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Mental Health Conversations

Newmarket 27 Jan 2015 from 10am to 2pm

Haverhill 03 Feb 2015 from 10am to 2pm

Stowmarket 06 Feb 2015 from 10am to 2pm

The CCGs and Suffolk County Council would like to continue their conversations and discuss how your feedback can change services. These events take the format of a short introduction followed by breaking into different groups to discuss the topics that are important to you. Lunch will be provided at these events, with tea and coffee available throughout.

For further details or to book a space either go via www.eventbrite.co.uk and search for Mental Health Conversations or contact David Grimmer, Mental Health and Wellbeing information coordinator for Suffolk libraries via email

David.Grimmer@suffolklibraries.co.uk or ring 07514 181915 / 01473 263819.

NRP new premises opening

Friday 30 January 2015 from 12 noon to 3pm

1a St Nicholas Court, North Walsham, NR28 9BY

Norfolk Recovery Partnership (NRP) would like to invite you to the official opening of its North Norfolk premises. NRP has been commissioned by Norfolk Drug and Alcohol Partnership to deliver a fresh approach to drug and alcohol service provision across Norfolk. A focus on recovery rests at the very heart of the new service model developed by NRP, who offer high quality and easily accessible help for people affected by drug and alcohol misuse.

See more details on the NRP website by clicking [here](#).

Trust website: What do you think?

The new Trust website www.nsft.nhs.uk was launched in May 2014 based on feedback gathered from service users, carers, partners and staff. Now, our Comms team would like to hear what everyone thinks of it. The survey answers will help them decide how best to evolve the website in future. Survey closes at 5pm on 30 January 2015.

To complete click [here](#).

Mind vacancy

Can you offer a listening ear and help isolated people access social activities in the Great Yarmouth area? If you have your own transport and can offer a few hours or more per week/month they would like to hear from you. As well as having the opportunity to gain useful experience while helping others, you will be paid for the hours of support you are able to offer along with any out of pocket expenses.

Contact Stuart Bennett on 01493 842129 or email stuart.bennett@gywmind.org.uk

Local VASP launch – for West Suffolk

Wednesday 04 February 2015 from 10am to 12 noon

Council Chamber, Newmarket Memorial Hall, High Street, Newmarket, CB8 8JP

If you have an interest in services in the West Suffolk area, please join the launch of a new locality VASP (Voluntary and Statutory Partnership) for mental health.

VASP is an open forum for anyone with an interest in mental health and provides a valuable opportunity to identify local needs and gaps in services, raise awareness of services through partnership working, learn more about the voluntary and statutory services in your area, promote your organisation if you are part of one, pool resources and for you to network.

More on their website www.suffolkvasp.co.uk. Or contact Julia Carr, VASP Project Co-ordinator by emailing vasp@bsevc.co.uk or phoning 07852 769134 / 01284 766126.

Take 5 on the 5th

Thursday 5 February 2015 is Time to Talk Day, and *Time to Change* are asking the nation to take 5 minutes to have a conversation about mental health. Will you be taking part?

See more details on the Trust Facebook entry by clicking [here](#).

The Big Conversation

06 Feb 2015 from 10am to 4pm

Aspire Centre, Ormiston Denes Academy, Yarmouth Road, Lowestoft, NR32 4AH
A forum for those experiencing mental illness and their carers.

See more details on the NSFT Events Calendar by clicking [here](#).

Survivors of Bereavement by Suicide (SOBS)

25 Feb 2015 from 5 to 7.30pm

West Norfolk Professional Development Centre, School House, Kilhams
Way, King's Lynn, PE30 2HU

A Norfolk service launch.

See more details, and their poster, on the NSFT Events Calendar by clicking [here](#).

Board of Directors meeting held in public

Thu 26 February 2015, from 9.30am to 1.30pm

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

As Trust members you are very welcome to attend these meetings, along with interested members of the public. The agenda and papers will be available on the website a few days before by clicking [here](#), and hard copies will be provided at the meeting. These meetings are held most months and alternate between Suffolk and Norfolk.

Children and Young People's Mental Health

12 March 2015 from 1 to 5pm

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

This is a Board of Governors special event and will follow a brief board meeting held in public that morning. It will look at current challenges, including young people and carer perspectives, innovative local work and opportunities for even better working in the future.

The event for Trust members; local people with an interest in CYP mental health; non-specialist workers in related fields (education, youth workers, church youth leaders); young people with an interest and the family & friends of young people with mental health needs who want to know more about latest thinking in the field.

You can book on-line via <https://www.surveymonkey.com/s/cypmh2015>

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