

Trust Matters – January 2017

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Governor election results

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

Public Norfolk: Ron French, Sheila Preston and Leonard Wellings

Public Suffolk: Paddy Fielder, Andrew Good and Kathleen Ben Rabha

Service User Norfolk: Richard Gorrod

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

Governors' Bulletin

A Governors' Bulletin is issued following each quarterly Council of Governors meeting to update you of the recent work done on your behalf. The January 2017 bulletin can be seen by [clicking here](#). It includes:

- Who is talking to me?
- Service user and carer engagement strategy
- Adequacy of staffing levels
- Developing a new Membership Strategy
- Remuneration of Non-Executive Directors
- Member events
- Crisis services in Norfolk and Suffolk - who determines the priorities?

Recovery College new timetable

The [Recovery College January-March 2017 Timetable](#) has a number of courses and workshops in various areas of Norfolk and Suffolk.

You can come to the Recovery College if you:

- are a current service user who is 16 or over
- have used mental health services in the past 12 months and attending the Recovery College is part of your discharge plan
- are a carer of the above. You can come to the college either with the person you support or on your own
- have a named lead professional and are in the Assessment and Focussed intervention part of the service
- are part of an organisation working to support people across health and social care (eg Age concern, homeless charities and Young Carers)

The College anticipate there will be additional courses and workshops on the

timetable later in the term including: Recovery and dementia, Wellbeing in later life, Understanding and exploring dual diagnosis, and Eating well for recovery. Please check the [Recovery College webpage](#) for an update on this.

Board of Directors meetings held in public

**Thursday 26th January 2017, from 9.30am to 12.30pm
King's Centre, King Street, Norwich, NR1 1PH**

**Thursday 23rd February 2017, from 9.30am to 12.30pm
Endeavour House, 8 Russell Road, Ipswich, IP1 2BX**

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

Mental Health, Drugs, Alcohol ...

Complex needs. Joint approaches.

**Thursday 2nd March 2017, 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 the complex needs and support for people who have mental health problems and use substances. This is 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, primary care insights and effective interventions, with audience involvement and stalls from related organisations.

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