

## Trust Matters – August 2016

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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 July 2016 bulletin can be seen by [clicking here](#). It includes:

- Care Quality Commission (CQC)
- 'Unexpected deaths'
- Governor issues
- Governor elections 2016
- Changes to Governor sub groups
- Engaging with service users and carers

### Volunteering with NSFT

We are seeking to grow our much valued team of volunteers, and would love to hear from enthusiastic and committed individuals looking for worthwhile volunteering roles. As an NSFT volunteer you can expect to receive full training and ongoing support.

Eve Edwards, our new Voluntary Services Manager, said: "Volunteering is incredibly rewarding for both volunteers themselves and the staff members who host them and, most of all, volunteers help to provide an enhanced experience for our service users and carers during their contact with our services." To read more please [click here](#).

For more information about volunteering with our Trust visit our [Volunteers web page](#) or contact Eve by email [eve.edwards@nsft.nhs.uk](mailto:eve.edwards@nsft.nhs.uk) or ring 01603 421348.

### Green Light Trust – Green Days for Girls

[Green Light Trust](#) is an established environmental charity working with vulnerable adults, children & young people to promote wellbeing and develop a closer connection with nature.

Green Days are free ecotherapy activity days run during school holidays (Monday to Friday, except bank holidays) for girls aged 13-18 in the beautiful Caston Woods – next to the Park & Ride at Martlesham, Ipswich. Activities

available might include anything from fire lighting and bush craft skills, campfire cooking, getting creative with camp crafts, or just enjoying the wood and relaxing around the fire.

For more information, or to book onto the Green Days programme, contact Bec Edgar by email [bec@greenlighttrust.org](mailto:bec@greenlighttrust.org) or ring 01284 830829.

### **Recovery College Information Days**

Drop in and talk to the friendly staff about the range of courses and workshops on offer, and how these can empower people experiencing mental health problems to become experts in their own recovery.

**Monday 15 August 2016, from 10am to 3pm**  
**The Kirkley Centre, 154 London Road South, Lowestoft**

**Tuesday 16 August 2016, from 10am to 3pm**  
**The Harbours, Northgate Hospital, Great Yarmouth**

**Tuesday 23 August 2016, from 10am to 4pm**  
**Marriot Centre, Hellesdon Hospital, Drayton High Road, Norwich**

**Wednesday 24 August 2016, from 10.30am to 4pm.**  
**East of England Co-op Educational Centre, 11, Fore St. Ipswich**

**Tuesday 30 August 2016, from 10.30am to 4pm**  
**Blomfield House 2<sup>nd</sup> Floor, Looms Lane, Bury St Edmunds**

[The Recovery College](#) provides a range of courses and workshops to service users, carers and members of NSFT staff to develop skills, understanding of mental health, identify goals and support access to new opportunities.

The College is open to individuals who are currently receiving mental health services from NSFT, or have done so within the last twelve months and the College is part of the discharge plan; to supporters of people using these services such as family members, friends and carers – who may attend with or without the person they support; as well as Trust staff. Also, one place per workshop / course is open to staff in organisations working to support people across health and social care (eg Age Concern, homeless charities and Young Carers).

### **Mental Wellbeing Road Show – Great Yarmouth and Waveney area**

**Monday 22 to Friday 26 August 2016**

Service users and carers – find out how we can help you with the services we provide. Do you have any questions about mental health? Do you want to become involved in helping us help you? Do you want to become a member of

the Trust? What groups and activities are there around your local area? Do you, or somebody you know, have problems with drugs and alcohol and want help?

**22 August, 9am to 12 noon at Caister, Tesco's car park**  
**22 August, 1 to 4pm at Hemsby, Kings Way**

**23 August, 9am to 12 noon at James Paget, Reception**  
**23 August, 1 to 4pm at Lowestoft, High Street**

**24 August, 9am to 12 noon at Beccles, The Sheepgate**  
**24 August, 1 to 4pm at Bungay, The Buttercross**

**25 August, 9am to 12 noon at Great Yarmouth, The Market Square**  
**25 August, 1 to 4pm at Gorleston, The Tramway Pub car park**

**26 August, 9am to 12 noon at Halesworth, The Thoroughfare**  
**26 August, 1 to 4pm at Southwold, The Green**

For more info contact Howard Tidman 07557290169 or  
[howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk)

### **Charity Football Match**

**Sunday 4th September 2016, 11.30am kick off**

**At Yelverton Football Club**

Norfolk and Norwich University Hospitals NHS FT v The Julian Hospital – NSFT  
£10 Players. £5 Spectators. Under 16's Free. If interested in playing, please email [joshua.russell@nnuh.nhs.uk](mailto:joshua.russell@nnuh.nhs.uk) (NNUH) and [andrew.russell@nsft.nhs.uk](mailto:andrew.russell@nsft.nhs.uk) (The Julian)

A raffle will also be held after the match at a local pub which has a beer festival and BBQ. All proceeds will be donated to the dementia and learning disability departments, to fund ward activities at both hospitals.

### **Keeping you both safe – Carers forum**

**Friday 09 September 2016, from 10am to 4pm**

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

Hope to include talks on:

- How to tell and what to do if somebody is suicidal,
- How to tell and what to do if somebody self harms,
- How to keep yourself physically safe,
- How to spot Child and Adult abuse,
- Keeping yourself emotionally safe,
- What to do if somebody goes missing.

For further information please contact:

Howard Tidman 07557290169 [howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk)

Kevin Vaughan 07747777243 [Kevin.Vaughan@norfolkcarers.org.uk](mailto:Kevin.Vaughan@norfolkcarers.org.uk)

Check out previous talks at <http://www.nsft.nhs.uk/mentalhealthperspectives>

## **Future East open forum + Dementia friends**

**Thursday 15th September 2016**

**The Links, Sandy Lane, West Runton, Cromer, NR27 9QH**

The charity [Future East](#) is a forum for older people across the Eastern Region. They share information with their members, individual older people and carers and organisations that support older people while listening to their issues and feeding back to decision makers.

Future East hold several free Open Meetings a year round the region to try to reach as many members and organisations as possible. This year the themes are Health and Wellbeing, Digital Inclusion and Living at Home – with a focus on practical and positive solutions for organisations and individuals alike. Their target audience is mainly organisations that support older people, but they also encourage individuals over the age of 50 and carers who support people over 50 to attend.

The open meeting at The Links in West Runton is from 10.30am to 3.00pm. It will have speakers, be an information and networking event, as well as an opportunity to talk to organisations on a one to one basis. To see the invitation flyer please [click here](#). It will be followed by a dementia friends session from 3.15 to 4.00pm.

For more info or to book a place please look at their website, email [admin@futureeast.org.uk](mailto:admin@futureeast.org.uk) or phone Susannah Harris on 07858456946.

## **Board of Directors meeting held in public**

There is no Board of Directors meeting held in public in August 2016. The next one is:

**Thursday 22 September 2016, from 9.30am to 12.30pm**

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

## **Council of Governors meeting held in public**

**Thursday 06 October 2016, from 12.30 to 4.30pm**

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

You are very welcome to attend these meetings held in public. 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 the meetings can be seen on our events calendar by clicking [here](#).