35pm	Comedy Entertainment Barbara Nice
8.55pm	Award presentations Birmingham and Solihull Mental Health Star - Individual Mental Health Star - Team / Service / Organisation Black Country Mental Health Star - Individual Mental Health Star - Team / Service / Organisation Coventry, Warwickshire County Council, North Warwickshire, Rugby, Nuneaton and Bedworth, Stratford upon Avon, Redditch Mental Health Star - Individual Mental Health Star - Team / Service / Organisation Shropshire, Telford & Wrekin and Herefordshire, Cannock Chase and Tamworth Mental Health Star - Individual Mental Health Star - Team / Service / Organisation Young Person (Age 16– 25) Mental Health Star - Individual /Team / Service / Organisation Non Mental Health Organisation Mental Health Star - Individual /Team / Service / Organisation Mental Health Superstar
10.00pm	Ceremony Closing Sean Russell, Director of Implementation for Mental Health, Wellbeing and Radical Prevention, West Midlands Combined Authority

Entertainment provided by:



The Wellbeing Community Choir

The Wellbeing Choir takes an holistic approach to promoting and maintaining good mental and physical health through singing. It is a choir open to the whole community though aimed at supporting individuals, suffering with, or recovering from a mental illness or chronic medical disability - it's appeal is universal. Many members are vulnerable adults who experience difficulties in everyday life and who would otherwise be isolated and socially marginalised.

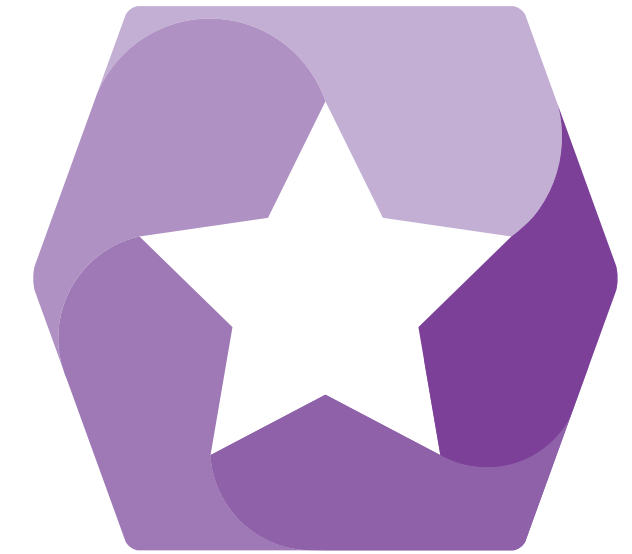
Members of the choir are mental health service users, carers, professionals and other members of the community from diverse backgrounds. With an inclusive philosophy the choir uses music to embrace and include people from all ages and all walks of life.



Barbara Nice

Barbara Nice -ordinary housewife extraordinaire is a much loved comedy circuit headliner and has had critically acclaimed solo shows at The Edinburgh festival and regularly tours nationally venues include The Lowry , Birmingham Rep and The Hippodrome.

Barbara is the comedy creation of Janice Connolly BEM artistic director of award winning Women and Theatre with 34 years experience of making new work including a long term partnership with Birmingham and Solihull Mental Health NHS Foundation Trust.



Thrive

Mental Health Commission Awards 2019



West Midlands
Combined Authority



#thriveawards2019

Shortlisted Nominees

Summary of nominations recieved

Birmingham and Solihull

Individual

Khalid Ali has been nominated in recognition of his voluntary role as a public governor in mental health services for over 11 years. Recently, he has focussed on supporting people who feel suicidal and gives them the time they need. He also provides practical support at appointments. He is the voice of the unheard and is there to help no matter what time of day.

Beresford Dawkins has been nominated in recognition of his work a volunteer at Unity FM, a not-for-profit community radio station based in Birmingham. Since April 2018, he has produced and presented a weekly radio programme, 'What Shape Are You In?', which raises awareness of mental health, working with guests from the Birmingham and Solihull Mental Health NHS Foundation Trust.

