

# Trust Matters Feb 2015

- NSFT Board of Directors meetings held in public
- 'Shedding the Light' on Feedback
- I'm Special Too – for Carers
- Children and Young People's Mental Health
- NRP WARC SHOP – Recovery Conference
- 'Affected others' – affected by those with dependency issues
- Recovery Networking Forums + Turning Point

[View this email in your browser](#)

## NSFT Board of Directors meetings held in public

**Thu 26 February 2015, from 9.30am to 12 noon**

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

The papers are available *now*. Click to see the [agenda](#) and the [attachments](#).

**Thu 26 March 2015, from 9.30am to 1.30pm**

**Main Hall, Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE**

See and hear for yourself how the Trust is run. As a Trust member you are very welcome to attend these meetings, which are held most months and alternate between Suffolk and Norfolk. They are open to the general public as well. The agenda and papers will be available on the website a few days before and can be seen by clicking [here](#). Hard copies will be provided at the meeting.

## 'Shedding the Light' on Feedback

**Monday 02 March 2015, from 10am to 2pm**

**The Aspire Centre, Yarmouth Road, Lowestoft, NR32 4AH**

An Event for Mental Health Service Users, Carers and Service providers to make your voice heard.

To book your place, and arrange transport if needed, please ring them on 01502 533529 or 07858 400930, or email [info@feedbackaspire.co.uk](mailto:info@feedbackaspire.co.uk)

[www.feedbackaspire.co.uk](http://www.feedbackaspire.co.uk)

## **I'm Special Too – for Carers**

**Tuesdays 10, 17 March and 7, 14, 21 and 28 April 2015, from 10.15 to 11.45am**

**Castle Hill Community Centre, Highfield Road, Ipswich, IP1 6DG**

From Inspire (S&S), a six week programme for carers. It will help you understand feelings & emotions associated with a caring role – for example feeling alone, isolated, worrying, losing your own life; with a focus on your own emotional well being; increasing your confidence and enabling you to access other well being services.

Referrals can be made by Carers or by caring agencies.

To book please contact Hazel Pidsley email [hazel@inspiress.org.uk](mailto:hazel@inspiress.org.uk) or tel 07584210088.

[www.inspiress.org.uk](http://www.inspiress.org.uk)

## **Children and Young People's Mental Health: putting the picture together**

**12 March 2015 from 12.30 to 5pm**

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

This free event will look at current challenges in children and young people's mental health – including young people and carer perspectives – innovative local work and opportunities for even better working in the future.

The event is for those who want to know more about latest thinking in the field – young people themselves; family and friends of those with mental health needs; local people with an interest in this area; non-specialist workers in related fields (for example education, youth work and church youth leaders), Trust members and interested members of the public.

The easiest way to book is on-line via survey monkey.

<https://www.surveymonkey.com/s/cypmh2015> And, thank you if you already have.

This event follows a very brief Board of Governors meeting held in public that morning at the same venue. Details [here](#).

## **NRP WARC SHOP – Recovery Conference**

**Thursday 26 March 2015, from 9.30am to 4pm**

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

Norfolk Recovery Partnership (NRP) is a recovery focused service offering easily accessible help for people affected by alcohol and/or drugs in Norfolk. NRP is holding a recovery conference to meet, to celebrate recovery, and for attendees to find out more and connect with the range of recovery support that is available. It is aimed at service users that are exiting treatment, carers, volunteers and other recovery networks and groups from the Norfolk area. The day will provide an ideal opportunity for people to engage and participate in the some of the activities which are already available.

Lunch and refreshments provided.

To book a place, or for more info, please contact Charlene Borne by phone on 0300 7900 227 or email [Charlene.Borne@nsft.nhs.uk](mailto:Charlene.Borne@nsft.nhs.uk).

### **'Affected others' – affected by those with dependency issues**

**Norfolk Recovery Partnership (NRP)** provides support for the carers of those with dependency issues, as well providing advice and treatment for adults with drug and alcohol problems across Norfolk.

[www.norfolkrecoverypartnership.org.uk](http://www.norfolkrecoverypartnership.org.uk)

**Al-Anon Family Groups** provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. For some of their members, the wounds still run deep, even if their

loved one may no longer be a part of their lives or have died. Find the nearest meeting to you via their website.

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

## **Recovery Networking Forums + Turning Point**

The Recovery Forums are informal meetings led by Public Health Suffolk and held quarterly in the East, West and Waveney areas. The March meetings are open to all and will have representatives from Turning Point – the newly commissioned service providers of drug & Alcohol services in the county – joined by their partners, ICENI Ipswich, AIR Sports and Suffolk Family Carers.

**Fri 13 March 2015, from 10am to 12.30pm**

**The Malthouse, Genesis Housing, Elseys' Yard, 8 Risbygate St, Bury St Edmunds, IP33 3AA**

**Fri 20 March 2015, from 10am to 12.30pm**

**Waveney Recovery Hub, East Coast Recovery, Whapload Road, Lowestoft, NR32 2AA**

**Wed 25 March 2015, from 10am to 12.30pm**

**Kesgrave Community Centre, Twelve Acre Approach, Kesgrave, IP5 1JF**

They will be followed by lunch and further opportunities to network. Please book as they have to collate numbers for catering purposes. To book a place, or for more info, please contact Bim Templeman by phone on 01473 260777 or 07734731935 or email [bim.templeman@suffolk.gov.uk](mailto:bim.templeman@suffolk.gov.uk).

[www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk)

*Copyright © 2015 Norfolk and Suffolk NHS Foundation Trust, All rights reserved.*