

Trust Matters – April 2017

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Governors' Bulletin

A Governors' Bulletin is issued following each quarterly Council of Governors meeting to update you of the recent work done on your behalf. The April 2017 bulletin can be seen by [clicking here](#). It includes:

- Staff lanyards
- Workloads
- Membership strategy revised
- Mortality review
- Knowledge of voluntary support groups
- Non-executive director (NED) recruitment

Our governors are keen to hear your views and you can contact them by emailing governors@nsft.nhs.uk

Recovery College new timetable

The [Recovery College](#) offer a wide range of courses to help you develop a greater understanding of yourself and your mental health; they can be attended by:

- Current service users who are 16 or over
- Anyone who has used secondary mental health services in the past twelve months
- NHS members of staff
- Supporters. For example, friends, family, carers and support workers. You can attend the college either with the person that you support or on your own
- Those working as part of organisations that support people across health and social care

The May – July 2017 Recovery College Timetable is available by [clicking here](#).

Board of Directors meeting held in public

Thursday 27th April 2017

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

Please note: from March onwards for a trial three months the meeting held in public will follow the one held in private. The start time of the public session may vary – likely to be 12.30pm in April. Please check the agenda which will be on the left of the [website event page](#) a few days before the meeting.

HALO Community Group

[HALO Community Group West Norfolk](#) in King's Lynn is dedicated to bringing change to those with hidden disabilities. They aim to reduce the stigma of mental health and assist those with hidden disabilities obtain a more meaningful life. For example, by pairing interests with others, formulating activities around these interests, and helping those who find it hard to accomplish tasks alone or have a limited support network due to their present difficulties.

Their [getting involved page](#) has interesting info and video links, including the excellent

- ["I had a Black Dog, his name was depression"](#)

Activities near you?

Good sources to find what may be available near you:

- [Wellbeing Service social events](#) and [Wellbeing Service courses](#)
- [NSFT service user and carer involvement](#)
- [Norfolk Directory](#)
- [Suffolk Infolink](#)
- Or ask at your local library

Mental Health Awareness Week

8th to 14th May 2017

- Are you surviving or are you thriving?
- What steps we can take to look after our mental health, building resilience to cope with the demands of life
- You can participate in the national conversation about whether we are surviving or thriving and what we can do to bring about change by clicking www.mentalhealth.org.uk/MHAW.

Following previous member feedback, I'm having a focus on the King's Lynn area this month:

King's Lynn Railway Station

Mon 8th, Tue 9th and Thu 11th May, 4.15 to 7.30pm

The Wellbeing Service in association with West Norfolk Mind will be meeting and greeting the passengers and railway staff to engage them in mental wellbeing conversations.

Healthwatch Norfolk in King's Lynn

Healthwatch Norfolk will have stalls at Kings Lynn Market on 9th, Alive Leisure Centre on 10th – and possibly King's Lynn library on the 11th and Downham Market market on the 12th May 2017 – please check their on-line [events calendar](#) for confirmation of details.

For further updates on events in the King's Lynn area, please check the [HALO website](#) closer to the week.

Dementia Awareness Week

Reliving The Moment

Monday 15th May to Saturday 20th May 2017

Quay Place, (St Mary at the Quay), Key Street, Ipswich, IP4 1BZ

The role played by reminiscence: a special week-long event helping people living with dementia to reconnect with past activities, events or experiences. There will be a display of memorabilia including school items, a shop display from East of England Co-operative, cabinets from Suffolk Museums, a range of indoor games, books plus leaflets and information from many organisations involved in work with Dementia.

For more info please [click here](#) or contact David Jay on 01473 328283 email info@alphafilms.co.uk.

Dementia Fayre

Monday 15th May 2017 from 10am

Norfolk and Norwich Hospital, Colney Lane, Norwich, NR4 7UY

Alongside a range of information stands in the East Atrium, they have a number of talks in the Benjamin Gooch Lecture Theatre:

- 2 - 2.30pm Motor neurone disease and frontotemporal dementia.
- 3 - 4.30pm Music mirrors: Capturing the sound of memories. Learn how to make a toolkit for the dementia journey.
- 5 - 5.50pm Become a Dementia Friend: Learn more about what it's like to live with dementia.
- 6 - 7.00pm Communicating with compassion: Practical ideas on communicating effectively and with dignity.

For more info please [click here](#).

Board of Directors meeting held in public

Thursday 25th May 2017

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

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

Men's Wellbeing

The event originally planned for April has been re-scheduled to 23rd November 2017 to coincide with the [Movember campaign](#) – one of the aims of which is to help men and boys take action to be mentally well, making sure they are supported by their friends, family and community.

As well as pictures from last year, our [website page](#) links to case studies from [Gabriel Abotsie](#), our Men's Wellbeing Nursing Lead, and dementia trainer [Conrad Debney](#).