Katy Chachou has been nominated in recognition of her work to raise awareness of postpartum psychosis. She works as a peer support worker at the Birmingham and Solihull Mental Health NHS Foundation Trust using her own experience to support patients at the unit where she was a patient, provides Recovery College courses and works with charities. She also works to educate professionals and inform local and national policies. She has received an award from the Royal College of Psychiatrist and the Independent newspaper’s annual Happy List.

Birmingham and Solihull

Team, Service, Organisation

The Rookery Gardens Team has been nominated in recognition of its new model of care which is focussed on recovery and independence. This is a partnership between the Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham MIND. Their ‘recovery navigators’ focus on personalised (rather than medical or symptomatic) recovery, and peer leads develop activities. Some service users said that they had never had their own front door before.

The Liaison and Diversion Team at the Birmingham and Solihull Mental Health NHS Foundation Trust has been nominated in recognition of its work to support vulnerable people with complex needs in the criminal justice system, who are often marginalised in society. The team provides support in the community and diversion away from the criminal justice system. The team has employed people with lived experience of the criminal justice system, works closely with partner agencies, has been chosen as a pilot site for Mental Health Treatment Requirements and established the Justice Network forum to involve service users.

Tripta Sidhu and Kulsuma Begum have been nominated in recognition of their work to address language and literacy barriers to the Birmingham Healthy Minds Improving Access to Psychological Therapies service. They are employed by the Birmingham and Solihull Mental Health NHS Foundation Trust and have developed Cognitive Behavioural Therapy Step 2 interventions to include culturally sensitive and faith based interventions that have since been included in NICE guidance.

The Male Gender Strategy Project has been nominated in recognition of its work to raise awareness and enhance practice on male gender needs. The innovative service at the Birmingham and Solihull Mental Health NHS Foundation Trust is important as it considers men’s needs to address increasing male suicide, criminality and educational underachievement rates and also recognises the needs within secure care. Input from patients and staff has been key and has recognised regionally, nationally and internationally.

Black Country

Individual

Cariss Evans has been nominated in recognition and memory of her work in Sandwell providing innovative, person-centred interventions for young people and their families. As a member of the team at the Black Country Partnership NHS Foundation Trust, she made many exceptional contributions. Despite a diagnosis of a brain tumour, Cariss continued to work and support the team, most recently in relation to the development and function of the Point of Access. Over the years she remained positive and provided real inspiration to the rest of the team, always working with the utmost dignity in the face of such challenges and raising nearly £15,000 for research into this illness. In October 2018, Cariss sadly lost the battle with her illness.

Kate Pisulak has been nominated in recognition of counselling she provides to pupils at Randley’s Primary School in Walsall. The support she provides adds value to school, working to the shared priorities of supporting vulnerable families, changing lives through early help and adjusting to each child’s need. Her professional practice is informed by her own lived experience. Kate does not limit herself to timetabled hours and is there every Wednesday if children have things that bother them and might find difficult to talk to parents or teachers. The work undertaken has enabled the school to win the trust of, and work closely with, families to reduce anxiety in both children and parents, increase home / school engagement and reduce financial and food poverty.

Jackie Bott has been nominated in recognition of her work as one of the managers in the Community Mental Health Team and the lead designated approved mental health professional. She is committed to least-restrictive practice and challenges other professions to uphold the rights of service users and/or carers. Jackie supports the professional development of others and has consistently made herself available to support staff out of hours and even when on holiday.

Clare Dickens has been nominated in recognition of her work at Wolverhampton University where she works as senior lecturer in mental health. She has developed the Three Minutes to Save a Life Programme and an online resource for people who are distressed or at risk, which includes ‘Safety Plan’ guidance. She has presented to Health Education England and delivered a World Suicide Prevention Day Lecture.

Stacey Simpson has been nominated in recognition for his mentoring and support for some of the most vulnerable people in the community, including people with complex needs and dual diagnoses. The nomination was made by someone who was a service user who started volunteering at the project and 10 years later is an Operations Manager for a charity and has a partner and children. Stacey always gives his time to help the people other services have given up on, and he is always there with a smile and time to listen and understand.

