

Trust Matters – March 2017

- Board of Directors meetings
 - In Good Company: Loneliness and Mental Health Carers Forum
 - Council of Governors meeting
 - “Listen and Be Heard”
 - Sing Your Heart Out
 - Volunteer opportunities
 - Mental Health Awareness Week
-

Board of Directors meeting held in public

Thursday 30th March 2017

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

Please note: for a trial three months from March onwards the meeting held in public will follow the one held in private. The start time of the public session may vary – expected to be 1pm in March. Please check the agenda which will be on the left of the website [event page](#) a few days before the meeting.

In Good Company: Loneliness and Mental Health Carers Forum

Friday March 31 March 2017, 10am – 4pm

Kings Centre, 30 Queen Anne’s Road, Southtown, Gt Yarmouth, NR31 0LE

Find out more about mental health, how loneliness can affect it, and how to overcome loneliness. Carers, people with lived experience of mental health and professionals welcome.

To include:

- Information on different types of mental illnesses
- Talks from psychiatrists, psychologists, and experts like yourselves
- Free holistic therapies
- Advice and information from local organisations and support groups

For further information please contact:

- Howard Tidman, Carers Lead 07557290169 or howard.tidman@nsft.nhs.uk
- Kevin Vaughan, Development Manager (Feedback) 07747777243 or kevin@feedbackhealth.uk
- Catherine Phillips, Carers Lead 07766317972 Catherine.phillips@nsft.nhs.uk

Check out previous talks at <http://www.nsft.nhs.uk/mentalhealthperspectives>

Council of Governors meeting held in public

Thursday 6th April 2017, from 12.30 to 4pm

Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

All are welcome to attend this meeting where our governors represent the views and needs of Trust members and the public by holding the non-executive directors to account for the performance of the Board of Directors. Our

governors are keen to hear your views and you can contact them by emailing governors@nsft.nhs.uk. The agenda and papers will be on the website [event page](#) a few days before.

“Listen and Be Heard”

Tuesday 11th April 2017, from 2 to 4pm

The Hub, Rotterdam Road, Lowestoft, NR32 2EZ

A service user and carer forum open event for those with a learning disability and their families. Come and join them for a cuppa, cake and a chat.

Sing Your Heart Out

Sing Your Heart Out offer singing workshops for people to get together, enjoy themselves and feel better about themselves in all sorts of ways. Singing together can help reduce stress and increase confidence. As well as regular sessions in King’s Lynn, Attleborough, Norwich and Great Yarmouth; they are also offering taster sessions in Cromer, Trunch, Aldborough, North Walsham and Sheringham.

Please see their website for further details: <https://www.syho.org>

Board of Directors meeting held in public

Thursday 27th April 2017

please check website event page for expected start time

Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

You are very welcome to attend these meetings held in public. The agenda and papers will be available via the website [events calendar](#) a few days before and hard copies will also be provided at the meeting.

Volunteer opportunities

Please see our [Volunteers webpage](#) for more information and details of the current opportunities:

- Music Volunteer
- Cooking Support Volunteer
- Therapeutic Gardening Volunteer
- Gardening Volunteer
- Volunteer Gym Instructor
- Hope for Change Volunteer

Mental Health Awareness Week

Surviving or thriving?

8 – 14 May 2017

Good mental health is more than the absence of a mental health problem. This year Mental Health Awareness Week is going to look at mental health from a new angle. Rather than ask why so many people are living with mental health problems, they will seek to uncover why too few of us are thriving with good

mental health.

They will explore:

- How many of us are surviving or thriving, and the difference between the two
- Why some communities are under strain and what government can do to support them to thrive
- What steps we can take to look after our mental health, building resilience to cope with the demands of life

Throughout the week they will highlight the personal stories of people who are surviving or thriving. Join them on 8 – 14 May. You can help ignite a national conversation about whether we are surviving or thriving and what we can do to bring about change.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>