

BRISTOL SURVIVORS NETWORK

ANNUAL REPORT 2015-2016

At our AGM in September 2015, Iola Davies and Erica Wildgoose were re-elected as Co-Chairs. Pauline Markovits was re-elected as Secretary and Liz Rogers was later co-opted as Treasurer. Afterwards we welcomed Richard Popp for a very interesting talk about the new Sanctuary service.

We continued to campaign about changes to mental health resources centres (now called Wellbeing centres), and about the absence of a bus service to Callington Road Hospital. Several members of our group attended Bristol Independent Mental Health Network meetings and we supported BIMHN on many common issues.

Our evening business meetings continued to find out about mental health meetings and conferences attended by our members and to discuss various current mental health topics. We had speakers from CASS, OTSUKA; People in Health who run Health integration Teams (HIT) in several areas of mental health; Lynne Newbury, Strategic Leader for Service Users and Carers and Bev Woolmer, Service User Involvement Co-ordinator.

In June 2015 we held a Green Workshop Activity Day at Golden Hill. We made soup, cooked over a camp fire, enjoyed the roasted bananas with chocolate, did a craft activity and treasure trail and talked about how BSN could develop.

Our social meetings continued monthly, meeting in Windmill Hill City Farm café, in Bubaloo on Gloucester Road, Colston Hall foyer and Debenhams (the last two early evening meetings) St Stephen's café and at Bristol Mind.. Because the last few meetings were so poorly attended we stopped the socials after June and sent round a questionnaire to ask for people's opinions. (See survey)

Our Crisis and Support leaflet was updated in January 2016 with the help of BMH (Bristol Mental Health). This was circulated to mental health groups, wards, community centres etc. Funding for this came originally through the NHS and was held for us by Bristol Mind. We also approved spending some of this money on updating and printing the SISH (Self Injury Self Help) cards for A&E. Becky Day helped us put more information on to our website and Facebook page.

Members attended and fed back on many meetings. These included; the Crisis Concordat,(Street Triage), HIT, Health Watch, Mental Health Partnership, Open Dialogue, Time to Change, SU & Carer Council. IAPT re-commissioning, Assessment & Recovery and Crisis Reference Groups.. We also discussed various inspection reports from the CQC and attended meetings to get feedback from BMH and AWP.

As an unfunded and independent group, we continue to campaign to improve mental health services for everyone.

Pauline Markovits (Honorary Secretary)

November 2016