

Insight Spring/Summer 2017 + Trust Matters

- New edition of Insight magazine is available on-line
 - Board of Directors meetings
 - Recovery Conference & Strategy Launch events
 - Council of Governors meeting
 - Mental Wellbeing Road Show – Great Yarmouth and Waveney area
 - Summer Fête
 - NSFT Social Media and Video Channel
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Insight magazine Spring/Summer 2017 | issue 93

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

- Postpartum Psychosis
- Wellbeing
- Children, Families and Young People
- Schizophrenia
- Improving Services Together
- Domestic Abuse
- Improving Quality
- Recovery and Addiction
- Men's Mental Health
- Newsround
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Insight is produced by the NSFT 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.

Board of Directors meeting held in public

Thursday 29th June 2017, from 12.30pm

Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

After a trial period the Board meeting held in public will continue to follow the one held in private. The start time of the public session may vary – likely to be 12.30pm most months. Please check the agenda which will be on the left of the website [event page](#) a few days before the meeting.

Recovery Conference & Strategy Launch events

The Trust is set to launch our Recovery Strategy with events for people who have used our services, their carers, partner organisations and Trust staff with events in Norwich and Ipswich, both from 10am to 4.30pm. [Flyer attached](#).

- **Tuesday, 27 June 2017 at King's Centre, King Street, Norwich, NR1 1PH**
- **Friday, 22 September 2017 at IP-City Centre, 1 Bath Street, Ipswich, IP2 8SD**

Professor Geoff Shephard will provide the keynote talk at the first event on 27 June. Due to the CQC visit in July, and then summer holidays, we are holding the second of the main events in September.

Our Recovery Strategy has been developed in co-production with staff, service users and carers. This five-year strategy will support the implementation of recovery principles and practice in all we do.

Recovery principles are increasingly prominent in mental health services and policy. "Recovery is an idea whose time has come. At its heart is a set of values about a person's right to build a meaningful life for themselves, with or without the continuing presence of mental health symptoms." – Geoff Shephard, Senior Consultant from Implementing Recovery through Organisational Change (ImROC).

Places are limited so to reserve a place at either event you can register online at: www.surveymonkey.co.uk/r/NSFTRecoveryEvents

Council of Governors meeting held in public

Thursday 6th July 2017, from 12.30 to 4.00pm

King's Centre, King Street, Norwich, NR1 1PH

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

Mental Wellbeing Road Show – Gt Yarmouth and Waveney area Monday 17 to Friday 21 July 2017

Service users and carers – find out how we can help you with the services we provide. What groups and activities are around your local area? Schedule currently planned:

- 17th July am Martham GP surgery
- 17th July pm James Paget Hospital
- 18th July am Lathams, Potter Heigham
- 18th July pm Lowestoft
- 19th July Great Yarmouth
- 20th July am Bungay
- 20th July pm Halesworth
- 21st July am Beccles
- 21st July pm Southwold

Partner organisations: Norfolk Recovery Project, Turning point, Wellbeing, Healthwatch for each county, MIND, Suffolk Family Carers, Norfolk Carers Support, Inside out Beccles, Terrence Higgins Trust and Feedback.

More info from Howard Tidman 07960862681 howard.tidman@nsft.nhs.uk

Summer Fête

**Saturday 22 July 2017, from 11am to 4pm, free entry
Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE**

Join us for some old-fashioned fun and lots of prizes; as well as helping to reduce the stigma around mental health; with all proceeds going to the Trust Charitable Fund.

For more information please email: hellesdonfete@nsft.nhs.uk

Board of Directors meeting held in public

Thursday 27th July 2017

King's Centre, King Street, Norwich, NR1 1PH

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NSFT Social Media and Video Channel

Links:

- [Facebook](#)
- [Twitter](#)
- [Video Channel](#)