



KNOWLEDGE AND LIBRARY SERVICE NEWSLETTER

April 2025 - Issue 4

Dear Colleague,

Welcome to the April issue of the Knowledge and Library Service's newsletter.

We are here to support you with the latest library resources and research and to help you in your mental health practice.

In this issue:

- A farewell from and to our colleague, Anita Phul
- Our colleague, Kathryn Marsh, shares news of her Trust Values nomination
- Our regular book review continues with a look at *Your Journey, Your Way* by Horatio Clare
- Scroll down for our monthly statistics dashboard
- Read about research published by Trust colleagues Dr Jed Jerwood and Hannah Elliott
- Learn about World Autism Acceptance Month
- Find out about our featured resource this month, LibKey Nomad
- An update to our online training webinars, designed to develop your information and professional skills

We aim to include something for everyone, no matter their role within the Trust. We hope you find this newsletter both informative and inspiring but, if you would like to see a feature on something specific, or have any questions about this issue, please get in touch.

Please note: Uffculme Library will be closed Good Friday and Easter Monday. Barberry Library will be open on these days but unstaffed. We wish those of you who are celebrating, a very Happy Easter!

You can subscribe to this monthly newsletter by emailing us:
bsmhft.uffculmelibrary@nhs.net



compassionate



inclusive



committed



NEWS

Goodbye from our library colleague, Anita Phul



Anita around 2010 at the old QEPH Library

I joined library services at BSMHFT in August 2005, as a temp working for a recruitment agency. My first job was to move a library from Elm House on the old Highcroft site to Northcroft. My first few weeks passed in a blur of packing things into orange crates, liaising with the porters and IT to facilitate the move and figuring out where to position things in the new space to make best use of it. Moving libraries is something I have been involved in many times since then!

Over the course of nearly 20 years, I've had the honour of supporting lots of healthcare staff and students with finding information and evidence for their various academic activities, projects, innovations, funding bids, patient care improvements, publications, service developments and all sorts of other work going on at BSMHFT. I have really enjoyed my work as it has meant that I often get to have a nosey into a huge range of diverse projects before they are launched, by being involved in the evidence-gathering stage.

I have also enjoyed teaching staff and students how to make the most of electronic resources by searching them effectively, knowing the best places to look and how to avoid information-overwhelm. Over the years, it has been a pleasure to watch students and apprentices turning into fully qualified nurses, assistant psychologists taking up psychologist posts and postgraduate doctors taking up consultant positions.

In return, I have learnt a lot about mental health, learning that will continue to influence me both personally and professionally. Thank you to everyone who was supportive, kind and friendly to me during my years of working here – you know who you are! I will carry those memories with me into my new organisation and role.

Anita Phul, Librarian

Goodbye to our library colleague, Anita Phul

Anita Phul will be leaving us for pastures new at the end of April, after nearly twenty years with the library service. She brought great enthusiasm, knowledge, humanity, and skill to her role and was completely committed to the cause of supporting mental health.

Anita had many friends around the Trust and people would often return to her for help because they knew she would always do her best for them. Anita also worked on projects in her spare time, such as the acclaimed Many Roads to Wellbeing website and the Reading for Wellbeing project.

I well remember how delighted I was to welcome Anita into the team almost twenty years ago — though to be honest, there was no team as such at that point.



I couldn't have asked for a better person to help start our mission to rebuild the service. Anita had the passion for mental health right from the start and wanted to learn everything I could minimally impart, and she knew far more than I will ever know about the art of being a good librarian.

Anita will be greatly missed for the many admirable qualities that she brought to her role. She wholeheartedly supported the projects and learning of so very many grateful people in this Trust, and she always supported me when I was in need of help. I'd like to thank Anita here for all of those things. I know that Anita will always be involved with supporting mental health even after she leaves this Trust.

Mark Aynsley, Librarian

Anita's Farewell Collection

After working as a Librarian in the Knowledge and Library Service for almost 20 years, Anita Phul is leaving Birmingham and Solihull Mental Health NHS Foundation Trust.

If you would like to contribute towards a leaving gift for her, she has decided that she wants to use it all to make charitable donations to two good causes:

- **Caring Minds - Trust Charity**
- **St Basils** - To help young people out of the cycle of homelessness.