Black Country

Team, Service, Organisation

The Greenspace Project has been nominated in recognition of the co-produced gardening and horticulture project facilitated by Occupational Therapy teams working across mental health services. The project started 18 months ago in a community allotment in Oldbury and has grown across the Black Country Partnership NHS Foundation Trust community and inpatient sites. Greenspace is a ‘great leveller’ and members support each other towards personal and work related goals.

The Recovery College at the Black Country Partnership NHS Foundation Trust has been nominated in recognition of its educational courses about mental health and recovery, designed to help student’s knowledge and skills and help them feel more confident in self-management. Courses are also offered for family,

friends and carers. All courses are co-produced between people with lived experience of mental illness, carers and healthcare professionals and the college links with other organisations.

Bedazzle has been working for three years, without any core funding, in schools and community groups across the West Midlands. Many of the team are highly skilled professionals but work on a voluntary basis for the charity as they believe so strongly in the need. The team’s ethos is never judgemental, always supportive and will go to whatever lengths to support, offering mental health first aid to all organisations who engage with them. An important focus of their work is to drive universal awareness and education for organisations to prevent mental ill health by better equipping people with the essential skills to maintain a happy and successful life.

Coventry, Warwickshire County Council, North Warwickshire, Rugby, Nuneaton and Bedworth, Stratford upon Avon, Redditch Individual

Paul Thompson has been nominated in recognition of his work to raise awareness of mental health, and for sharing his own recovery journey. After receiving support for local organisations, Paul started to volunteer and then became a mental health first aid trainer and he also delivers awareness training for community groups and organisations and runs weekend peer support groups. He is a champion for the Year of Wellbeing 2019.

Alex Cotton has been nominated in recognition of her work to run the campaign ‘It Takes Balls to Talk’. Her hard work and enthusiasm is inspiring and her passion for her work to improve men’s mental health rubs off on people around her.

Tanya Jacobs has been nominated in recognition of her work as a community psychiatric nurse with patients who have dementia and their families. She provides person-centred, caring, compassionate diagnosis and high-quality post-diagnostic support. Despite the fact she has a high case load, families report that they feel ‘they are the only person on her case load’. When Tanya took on temporary management of the team she worked extra hours to ensure she did not let her patients down.

Coventry, Warwickshire County Council, North Warwickshire, Rugby, Nuneaton and Bedworth, Stratford upon Avon, Redditch Team, Service, Organisation

The Sandycroft Centre has been nominated for the support provided for more than 25 years to people with mental health needs in Redditch. As funding has been reduced the centre still managed to operate a successful counselling agency with up to 20 volunteer counsellors. It also runs the only local domestic abuse service and has a peer mentoring team for people with low to moderate mental health needs. The centre provides a holistic and person centred approach with a wrap-around package of support to all service users. The centre is a gift to the local community.

The Recovery and Wellbeing Academy has been nominated in recognition of the support it provides to enable people with lived experience of mental ill health to gain the confidence and self-belief to speak out and help others. The team are warm and encouraging and show professionalism while also being part of the group and sharing their own life experiences. The volunteering opportunities at the college have helped people who have been out of work to gain employment.

The MERIT Programme has been nominated in recognition of its work with service users and carers to understand the impact out-of-area inpatient placements have on patients and families. MERIT aims to reduce out of area bed days by collaborative bed capacity across the West Midlands. Bed finder provides a 24/7 bed management function allowing bed managers to view the status of other Trust inpatient beds through a real-time web-based viewer. The Electronic Health Record Viewer also uses intelligence

gathered about patient and carer expectations and allows clinicians to access health records held by other local trusts.

Shropshire, Telford & Wrekin and Herefordshire, Cannock Chase and Tamworth Individual

Gary Peake has been nominated in recognition of his work as a mental health first aid trainer. He delivers courses with honesty and sensitivity sharing his lived experience with people on the course which makes it more real. He also helps to support homeless people and as a veteran sings in the Invictus Choir. The course he delivers helps people to feel empowered and equipped to help those in need.

