

Trust Matters – February 2017

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Board of Directors meeting held in public

Thursday 23rd February 2017, from 9.30am to 12.45pm

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

You are very welcome to attend the meetings held in public. The agenda and papers will be available via our website [events calendar](#) a few days before, and hard copies will also be provided at the meeting.

Mental Health, Drugs, Alcohol ...

Complex needs. Effective responses?

Thursday 2nd March 2017, from 12.30 to 4.30pm

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

The [event programme](#) is now available, as well as the [flyer](#).

This is a free half-day event organised by our Council of Governors for Trust members and anyone interested in the complex needs and support for people who have mental health problems and use substances – sometimes called dual diagnosis. The event will include:

- a service user's story
- a carer's perspective
- a veteran's view
- local health needs
- homelessness and housing support
- primary care insights
- effective interventions

There will be opportunities for audience involvement and stalls from various organisations.

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

There will be a short **Council of Governors meeting held in public** from 11.40am to 12.00 noon in Conference Room 2 at the King's Centre before the Complex Needs event in the afternoon. The agenda and papers will be on the website [event page](#) a few days before.

The autumn Council of Governors special event in Ipswich will be on the topic of [Peer Supported Open Dialogue](#).

Workshop on mental health in Suffolk

Monday 6th March 2017, from 9:30am to 12:30pm

Sir Bobby Robson Suite, Ipswich Town Football Club, Portman Road, Ipswich, IP1 2DA

This workshop from the Suffolk Health and Wellbeing Board is open to all organisations and individuals interested in mental health. The purpose of the workshop is to agree three areas for discussion at the March meeting of the Health and Wellbeing Board. People are asked to consider the following:

- What is working well and what could be improved and how?
- Where do you believe there are gaps in the current provision of mental health services?
- Do we have any duplication in current service provision, and if so, where?
- Reviewing the proposed Mental Health and Learning Disabilities Programme do you feel this covers your main areas of priority? Is there anything missing? What are your top three areas that should be prioritised?
- Thinking ahead over the next few years, how do we ensure that we achieve Parity of Esteem in terms of funding going into our mental health services?

Attendees will also receive a presentation about what the data tells us and one outlining their current programme.

All booking requests and responses to Christine.lidgett@suffolk.gov.uk and Geraldine.dougall@communityactionsuffolk.org.uk

Mental Capacity Act 2005, A Decade On – What's Right and What's Wrong

Thursday 30th March 2017, from 9am to 5pm

The Mercure Hotel, 121-131 Boundary Road, Norwich, NR3 2BA

The conference will bring together professionals and representatives from the care industry, civil society, public authorities, and research to explore and discuss opportunities and strengths related to the Mental Capacity Act 2005. It is for service users, relatives and families, care professionals, social services and related organisations & charities. The conference is free to attend with a buffet lunch and refreshments.

Please register your place by Monday 6th March 2017 by [clicking here](#). The event is organised by The [Edith Ellen Foundation](#) in partnership with Leigh Day Solicitors.

Board of Directors meeting held in public

Thursday 30th March 2017

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

Please note: from March onwards the meeting held in public will follow the one held in private, and the start time of the public session may vary – likely to be just before or fairly soon after lunchtime. Please check the agenda which will be on the left of the website [event page](#) a few days before the meeting.

Council of Governors meeting held in public

Thursday 6th April 2017, from 12.30 to 4pm

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

All are welcome to attend this meeting where our governors represent the views and needs of Trust members and the public by holding the non-executive directors to account for the performance of the Board of Directors. Our governors are keen to hear your views and you can contact them by emailing governors@nsft.nhs.uk. The agenda and papers will be on the website [event page](#) a few days before.

“Listen and Be Heard”

Tuesday 11th April 2017, from 2 to 4pm

The Hub, Rotterdam Road, Lowestoft, NR32 2EZ

A service user and carer forum open event for those with a learning disability and their families. Come and join them for a cuppa, cake and a chat.

Board of Directors meeting held in public

Thursday 27th April 2017

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

Please check the website [event page](#) for expected start time a few days before the meeting.

Men’s Mental Health Project Launch

Friday 28th April 2017

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

An NSFT event organised by Gabriel Abotsie, our Men’s Wellbeing Nursing Lead.

More details to follow.

Volunteer opportunities

Please see our [Volunteers webpage](#) for more information, and details of the current opportunities which are music, cooking and gardening.