

Trust Matters – April 2016

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Recovery College

The [Summer 2016 Timetable](#) of the [Recovery College](#) is now available. Courses are offered in Bury St Edmunds, Great Yarmouth, Lowestoft, Ipswich, King's Lynn, Norwich, Newmarket, Stowmarket, Sudbury and Thetford.

Services Users are able to access courses and workshops for up to 12 months post discharge where this is documented in their discharge plan. The College now accept bookings from students who have a named lead professional and are in the Assessment and Focussed Intervention part of the service. Also, one place per workshop / course will be open to organisations working to support people across health and social care (eg Age Concern, homeless charities and Young Carers).

Vacancy SUF Chair of Trustees

Are you passionate about mental health and wellbeing in Suffolk?

Due to the retirement of their longstanding Chair of Trustees Jeannie Wright, an exciting opportunity has arisen to lead a dynamic and passionate board of seven trustees to shape the strategic direction and future of Suffolk User Forum (SUF). They are looking for a motivated and organised individual who has experience of leading an organisation within a challenging environment and has a human understanding of mental healthcare.

Expressions of interest by the end of April 2016 to Claire Lee please. For more information and a role description, see the [SUF website](#) or contact: Claire Lee, Company Secretary, tel 01473 907087 or email Claire@suffolkuserforum.co.uk

Special support for veterans in Norfolk

Veterans from across Norfolk are being invited to drop in to two new groups which offer specially tailored help for a wide range of mental health conditions, as well as access to a raft of other support services. Organised by former army guardsman Luke Woodley in conjunction with our Trust, the groups give veterans the chance to meet, share experiences and access any help they may need.

The first – the veterans peer support clinic – takes place weekly and is open to anyone who would like help and advice with any mental health condition, including post-traumatic stress disorder, anxiety or depression. Ex-servicemen and women who attend will also be able to receive one-to-one support or help with issues, such as benefits or housing, from other organisations.

The second group has been designed specifically for female veterans, and is open to everyone – whether they have a mental health condition or not. Thought to be the first of its kind in the country, it will be led by a female and will give ex-servicewomen the chance to meet and discuss issues important to them, as well as referrals to other sources of support.

To read more [please click here](#).

Council of Governors meeting held in public

Thursday 07 April 2016, 12.30 to 4.30pm

King Edmund Chamber, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

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

Modern Matrons Roadshows continue

Suffolk's Mental Health Modern Matrons are continuing to hold a series of roadshows visiting locations across Suffolk. They would like to hear about your

experiences of using mental health services and any ideas you may have on improving them:

- Monday 11 April 2016 Thetford Library 10am – 12 noon
- Monday 18 April 2016 Woodbridge Library 10am – 12 noon

To read more [please click here](#).

Spirituality Strategy Conference ... moving forward

Tuesday 19th April 2016, from 1.30 to 4.30pm

Conference Room, Diss Business Hub, Hopper Way, Diss, IP22 4GT

A free, afternoon event to update our current [Spirituality Strategy](#) as part of our commitment to promoting the wellbeing of all the communities we serve. This follows the launch last year of our '[Practice guidelines](#) for staff working with the spiritual needs of people of religious faith or none'.

The afternoon will:

- Take stock of progress so far
- Plan the next phase of the strategy

Please book yourself a place by [clicking here](#).

Norfolk Carers Website Workshop

Wednesday 20th April 2016, 10.30am – 1.30pm

Lions Room, The Costessey Centre, Longwater Lane, Old Costessey, Norwich, NR8 5AH

The [Carers Agency Partnership](#) is rebranding the Carers Support Service, which from mid-April will be known as Norfolk Carers. They have commissioned a design agency in Norwich to design a new website. They really want to involve carers and other stakeholders they work with in shaping the design at an early stage.

Following the workshop in April, they will establish a smaller reference group who will be involved in reviewing design and content at each step of the process. Only

have 16 places available at the workshop, half of which will be reserved for carers.

To book a place, or to express an interest in joining their Website Reference Group, please email kevin.vaughan@carersagencypartnership.org.uk or phone 07747 777243.

Board of Directors meeting held in public

Thursday 28 April 2016, from 9.30am to 12.30pm

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

You are very welcome to attend the meeting. The agenda and papers will be available on the website a few days before and hard copies will be provided at the meeting.

A list of all meetings and any related documents can be seen on our events calendar by [clicking here](#).

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