Shelia McMahon has been nominated in recognition of her work as a counsellor and her work to reduce the stigma around mental health issues. She shares her lived experience to help other people and has developed online information to raise awareness about suicide prevention.

Gareth Stern has been nominated in recognition of the Breaking Chains cycling club he leads which enables cycling to support addiction recovery. Gareth’s lived experience inspires others. He promotes the social side of cycling, has supported others to take part in competitions, and volunteers at local events.

Shropshire, Telford & Wrekin and Herefordshire, Cannock Chase and Tamworth Team, Service, Organisation

Branches has been nominated in recognition of the emotional and practical support for people experiencing poor mental health. They offer a drop in, a listening service, group work and a night service. The night service works with police, the Crisis Resolution and Home Treatment Team and the approved mental health professional to prevent the unnecessary use of Section 136s. Individuals can access training and formal qualifications through Branches’ umbrella group TACT. In May 2018, Branches worked with the Council to run ‘Branches in the Park’ to raise awareness of mental health and support services. It is estimated this was attended by over 4,000 people.

Shropshire Mind has been nominated in recognition of the support provided 24/7 by volunteers and a small number of employees. The support provided includes a drop-in, sanctuary, sport, social activities, art and craft, with specific support for both women and young people and shared experience groups. Shropshire MIND is a place to feel safe and valued without being judged, and works with stakeholder groups including professional and statutory bodies, community organisations and service users / members.

Bright Star Boxing Academy has been nominated in recognition of the support it provides to young people with poor mental health. Six of the coaches are mental health first aid trained and the academy has shown that with the right volunteers, boxing can support reductions in high anxiety, depression, offending behaviour and can help young people struggling with anger and substance misuse. The academy takes referrals from other organisations and also has sessions running outside the club for women who have been sexually abused, children in care, substance misuse and children at risk of offending. Young people receive mentoring to help them set goals and free one-one sessions are offered to young people with high anxiety to enable them to take part.

Young Person (Age 16–25) All WMCA areas

Joel Hales Waller is 16 and has been nominated in recognition of his voluntary work with other young people, with a focus on disabled people, to help them become involved in activities that tackle social isolation. Through sharing his own experiences and developing peer to peer mentor training for young people, he has helped other young people go out to schools and colleges to provide peer support to improve the mental health of young people

in the region and across the country.

Sam Grant

Shuranjeet Singh Takhar has been nominated in recognition of his work to challenge perceptions around mental health in black and minority ethnic communities, and specifically Punjabi communities. Having struggled with his mental health while at university he found it difficult to access support from friends and family at home. After he finished his Masters degree at Oxford University, he started an organisation called Taraki and has delivered mental health awareness courses with professionals and faith leaders in the Midlands and across the country. Shuranjeet is currently overseeing three community projects in the north, south and the West Midlands. Through these projects he carries out a needs assessment and then helps to co-ordinate the next steps to empower those with lived experience and those who want to provide support. He continues to work in his home area of Handsworth to ensure people know what services are available to them and has the longer term vision of training mental health first aiders in the community.

Linzi Hart has been nominated in recognition of her voluntary work at Challenging Perceptions. She is 19-years-old and has been through so much in her short life – much of which, most people will not go through in an entire lifetime. Amongst anxiety, depression, OCD and autism, Linzi suffered from PTSD due to a past abusive relationship. Two years ago, Linzi could not leave the house, nor could anyone come round to her house. She has now overcome this and is a very active volunteer at Challenging Perceptions, helping other young people with mental health conditions. Service users look up to Linzi and look forward to seeing her, asking: ‘Is Linzi in today? I can’t wait to see her.’ Linzi makes a massive, positive impact on so many young people’s lives through her volunteering at Challenging Perceptions, who are proud to have her as a volunteer.

