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### Carers' Forum – The Triangle of Care

**Monday 06 June 2016, from 10am to 4pm**

**The Great Hospital, Bishopgate, Norwich, NR1 4EL**

A forum for those caring for people with mental health problems which will provide useful advice from a barrister, the Carers Trust, Norfolk Carers (support for unpaid carers) and NSFT – including confidentiality and carers' rights. All welcome. Lunch provided. [Programme available](#).

More info from: Howard Tidman 07557290169 [howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk)

Kevin Vaughan 07747 777243 [kevin.vaughan@norfolkcarers.org.uk](mailto:kevin.vaughan@norfolkcarers.org.uk)

### Mental Health Perspectives – video channel

The forum comes shortly after the launch of a special YouTube channel, called '[Mental Health Perspectives](#)', which brings together more than 50 videos of speakers from previous conferences looking at a wide range of mental health topics. Howard Tidman, NSFT Senior Practitioner who spearheaded the new channel, said: "We would encourage anyone who can't attend to take a few minutes to look at our new YouTube channel, which brings together talks from mental health professionals and from experts by experience, such as carers and people suffering from mental illness themselves."

## **Carers' Week afternoon cream teas**

To celebrate Carers' week and acknowledge the hard work unpaid carers do caring for those with mental ill health, we will be holding afternoon cream teas as below. Please let one of the contacts know if you would like to come.

**7 June 2016, 2.30 - 4.30pm**

**Poppies restaurant, Carlton Court, Lowestoft, NR33 8AG**

Howard Tidman on 07557 290169, [howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk) or Mandy Halliday [mandy.halliday@nsft.nhs.uk](mailto:mandy.halliday@nsft.nhs.uk)

**8 June 2016, 2.30 - 4.30pm**

**Board Room, Northgate Hospital, Northgate Street, Great Yarmouth, NR301BU**

Contacts as above plus Catherine Phillips, Carers Lead – Waveney, on 01502 532100

## **Equal Lives – Independent Living Groups**

Equal Lives Independent Living groups provide regular opportunities for disabled people and carers in Norfolk to meet locally to discuss issues with each other in a supportive environment.

The Skype online group is aimed at those who are unable to get to a 'physical' group, but can take part from their own home using a PC, laptop or iPad using Skype.

**Next date: Wednesday 8th June 2016 from 2.00 to 3.30pm.** If you would like to take part please contact Martin Symons at [martin.symons@equallives.org.uk](mailto:martin.symons@equallives.org.uk) or call Equal Lives on 01508 491210 and leave a message.

## **Healthwatch feedback**

Healthwatch Suffolk is working with Healthwatch Norfolk to find out what people think of services provided by our Trust. They want to hear from service users,

professionals, and people who have a relationship with service users such as family members, carers or neighbours. The feedback will also be used to inform the upcoming Care Quality Commission (CQC) inspection of our Trust in July. You can see the feedback submitted by others and share your experience through their [online survey](#).

## Care Quality Commission inspection

A reminder that service users, carers and staff can tell the CQC directly about their experiences of our care at any time via the following:

- Online: [www.cqc.org.uk](http://www.cqc.org.uk)
- Telephone: 03000 616 161
- Email: [enquiries@cqc.org.uk](mailto:enquiries@cqc.org.uk)

## Service user and Carer involvement

The [Service user and carer involvement](#) page of our website gives 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.

Two partner organisations providing a lot of carer support are [Suffolk Family Carers](#) and [Norfolk Carers](#) (formerly Carers Agency Partnership) – please check their websites for events local to you.

## Norfolk's 2nd Mental Health Care Conference

**Wednesday 15 June 2016, from 9.30am to 4.30pm**

**Holiday Inn, Norwich North**

Following the success of last year's Mental Health Social care conference: this event features a range of speakers including representatives from our Trust, Norfolk County Council and the Norfolk and Suffolk Dementia Alliance. This conference is aimed at managers and practitioners from within Norfolk County Council Adult Social care, NSFT, their partners in the independent, private and voluntary sector, carers and people who use their services. It will also look at how

partnership working can help promote independence, wellbeing and recovery, as well as offering visitors the chance to attend workshops and visit exhibition stands for further information.

For more details about the conference and how to book a place, please [click here](#).

### **Alzheimer's Research UK Public Dementia Event**

**Thursday 16 June 2015, from 2 to 5pm**

**Thomas Paine Study Centre lecture theatre, UEA, Norwich**

This free event will have a mix of speakers from research, clinical and artistic backgrounds who are currently working in dementia. Find out more about the symptoms and challenges involved in living with Alzheimer's. There will also be an opportunity for people to find out how to take part in upcoming dementia studies at UEA.

For more information please [click here](#).

### **Board of Directors meeting held in public**

**Thursday 23 June 2016, from 9.30am to 12.30pm**

**Elisabeth Room, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX**

### **Council of Governors meeting held in public**

**Thursday 07 July 2016, from 1.00 to 4.30pm**

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

You are very welcome to attend these meetings. The agenda and papers will be available on the website a few days before and hard copies will be provided at the meeting. A list of all meetings and any related documents can be seen on our events calendar by [clicking here](#).