

Trust Matters – July 2016

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Council of Governors meeting held in public

Thursday 07 July 2016, from 12.30 to 4.00pm

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

You are very welcome to attend this meeting held in public. The agenda and papers are available via the website [event page](#) and hard copies will be provided at the meeting.

Included will be Trust feedback on governor issues. The leaflet [Listening to you](#) describes the role of governors within Norfolk and Suffolk NHS Foundation Trust. Our governors are keen to hear your views. You can contact them by email: governors@nsft.nhs.uk

Care Quality Commission inspection

The Care Quality Commission (CQC) will be inspecting our Trust over the two week period from the 11th of July 2016. They will set up a landing page on their [website](#) to support gathering your voice in a more targeted way, particularly as our Trust covers numerous sites. You will also be able to register for an alert when the inspection report is published.

What drives someone to suicide?

Merel Barends said: "When I was a teenager, my younger brother took his own life. I never saw it coming. Twenty years too late, I am figuring out how I could have helped him."

Merel created a journalistic comic about suicide prevention. The piece went viral in the Netherlands and received many positive reactions prompting her to decide to translate and adapt the work for the international community. Merel consulted with psychologists from the Dutch suicide helpline in developing the piece, which is called [A Beastly Burden](#).

Stepping Forward events

[Suffolk User Forum](#) (SUF) is holding three Stepping Forward workshops to talk about the new suicide prevention strategy for Suffolk and to invite people who are interested in making a difference to support a vision for zero suicides in Suffolk.

The workshops will explore people's ideas across key areas that have been proposed in national suicide strategy guidance. They will also connect with the current five year Mental Health strategy, the Crisis Care Concordat Action Plan and the recommendations contained in the recent [Verita report](#) for Norfolk & Suffolk Foundation Trust.

SUF plan the event to be forward thinking, valuing lived experience in a way that can inform and present new thoughts about what could be done better or differently in Suffolk, by working together as a community and supporting a zero suicide vision. If you plan to attend this event and your life has been affected by suicide or you are a suicide attempt survivor, please do be aware of any possible triggers for you and help people to keep you safe and well.

All workshops are from 10am to 1pm.

- Bury St Edmunds – The Quaker Meeting House, St Johns Street – Tuesday 19 July
- Ipswich – Kesgrave Community Centre – Wednesday 20 July
- Lowestoft – The Kirkley Centre – Friday 22 July

To book a place please email claire@suffolkuserforum.co.uk

Equal Lives Benefits Update

As members of the Mental Health Providers Forum, Equal Lives recently gave a presentation on updates to benefits. The informative briefing, which highlights areas of concern, can be read by clicking [here](#).

Improving services together

[Improving services together](#), our Service User and Carer Involvement and Engagement Strategy, was developed to ensure that all trust services benefit from the experience of carers and the people who use our services. The strategy is designed to enable all groups and networks to become engaged with our Trust and support us in our drive to become more inclusive and responsive to the needs of the individuals who use our services and to improve the overall service user and carer experience.

Details of the regular meetings held at various locations in Norfolk and Suffolk which aim to involve service users and carers in how we change, influence and develop Trust services are on our website's [service user and carer involvement page](#).

Suffolk Young People's Health Project

Suffolk Young People's Health Project, or 4YP, are now conducting the second of four surveys targeted at 12 to 25 years olds living in Suffolk, and this time it focusses on emotional wellbeing. 4YP is a charity that provides and co-ordinates services to improve the social, emotional, and physical health and wellbeing of young people in Suffolk.

To access the survey, please click [here](#) . The survey will be available until 31 July 2016.

A summary of the findings will be published on the [4YP website](#) later this year.

Board of Directors meeting held in public

**Thursday 28 July 2016, from 9.30am to 12.30pm
King's Centre, King Street, Norwich, NR1 1PH**

There is no Board of Directors meeting held in public in August 2016.

A list of all the meetings can be seen on our events calendar by clicking [here](#).