

Trust Matters – July 2017

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Mental Wellbeing Road Show – Great Yarmouth and Waveney area Monday 17th to Saturday 22nd July 2017

People from across Great Yarmouth and Waveney will be able to get valuable advice about positive mental wellbeing at a special tour taking help directly into the community. In partnership with a variety of other local organisations, the Trust will be touring the area to promote wellbeing and reduce stigma around mental illness.

The ‘Mental Wellbeing Roadshow’ will visit towns and villages each day to give Trust staff and partner organisations the chance to connect with rural communities and listen to people’s views. The tour will focus on prevention and reaching people at an early stage so that they can be signposted to the right place for help. It will also give people the chance to find out more about local sources of support as well as ‘Improving Services Together’, NSFT’s strategy for service user and carer involvement – which aims to place service users and carers at the heart of decision making.

- 17th July am Martham GP surgery
- 17th July pm James Paget Hospital
- 18th July am Lathams, Potter Heigham
- 18th July pm Lowestoft High Street
- 19th July am + pm Great Yarmouth Market
- 20th July am Bungay Market Place
- 20th July pm Halesworth, Co-op car park
- 21st July am Beccles, Sheep Gate, opposite Market
- 21st July pm Southwold, The Green
- 22nd July am + pm Lowestoft, Royal Green

For more information please see the [News item](#) on our website or contact Howard Tidman 07960862681 howard.tidman@nsft.nhs.uk

Service User and Carer involvement

At the Trust, we aim to involve service users and carers in how we change, influence and develop our services. We are committed to ensuring that service users and carers are involved in a real and meaningful way. We recognise the value and expertise service users and carers can bring to the Trust.

Central Norfolk monthly meetings

New informal monthly meetings to have your say, listen to the latest news and ask questions about the Trust and our partner organisations.

- Rivers Meeting Room, Lemon Grass Café, Hellesdon Hospital
- First meeting on Tuesday 18th July 2017, from 2 to 4pm

There will be tea, coffee, cake and biscuits available. [Flyer attached](#).

For more info contact Sharon Picken on 01603 421225 or email Sharon.Picken@nsft.nhs.uk

Involvement in other areas

Please see the [service user and care involvement web page](#) for more details about involvement in your area.

Summer Fête

**Saturday 22 July 2017, from 11am to 4pm, free entry
Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE**

We are inviting local people, including Trust members, to a free day of family fun and awareness-raising. Alongside information about mental health conditions, and the support that is on offer locally, there will be all the offerings of a traditional summer fete.

Cedric Anselin, the former professional footballer who has recently opened up about his own experience with mental health, will open the fete at 11am. Children will have the chance to have a penalty shoot-out with him.

Around 20 musicians from the Hellesdon and Sprowston Brass Band will play live music throughout the day, along with European jazz band Moxette, and Mind the Gap. Children will be well catered for at the event with their own area featuring face painting, a teddy tombola and traditional fête games such as 'hook a duck' and a coconut shy. A wellbeing zone will be set up for people to try reflexology (from 11am to 1pm), tai chi and massage and to find out more about the Trust's Wellbeing Services based in both Suffolk and Norfolk and Waveney.

For more information please see our website [News item](#) or email hellesdonfete@nsft.nhs.uk

Board of Directors meeting held in public

Thursday 27th July 2017

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

After the trial period, the Board meeting held in public will continue to follow the one held in private. The start time of the public session may vary – expected to be 1.30pm in July. Please check the agenda which will be on the left of the website [event page](#) a few days before the meeting (along with the papers).

There is no Board of Directors meeting held in public during August

Recovery Conference & Strategy Launch second event

Friday, 22 September 2017, from 10am to 4.30pm

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

Following the event in Norwich last month, the corresponding one in Ipswich is also for people who have used our services, their carers, partner organisations and Trust staff.

Our Recovery Strategy has been developed in co-production with staff, service users and carers. This five-year strategy will support the implementation of recovery principles and practice in all we do.

Recovery principles are increasingly prominent in mental health services and policy. "Recovery' is an idea whose time has come. At its heart is a set of values about a person's right to build a meaningful life for themselves, with or without the continuing presence of mental health symptoms." – Geoff Shephard, Senior Consultant from Implementing Recovery through Organisational Change (ImROC).

Places are limited so to reserve a place you can register online at:

www.surveymonkey.co.uk/r/NSFTRecoveryEvents

News items

To see all of our recent News items, as well as previous ones, please [click here](#).