A Collection Pot has been set up for Anita for online monetary donation contributions: https://app.collectionpot.com/pot/Anita_Phul.



SCAN ME

The quantity of your donation will not be on public display on this platform so, if you want to contribute, feel free to give as much or as little as you wish.

Please make your contributions by 3pm on Tuesday 29th April 2025.

Library Colleague's Nomination for Trust Values Award



Our colleague, Kathryn Marsh, was recently nominated for the Caring Minds Charity Champion Values Award. This nomination was in recognition of Kathryn's efforts to support and promote the charity, inspire colleagues to get involved and go the extra mile.

RESEARCH

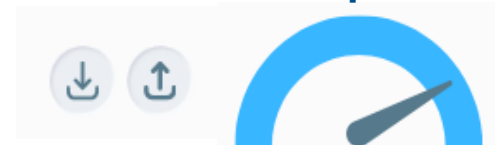
Knowledge and Library Service Statistics—March 2025

Evidence Searches

In March, we completed 3 evidence searches to support patient care.

1. What is the research/policy/best practice for running professionally lead support groups for transplant patients?
2. What is the research/policy/best practice for running professionally lead patient support groups for respiratory disease?
3. What is the research/policy/best practice for running professionally lead patient

Journal Article Requests



In March, we provided access to 67 journal articles.

Teams Supported

Specialist Psychotherapies Service / CAMHS / Art Psychotherapy / COMPASS / CAMHS / CMHT Psychology / Assertive Outreach / Steps to Recovery / Probation Contract / Forensics Reachout FIRST / Deaf Services / Psych Trainee Psychologists

Art Psychotherapies - New Research!

The work of our Arts Psychotherapies Service was published recently in a Special Edition of the International journal of Art Therapy focusing on Nature-based Art Therapy

'I never get this space anywhere else' – the development of Outside, Alongside – an NHS art therapy group outdoors

<https://www.tandfonline.com/eprint/EKG9RSP7QGZDNG84SU2Y/full?target=10.1080/17454832.2024.2403408>

The practice paper focuses on the development and delivery Outside, Alongside, our Outdoor Art Therapy Group, which runs from the outdoor art therapy space at the Uffculme Centre.

Authors, Advanced Clinical Art Psychotherapist, Dr Jed Jerwood, Senior Art Psychotherapist, Hannah Elliott, set up the group following the pandemic and it now runs throughout the year. The paper was co-authored with a service user participant, J Wibberley, and reviewer feedback highlighted this as a strength of the paper.

Outside, Alongside offers service users an alternative way to access psychological outside a traditional clinical space. It is particularly useful for those who may find traditional therapy spaces difficult to be in, who find groups difficult, but also experience loneliness and a lack of connection. Running weekly over 12-weeks, previous participants have also found the group a helpful way to engage with psychological therapy for the first time and many service users have gone on to access other psychological therapies.

The group is open to service users of our Community Mental Health Teams across the Trust. For more information or to make a referral please email Hannah at Hannah.elliott5@nhs.net



compassionate



inclusive



committed

AUTISM AWARENESS MONTH

World Autism Awareness Month is an opportunity for everyone to come together and raise awareness, foster acceptance, and create a society where autistic people are supported, understood, and empowered. Whether you're at home, at school, or at work, your involvement can make a real difference. It's about how you show up - whether you're supporting your autistic colleagues, students, or family members, your actions can help create an inclusive and accepting world.

This year, be a part of the change in attitudes towards autism. Your support can help create a world that works for autistic people and their families.

([National Autistic Society](#) - Accessed 21/03/2025)

Search the [library catalogue](#) for resources on autism.

For further information, visit: [National Autistic](#)



RESOURCE OF THE MONTH: LIBKEY NOMAD

What is LibKey Nomad?

LibKey Nomad is a browser extension that facilitates real-time access to subscribed and open access content, as you browse the internet. Libkey Nomad is pre-installed on all Trust devices and works with commonly-used browsers including Microsoft Edge, Google Chrome and Apple's Safari. You can download LibKeyNomad onto your own device too.

