

Trust Matters March 2016

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Carers Forum

Fri 11 March 2016, from 10am to 4 pm

The Kirkley Centre, 154 London Road South, Lowestoft, NR33 0AZ

A forum for those caring for people with mental health difficulties focusing on depression, obsessive compulsive disorder and anxiety. There will also be stalls from various organisations and charities explaining the services they provide and how to access them. Free. All welcome.

For more info please [click here](#) or contact:

Howard Tidman 07557290169 howard.tidman@nsft.nhs.uk

Sarah McPherson 07717714626 sarah.mcpherson@suffolkfamilycarers.org

Lianne Smith 03300011239 lianne@feedbackhealth.uk

Modern Matrons Roadshows

Suffolk's Mental Health Modern Matrons are continuing to hold a series of roadshows visiting locations across Suffolk. They would like to hear about your experiences of using mental health services and any ideas you may have on improving them. The next ones are:

- Monday 14 March 2016 Bury St Edmunds Library 10am – 12 noon
- Thursday 17 March 2016 Sudbury Library 10am – 12 noon
- Thursday 31 March 2016 Stowmarket Library 10am – 12 noon
- Monday 11 April 2016 Thetford Library 10am – 12 noon
- Monday 18 April 2016 Woodbridge Library 10am – 12 noon

To read more, please [click here](#).

Dementia Events

The presentations from the recent Dementia in Perspective Council of Governors' event are available to read from our website by [clicking here](#).

We are planning to hold a series of Dementia Awareness training events as Member Lectures at a variety of locations around the two counties in the next few months. These are aimed at our Trust members – which includes NSFT staff – and will be the same workshops that our staff receive. Details will follow when confirmed.

There will also be another dementia themed Council of Governors' event in the autumn, on Thursday 10 November 2016 at Jerwood DanceHouse in Ipswich.

Care Act – One Year On

The Carers Trust is holding a Commission on the Care Act – One Year On. They want to identify the impact of the Care Act, good practice, challenges and the experiences of carers. They are asking for evidence from carers, carer organisations, health and social care professionals – so far they have had a good response but are conscious of some gaps: Specifically carers of working age, BME carers, carers of people with mental health problems and organisations that support and work in this area.

Please complete the survey if appropriate, and share it. The deadline for response is 18 March 2016. The link to the survey on this important piece of legislation is [here](#).

BBC Children In Need

BBC Children in Need is positively changing the lives of disadvantaged children and young people throughout the UK.

They are currently recruiting volunteer committee members for its Regional Advisory Committee in the Central region, which includes Norfolk and Suffolk, and covers West Midlands, East Midlands and parts of the East of England. Please see this [link](#) to the advert and job description for more details.

Anyone interested in the committee roles can contact the Melinda Connelly, Regional Manager, on 0303 081 7805 or 07720 671423, or email at melinda.connelly@bbc.co.uk for an informal chat about what the roles entail.

Extra support for young people in Suffolk

Young people with learning disabilities who face difficulties in accessing school or work placements are now benefiting from bespoke education packages alongside

targeted mental health support thanks to an exciting new initiative taking place in east Suffolk.

Our Trust has been invited to work with training provider Lapwing to offer integrated mental health support and education packages to children and young people who have a significant learning disability and a mental health issue. To read more please [click here](#).

Board of Directors meeting held in public

Thursday 24 March 2016, from 9.30am to 12.30pm

Main Hall, Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE

Council of Governors meeting held in public

Thursday 07 April 2016, 1.00 to 4.30pm

King Edmund Chamber, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

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

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