

Trust Matters January 2016

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Governor election results

The following candidates were elected to be governors by their respective constituencies:

Public Norfolk: Catherine Wells, Peter Kemp and Stephen Fletcher

Public Suffolk: Martin Wright

Service User Norfolk: Ginnie Benedettini

Staff: Marcus Hayward and Dr Zeyar Win

The following candidates were elected unopposed as their constituencies were uncontested:

Carer Norfolk: Mary Rose Roe

Carer Suffolk: Anne Humphrys

Service User Suffolk: Malcolm Blowers

Full details can be seen on the election page of our website by [clicking here](#).

Council of Governors meeting held in public

Thursday 07 January 2016, from 1.00 to 4.30pm

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

You are welcome to attend the meeting. The agenda and papers are available on the website and can be seen by [clicking here](#). Hard copies will be provided at the meeting.

Recovery College new timetable

The [Recovery College](#) has a number of courses and workshops in new areas of Norfolk and Suffolk in its current timetable:

[Recovery College January – March 2016 Winter Timetable](#)

Services users are now able to access courses and workshops for up to 12 months post discharge where this is documented in the discharge plan. Also, one place per workshop / course will be open to organisations working to support people across health and social care (eg Age Concern, homeless charities and Young Carers).

Dual Diagnosis Carers Forum

Wednesday 13 January 2016, from 10am to 5.30pm

The Bob Champion Research & Education Building, Norwich, NR4 7UY

on Norwich Research Park

opposite Norfolk & Norwich University Hospital's A&E

A Norfolk Carers Support / Headucate / NSFT / CAP joint event for those caring for people with substance misuse and mental health problems. With items on medication, relationships, the problem with legal highs, and special guest speaker Professor Nutt.

Everyone welcome. No need to book.

For more details, and the full programme, please [click here](#).

Modern matrons seek views on 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 Trust's three Suffolk modern matrons will tour the county over the next six months, gathering feedback and listening to people's ideas about how services could be improved. They will also give out information about the wide variety of help that the Trust provides.

Two roadshows will take place each month. The first two are:

Ipswich Library on 15 January 2016, from 10am to 12 noon

Newmarket Library on 29 January 2016, from 10am to 12 noon

Both drop in events are open to everyone.

Further events will take place the following five months in Bury St Edmunds, Woodbridge, Felixstowe, Haverhill, Thetford, Stowmarket and Woodbridge.

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

Board of Directors meeting held in public

Thursday 28 January 2016, from 9.30am to 12.30pm

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

You are very welcome to attend this meeting. 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 meetings.

A list of all the meetings can be seen on our events calendar by [clicking here](#), and selecting the meeting to see the details.

Winter Wellbeing Festival

Saturday 30 January 2016, from 10am to 10pm

Connaught Hall, Station Road, Attleborough, NR17 2AS

Part of the ABCD project for South Norfolk (Asset Based Community Development).

40 organisations and individuals taking part running stalls, workshops, demonstrations, discussions: singing along with Sing Your Heart Out, dancing with Norwich Rising, painting with the Dandies, animating with the Bigger Picture, cooking with Norwich Mind, chatting in a ball pool with Julian Support, peer supporting with Together, smoothie-making on a bike with YMCA, tapping feet to music from Black Dog, doing a marathon with Equal Lives, and laughing mindfully with the Orange Club.

For more information about the ABCD Project check their website www.abcdproject.org.uk.

One of the resources they recommend is the [Norfolk Directory](#) – a website to find

out about all the clubs, services and support in the area. The idea is that people upload the information themselves and make sure they keep it fresh.

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 who is interested in the subject. 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](#).

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