Caleb Turner has been nominated for his kindness and bravery helping another young person who might have taken his own life by suicide. One Saturday night last year, Caleb responded to a Facebook message from a pupil at his school who he did not know very well. The message sounded desperate and Caleb and his friend contacted the other pupil and realised that the young man was standing on the M42 bridge with plans to jump into oncoming traffic. Caleb and his friend drove there while Caleb talked to the young man on his mobile. The police were also notified but Caleb and his friend arrived there first to find the young man hiding in the bushes and stayed with him until the police came. Remembering the experience of Jonny Benjamin, Caleb asked the police officers not to hand cuff the young man and insisted on accompanying him in the police car and stayed all night with him at A&E. After he was discharged, Caleb accompanied him back to his flat and only left when his friend was asleep. The young man is now at university and receiving professional support. Caleb has had no mental health training and his courage shows that anyone can play a part in reducing suicide.

Briony Langley has been nominated for her role as an advocate for young people suffering mental health issues in the Sandwell area. She puts her own issues aside to discuss relevant and intimate issues with young women as part of the Vulnerable Young Women’s Group. She also speaks openly and honestly to professionals about her issues, the support she has received from Child and Adolescent Mental Health Services and other support services, and how these can be improved. Briony stands up for young people’s rights and ensures the quieter voices can be heard. She is a confident and caring young woman who is an asset to the young women’s group.

Tom Wood has been nominated for his dedication to reducing the stigma around mental health following the death of his father by suicide. Tom is 18 and has been a student counsellor at his school and continued this role following the death of his father. As a service user at Coventry and Warwickshire MIND, he also helped to raise funds and raise awareness of mental health issues through his work with the National Citizen Service and his own social media. Tom is also a young carer for his family.

Sam Grant has been nominated for his determination to make a difference to the experience of children and young people who need to access mental health support. In his forward to the Solihull Local Transformation Plan for children and young people, Sam said: ‘I have autism, mental health needs and a physical disability. The provision available to other children and young people is a very personal issue for me.’ Sam has recently presented a series of videos showing the walking journey into mental health facilities, including where the doors are located, which buttons to press and who to speak to. He covers what the rooms look like, what you might be asked and even how the light in the toilet facilities works. This helps young people to feel more comfortable in attending a new environment which may be overwhelming. Sam is also a young advisor for the Midlands Children and Young People’s Improving Access to Psychological Therapies body. He is constructive and supportive, but he does challenge too and makes a difference.

Non Mental Health Organisation All WMCA areas

Recharge Community Interest Company has been nominated in recognition of its recovery support for young people. Recharge takes a holistic approach to recovery and offers many different activities, including weekly boxing, football and dance sessions, walk and talk groups, wellbeing for mums, an LBTQIA group and online safety courses. Recharge provides structure, offering young people regular time to focus on their needs, and builds trusting, supportive relationships. Many service users become volunteers and train to become peer mentors.

Acocks Green Primary School has been nominated in recognition of the Wellbeing Hub it has developed for children, staff and the community. They have worked hard to achieve the Wellbeing Award in Schools, and have successfully implemented the Massage in School programme. They have dedicated staff members that can identify if a child is anxious and a Mental Health Change Team. Their ambassadors are children that are encouraged to say ‘it is OK to talk.’ There are regular updates for parents and a named teacher to contact. The school ethos is to look after, nurture and highlight that if there are issues it is better to talk – not just for the children but the staff and others too.

The You in Mind Conference Team has been nominated in recognition of its work to enable young people to plan and organise the first mental health and wellbeing conference. The conference was organised by Solihull Youth Council and the Our Voice, Our Service Children in Care Council, and was attended by 162 young people, 28 school staff and 35 service providers.

Laura Fogarty and Laura Gee are psychology students at Birmingham City University and have been nominated in recognition of the peer support they have provided to students who are experiencing mental illness. This has made a significant difference to the lives of students they have supported. One student was struggling with anxiety and nearly left university following a family bereavement. Laura and Laura listened to her need for a support network and set up a WhatsApp group, met her before class and encouraged her. The student is now participating in class and actively seeking support. Laura and Laura also coordinate 98 voluntary student mental health first aiders to reach and support more students. They have held several focus groups with students to understand what is important to them and identified what further support may be needed. They co-ordinate and provide online support to students via social media and have organised workshops followed by a bring-and-share lunch. This support is provided free of charge in their own time, which is limited as both are parents (and one a single mother). They are driven by their own personal experience of mental illness and health.