

Trust Matters August 2015

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Governors' Bulletin

The Board of Governors produce a Governors' Bulletin following each quarterly meeting to update you on some of their recent work on your behalf. The Thursday 2 July 2015 meeting, held in Norwich, heard how over the past few months the Governors have played a key role in a number of areas.

Highlights include:

- Staff feedback on Lorenzo
- Improving engagement with service users and carers
- Recruitment
- Carlton Court and Central Norfolk bed places

You can download the summer edition of the Governors' Bulletin from:

<http://www.nsfh.nhs.uk/About-us/Pages/Board-of-Governors.aspx>

National Institute for Health research

The National Institute for Health Research is currently looking for members of the public to join a number of national and regional panels/committees across England. It is likely there will be travel involved.

- Invention for Innovation (i4i): Product Development Awards panel: two members.
- Research for Patient Benefit (RfPB): West Midlands, East Midlands,

London, East of England Regional Advisory Committees: two members for each committee

For more details and an information pack please go to:

<http://www.nihr.ac.uk/get-involved/recruiting-new-panel-members.htm>

Deadline for applications is 5pm on Friday 21 August 2015.

Ex Armed Forces personnel

Healthwatch Norfolk and Healthwatch Suffolk are the independent consumer champions for local users of health and social care services. They are here to make services better by listening to your experiences. They have a new joint project for mental health services for ex members of the Armed Forces. They are trying to encourage ex service personnel who live in Norfolk or Suffolk to share their experiences so as to help shape the services provided. The person could have been a member of the Regulars or the Reserves but needs to have accessed NHS mental health services since March 2012.

Edward Fraser, Project Officer at Healthwatch Norfolk can be contacted on 01953 856029 or email Edward.fraser@healthwatchnorfolk.co.uk if people would like to be involved in the project.

Medicines in Mental Health – member lectures

Tuesday 22 September 2015 – from 2.00 to 4.30pm

Pierce Room, Assembly House, Theatre Street, Norwich, NR2 1RQ

Wednesday 23 September 2015 – from 2.00 to 4.30pm

Conference Room, Library, Sergeants Walk, Bury St Edmunds, IP33 1TZ

Lectures – with plenty of opportunity for audience discussion – presented by Asta Prajapati and Anwen Metastasio respectively, from the Trust Pharmacy team. They will give information about some of the most common classes of medicines used in mental health, with their effectiveness in acute conditions as well as in relapse

prevention and also cover some of the common side effects of psychotropic drugs, physical health, adherence and the consequences of non-adherence.

Please book via this link:

<https://www.surveymonkey.com/s/MemberLectureAut2015>

Carers' events

Care for Carers' Open Day

Tuesday 25 August 2015, from 9.30am to 3.30pm

Town Green Centre, Wymondham, NR18 0LB

(behind the Methodist Church, or accessed from Back Lane)

Everyone Welcome. No charge. Speakers and stalls include Dementia Care, Independent Living, End of Life Care and much more...

For further details contact 01953 859775 / 07717296202

or email vivienne.towngreencentre@gmail.com

Care for Carers

Monday 21 September 2015, from 10am to 3pm

Forum, Millennium Plain, Norwich, NR2 1TF

A Carers Help event.

For more information call 0300 777 8880 or email info@careforcarers.co.uk

How to make "The Road Less Rocky" – caring for somebody with dementia

Fri 02 October, from 10am to 5pm

Quaker Meeting House, Bury St Edmunds

A joint Suffolk Family Carers/NSFT event using the Carers Trust strategy.

For further info contact Howard Tidman 07557290169 howard.tidman@nsft.nhs.uk

or Martin Jones 07500228000 martin.jones@suffolkfamilycarers.org

Membership survey

If you haven't yet responded, then please tell us what you would like to get from

being a member of our Foundation Trust by using the following link:

<https://www.surveymonkey.com/s/MemberSurveyNSFT>

Board meetings held in public

There is no Board of Directors meeting held in public during August 2015.

Board of Directors

Thursday 24 September 2015, from 9.30am to 12.30pm

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

Board of Governors

Thursday 01 October 2015, from 1.30 to 4.30pm

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

We welcome your attendance at these meetings. The agenda and papers are available on the website a few days before and can be seen via our event calendar by [clicking here](#) and selecting the meeting. Hard copies will be provided at the meetings.

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