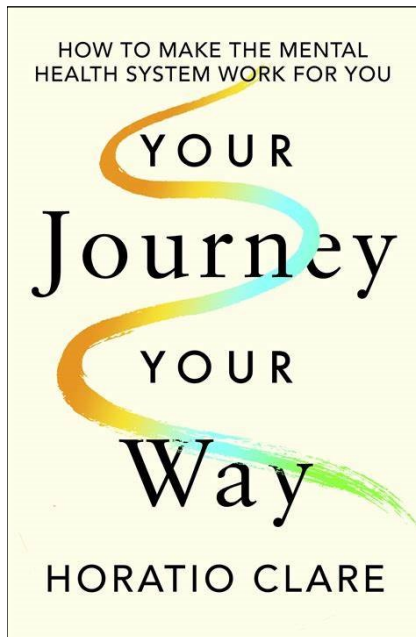


If you start your research from a browser, LibKey will quickly check if the article or eBook is available from the content provided by BSMHFT Knowledge and Library Service, or through open access. If it is, LibKey provides a link to the full-text content at the bottom of your screen.

You will need an NHS OpenAthens account to access content via LibKey Nomad whether on a Trust device or your own. Register for an NHS OpenAthens account - [NHS OpenAthens](#).

For training queries or for any other details, contact the BSMHFT Knowledge and Library Service at bsmhft.uffculmelibrary@nhs.net.

BOOK REVIEW



Your Journey, Your Way by Horatio Clare

Deservedly chosen as one of The Sunday Times' eight best self-help books of 2024, Horatio Clare's "Your Journey, Your Way" aims to support people in navigating the complex landscape of mental health and mental healthcare – a staggering ambition that it somehow, with very few quibbles, manages to achieve in 359 pages, provoking hope and courage and the occasional laugh too ("Being engaged to Kylie Minogue was the best thing about going nuts. What a lovely person she is.")

To explore, as Clare does, the radically different understandings of mental distress found in psychiatry and psychology, including controversies surrounding diagnosis and medication, as well as the undeniable flaws of our stressed mental healthcare system, all without leaving readers confused or despondent, is a feat to admire. Readers of a more precise disposition may find the chapter on therapy, which takes the form of a conversation between Clare and his therapist, unsatisfying, partly because it concerns itself mostly with EMDR and Internal Family Systems therapy. But that is to be critical of a book so big-hearted and generous that it is a hug on a page.

Reviewed by Anna Cunningham, Library Assistant



compassionate



inclusive



committed



UPCOMING TRAINING

Upcoming Training

To book a place, email
bsmhft.uffculmelibrary@nhs.net

FIND EVIDENCE FAST!

Monday, 14 April 2025 | 2:00pm - 2:30pm
Online via Teams

Monday, 12 May 2025 | 2:00pm - 2:30pm
Online via Teams

CREATING EASY-READ DOCUMENTS FOR SERVICE USERS AND CARERS

Thursday, 24 April 2025 | 2:00pm - 2:30pm
Online via Teams

Thursday, 29 May 2025 | 2:00pm - 2:30pm
Online via Teams

COMMUNICATE HEALTH INFORMATION CLEARLY: HEALTH LITERACY AWARENESS

Monday, 28 April 2025 | 2:00pm - 3:00pm
Online via Teams

Thursday, 22 May 2025 | 2:00pm - 3:00pm
Online via Teams

MAKING SENSE OF JOURNAL ARTICLES: AN INTRODUCTION TO CRITICAL APPRAISAL

Thursday, 01 May 2025 | 2:00pm - 3:00pm
Online via Teams

Wednesday, 04 June 2025 | 2:00pm - 3:00pm
Online via Teams

For more information, visit our webpage at <https://library.bsmhft.nhs.uk/training/>

MAY'S ISSUE

- Our Regular Book Review
- Resource of the Month - Clinical Key
- Mental Health Awareness Week
- Training Offer update

Contact Information:

Website: <https://library.bsmhft.nhs.uk/>

Emails: bsmhft.uffculmelibrary.nhs.net | bsmhft.barberrylibrarysm@nhs.net



compassionate



inclusive



committed