

## Trust Matters – August 2017

- Acle GP Surgery mental health event
- Recovery Conference & Strategy Launch second event
- Board of Directors meetings
- NSFT AGM + Mental Health Information event – World Mental Health Day
- Council of Governors (CoG) meeting held in public
- Dual Diagnosis Forum
- CoG special event – Talking Therapies theme
- Hearing voices event
- Men's Wellbeing event
- Membership Officer post

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### **Acle GP Surgery mental health event**

**Tuesday 19 September 2017**

Arranged by Hilary Hanbury, an NSFT Governor

### **Recovery Strategy second launch event – together let's make a difference!**

**Friday 22 September 2017, from 10am to 4.30pm**

**IP-City Centre, 1 Bath Street, Ipswich, IP2 8SD**

Following the Norwich event in June, the corresponding one in Ipswich is also for people who have used our services, their carers, partner organisations and Trust staff.

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 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 please reserve a place at this event online:

[www.surveymonkey.co.uk/r/NSFTRecoveryEvents](http://www.surveymonkey.co.uk/r/NSFTRecoveryEvents)

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

**Thursday 28 September 2017 (no Board meeting held in public during August)**

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

The Board 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 most months. Please check the agenda which will be on the left of the website event page a few days before the meeting.

## **NSFT AGM + Mental Health Information event**

### **World Mental Health Day**

**Tuesday 10 October 2017**

**Forum, Millennium Plain, Norwich, NR2 1TF**

There will be a Mental Health Information event taking place in Atrium at the Forum all day. Our Annual General Meeting will be in the Auditorium – likely to start lunchtime but please check our website for exact time closer to the event.

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

**Thursday 12 October 2017, from 12.30 to 4.00pm**

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

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.

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

**Thursday 26 October 2017**

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

### **Dual Diagnosis Forum**

**Friday 27 October 2017, from 10am to 4 pm**

**University of Suffolk, Waterfront Building, 19 Neptune Quay, Ipswich IP4 1QJ**

Find out about the connection between mental ill health and substance or alcohol abuse, what helps, and why:

- Why are the two sometimes connected?
- Can one cause the other?
- Where to get help?

There will be:

- Talks from psychiatrists, psychologists, and experts like yourselves
- Free holistic therapies
- Stalls from local organisations

For further information please contact:

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

Kevin Vaughan Development Manager (Feedback) 07747777243 or

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Martin Jones (SFC) 01473 835400 [Martin.Jones@suffolkfamilycarers.org](mailto:Martin.Jones@suffolkfamilycarers.org)

### **CoG special event – Talking Therapies theme**

**Wednesday 01 November 2017, from 12.30 to 4.30pm**

**Jerwood DanceHouse, Foundry Lane, Ipswich, IP4 1DW**

A free half-day event organised by our Council of Governors for Trust members and anyone interested in the topic. (Please note the change of date and topic.)

## **Hearing voices event**

**Friday 10 November 2017, from 10am to 4pm**

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

A free event looking at why people hear voices and what can help. World expert in psychosis, Sir Robin Murray is a guest speaker. All welcome – no need to book.

For further information please contact:

Howard Tidman 07557 290169 [howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk)

Tiff Cecchini, NSFT Carers' Lead 01603 421370 [tiffany.cecchini@nsft.nhs.uk](mailto:tiffany.cecchini@nsft.nhs.uk)

Kevin Vaughan, Feedback 07747 777243 [kevin@feedbackhealth.uk](mailto:kevin@feedbackhealth.uk)

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

## **Men's Wellbeing event**

**Thursday 23 November 2017**

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

A free event organised by NSFT and partner organisations for those interested in Men's Wellbeing. The Event will include an overview on work currently being undertaken to engage men to think about their mental health and wellbeing, people's stories, a chance for audience involvement, and stalls from related organisations.

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

**Thursday 30 November 2017**

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

For more details of events please see individual event listings on our website [events calendar](#).

## **Membership Officer post**

I am retiring in August, so this 0.5 full-time equivalent post will be vacant. If you are interested in applying then please check our website [vacancies page](#) over the next month or two – look under Administration.

*Peter*