

Insight Autumn/Winter 2016 + Trust Matters

- New edition of Insight magazine is available on-line
 - Council of Governors meeting
 - Board of Directors meetings
 - Dual Diagnosis special event
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Insight magazine Autumn/Winter 2016 | issue 92

The [latest issue of Insight](#) has features on:

- Postnatal Depression
- Wellbeing
- Bipolar Disorder
- Veterans
- Criminal Justice and Liaison Services
- Eating Disorders
- Recovery College & Peer Support
- Unexpected deaths
- Improving Services Together
- Children, Families and Young People
- Addiction and Recovery
- Our Governors
- Dementia
- Service Users and Carers
- Working with NSFT

Insight is produced twice-yearly by our Communications Team, working with service users, carers and mental health professionals to bring you stories about mental health services and issues that affect people in Norfolk and Suffolk.

Council of Governors meeting held in public

**Thursday 05 January 2017, from 12.30 to 4.30pm
King's Centre, King Street, Norwich, NR1 1PH**

You are very welcome to attend these meetings held in public. The agenda and papers will be available via the website [events calendar](#) a few days before and hard copies will be provided at the meeting.

Board of Directors meetings held in public

**Thursday 26 January 2017, from 9.30am to 12.30pm
King's Centre, King Street, Norwich, NR1 1PH**

**Thursday 23 February 2017, from 9.30am to 12.30pm
Endeavour House, 8 Russell Road, Ipswich, IP1 2BX**

Dual Diagnosis special event

**Thursday 02 March 2017, from 12.30 to 4.30pm
King's Centre, King Street, Norwich, NR1 1PH**

A free half-day event organised by our Council of Governors for Trust members and anyone interested in dual diagnosis – where someone has both mental health and substance abuse problems. More details will follow.