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Equal Lives

Equal Lives wants to know more about the experience of people who use mental health services in Norfolk. They would like to ask you about your experience or the experience of someone you care for. How do you think that things could be improved?

Our Trust wants people who use our services and their carers to have a say in how services are shaped, and have asked Equal Lives to help. This is about how your skills and experiences are used to improve things. How do you think that more people can be involved in developing mental healthcare?

If you would like to take part, please click on this link to complete a short survey, by Wednesday 1 July 2015: <https://www.surveymonkey.com/r/WGPCMxD>

In Your Shoes

Our ambition at Norfolk & Suffolk NHS Foundation Trust is that every patient experiences compassionate and safe care. An important part of getting this right is to regularly talk to our patients about experiences. We would like to hear your views about what was good about the care you or your loved one received and what needs improving in our services.

We are running a series of “In Your Shoes” events throughout July 2015. Each

workshop will last around 2 hours and will involve around 10-15 service users and 10-15 staff. Those who attend will be able to:

- Share recent experiences of our care, one-to-one with a member of the hospital team telling them what it was like “in your shoes”
- Discuss what went well, as well as what needs improving
- Share your ideas and listen to other people’s views in group discussions
- Help us shape our priorities as we continue to improve our patient experience

We are looking for people who have used our services within the last 18 months, have had good or bad experiences and are willing to share this with us so that we can learn what we need to do to make a positive difference to patients in the future.

- 10 July, 10am-12pm, Kings Centre, Great Yarmouth
- 10 July, 3pm-5pm, Kirkley Centre, Lowestoft
- 13 July, 10am-12pm, St Clements Hospital, Ipswich
- 13 July, 3pm-5pm, West Suffolk Hospital, Bury St Edmunds
- 14 July, 10am-12pm, Hellesdon Hospital, Norwich
- 14 July, 3pm-5pm, Chatterton House, Kings Lynn

To book a place you can either go online to

www.surveymonkey.com/s/IYSbookings or email inyourshoes@nsft.nhs.uk.

Gender, Sex and Mental Health

Wed 15 July 2015, from 6.30 to 9pm

The Curve, Forum, Millennium Plain, Norwich, NR2 1TF

A lecture – with plenty of opportunity for audience discussion – presented by Katy Jon Went, a transgender woman, and Dr Hadrian Ball, the Trust’s former medical director. They will describe biological sex determination, sexual development, gender identity, gender incongruence or dysphoria, hormonal-surgical transition, legal recognition and the effects on mental wellbeing. How can psychiatry help and

not hinder? How can society be more understanding and aware? Katy will include additional content around mental health – for example on suicide risk, reason and contagion, neuroscience, intersex, non-binary and gender identity clinics – to that in the afternoon talk given in Norwich last December.

Please [book via this link](#).

The lectures are free and open to all. However they are aimed at Trust members and, although joining is optional, we would appreciate non-members joining – NSFT staff are automatically members of the Trust. This lecture is in the fortnight leading up to Norwich Pride on Saturday 25 July 2015.

There is a related article by Katy in the [News section of the Trust website](#), and also on the [Trust's LinkedIn page](#).

Consultation and Development Group – East Suffolk

An exciting opportunity concerned with enabling East Suffolk service users and carers to be involved with the development of the Consultation and Development Group (CAD) in East Suffolk for Norfolk and Suffolk NHS Foundation Trust.

The current chair of this group, Jane Chambers is, after many years of hard work and commitment resigning in July and the group is looking for a new service user or carer co-chair. A staff member will partner co-chair. This is an exciting time to support the group as chair; to use the principles of co-production and involve service users and carers in a way that places them at the heart of all service delivery, design and development.

Statements of interest for this role should be sent to Karen Ball, email karen.ball@nsft.nhs.uk, by 3pm on 20th July, and elections will take place at the Tuesday 21st July 2015 meeting. For more information please contact: Jayne Davey of Suffolk User Forum, email jayne.davey@nsft.nhs.uk or Peter Devlin, peter.devlin@nsft.nhs.uk.

They really value service user and carer support at the group, so that they can discuss lived experience and feedback and look at ways that user and carer experience of services can be improved. If you would like to attend, but are not sure or confident about what this may mean then please contact Jayne, as Suffolk user Forum can support you to attend and find out if the group is something you would like to be involved in.

They meet on the third Tuesday of the month at Co-Op Education Centre, 11 Fore Street, Ipswich IP14 1JW from 10.30 to 12.30. For more info about this group, or the equivalent West Suffolk one, please contact Sharon Picken – email sharon.picken@nsft.nhs.uk or ring 01603 421225.

Norfolk Carers

Healthwatch Norfolk and the Carers Council for Norfolk would like to know more about the experience of being a carer in Norfolk and what support is available to help you. They will use this information to work with the people and organisations that make decisions about health and social care in Norfolk. By answering these questions you can help them make local services more responsive to your needs. In this context a carer is anyone who cares unpaid for a friend or family member who due to illness, disability, mental health problem or an addiction could not cope without their support.

You can take the survey online at <https://www.surveymonkey.com/s/CarersNorfolk> or call 01953 856 029 to request a paper copy of the survey.

NSFT Video Channel

There is an interesting selection of mental health related videos on the [Trust YouTube channel](#), which also has a link at the bottom of the [NSFT website homepage](#). Some examples:

- What is Cognitive Behavioural Therapy?
- Baby blues, the forgotten illness
- Depression: What is it and what helps?
- Anxiety
- What is Mindfulness?
- Drugs used in Depression & Anxiety
- Is psychiatric diagnosis a good thing?
- Living with a personality disorder
- The Triangle of Care
- Psychosis
- NSFT Recruitment

You will also find a range of inspiring videos in the playlist section created by our partners or people promoting mental health awareness.

Board meetings held in public

Board of Governors

Thu 02 July 2015, from 1.30 to 4.30pm

Council Chamber, City Hall, Norwich, NR2 1NH

Board of Directors

Thu 23 July 2015, from 9.30am to 12.30pm

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

We welcome your attendance at these meetings. The agenda and papers are available on the website a few days before and can be seen via our event calendar by [clicking here](#) and selecting the meeting. Hard copies will be provided at the meetings.

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