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Governors' Bulletin

A Governor's Bulletin, issued following each quarterly Council of Governors meeting, aims to update you about some of their recent work done on your behalf. The January 2016 bulletin can be [seen by clicking here](#). It includes

- e-rostering
- Lorenzo electronic patient records
- Dialogue with service users and carers

Time to Talk day

Thursday 4th February 2016

Get the nation talking about mental health to help end the misconceptions around it.

Mental health problems affect 1 in 4 people every year, yet too often people are afraid to talk about their experiences because they fear it will affect their jobs or relationships. That's not right and it's why we need your help to break the silence and end the stigma.

www.time-to-change.org.uk/timetotalkday

**The Library, Sergeants Walk, St Andrews Street North, Bury St Edmunds,
IP33 1TZ**

Suffolk User Forum will be at Bury Library on Thursday 4th February from 10am to

2pm. Go to see them for a chat; they want to hear your view on mental health services in Suffolk.

www.suffolkuserforum.co.uk

Dementia in Perspective

Thursday 18 February 2016, from 12.30 to 4.30pm

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

A free half-day event organised by our Council of Governors for Trust members and anyone interested in dementia. Among the topics will be:

- Research into the causes of dementia
- Dementia awareness – looking at the different types of dementia
- Dementia prevention
- Living well with dementia

Please book yourself a place by [clicking here](#).

Board of Directors meeting held in public

Thursday 25 February 2015, from 9.30am to 12.30pm

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

You are very welcome to attend this meeting. 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](#).

Putting People First – Public Choice Awards 2016

The Trust is creating two categories within its staff awards so that patients and members of the public can nominate any current member of NSFT staff, volunteer, team or service for a special recognition award of care received within the last twelve months. The two 'Public Choice' categories are:

- Outstanding Care & Compassion Award (Children's, families and Young People)
This could include nominations of NSFT teams and staff working in the children's learning disabilities services, child and adolescent mental health services, wellbeing and perinatal and infant mental health services
- Outstanding Care & Compassion Award (Adults)
This could include nominations of NSFT teams and staff working in the

community, within inpatient units, older people's services including those for dementia, secure, learning disabilities and wellbeing services, as well as Norfolk Recovery Partnership

Nominations are welcomed, by Monday 29 February, from:

- People who have received care from NSFT
- Someone close to a person who has received care from NSFT
- From an organisation or individual working alongside our Trust who has witnessed excellent care provided by NSFT

You can do this online at www.nsftawards.co.uk where you can also read all about the nominations and finalists in the coming weeks and find out more about the awards.

Alternatively, you can fill in a nomination form found at our centres of care, or other health and care locations around Norfolk and Suffolk, or request a hard copy of the form directly from us by emailing staffawards@nsft.nhs.uk or calling 01603 421447.

Carers Forum

Fri 11 March 2016, from 10am to 4 pm

The Kirkley Centre, 154 London Road South, Lowestoft, NR33 0AZ

A forum for those caring for people with mental health difficulties, providing useful advice and covering various issues around anxiety, depression, PTSD / trauma, as well as providing support around debts and benefits. There will be stalls from various organisations and charities explaining the services they provide and how to access them. Free. All welcome.

For more info contact:

Howard Tidman 07557290169 howard.tidman@nsft.nhs.uk

Sarah McPherson 07717714626 sarah.mcpherson@suffolkfamilycarers.org

Lianne Smith 03300011239 lianne@feedbackhealth.uk

Modern matrons seek views on services

Suffolk's Mental Health Modern Matrons are holding a series of roadshows visiting locations across Suffolk in 2016.

By listening to and discussing local people's experiences of mental health services the Matrons have a clear agenda to continue to improve the quality of our services. They would like to hear about your experiences of using mental health services and any ideas you may have on improving services. Service users can share their views on the care provided by our Trust along with ideas for improving the

experience people have when accessing mental health. The next ones are:

- Friday 26 February 2016 Haverhill Library 10am – 12 noon
- Friday 26 February 2016 Felixstowe Library 2 – 4 pm
- Monday 14 March 2016 Bury St Edmunds Library 10am – 12 noon
- Thursday 17 March 2016 Sudbury Library 10am – 12 noon
- Thursday 31 March 2016 Stowmarket Library 10am – 12 noon
- Monday 11 April 2016 Thetford Library 10am – 12 noon
- Monday 18 April 2016 Woodbridge Library 10am – 12 noon

To read more, please [click here](#).

Innovative films for new parents

Six short films which bring together a wealth of advice to help new parents give their babies the best possible start in life have been produced by our Trust in partnership with others.

Available online, they cover a range of topics, including parental wellbeing, parent and infant mental health services, teenage pregnancy, early childhood development, becoming parents, and attachment between parents and their children. Clinicians from NSFT have also written informative blogs to support the launch of the films, which offer parents a more in depth insight.

Dr Richard Pratt, Clinical Psychologist with NSFT, said: "Sometimes the difficulties of being a parent can be underestimated. It is a major change in someone's life and some people can struggle and need support."

To watch the films [please click here](#).

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