

## Trust Matters – May 2017

- Board of Directors meetings
  - Director and Governor profiles
  - Carers Week
  - Research Study
- 

### Board of Directors meeting held in public

**Thursday 25th May 2017**

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

Please note: from March onwards for a trial three months the meeting held in public will follow the one held in private. The start time of the public session may vary – likely to be 12.30pm in May. Please check the agenda which will be on the left of the website [event page](#) a few days before the meeting.

### Director and Governor profiles

There is a lot of information on our [website](#), including:

- [Meet our directors](#)
- [Meet our governors](#)

Our governors are always keen to hear your views and you can contact them by emailing [governors@nsft.nhs.uk](mailto:governors@nsft.nhs.uk)

### Carers Week

**12th to 18th June 2017**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

<http://www.carersweek.org>

### Carers Information Day

**Monday 12 June 2017, from 10am to 3pm**

**Forum, Millennium Plain, Norwich, NR2 1TF**

A Care for Carers event opened by Norman Lamb (former and perhaps still MP for North Norfolk).

<http://www.careforcarers.org.uk>

### Celebrating Carers

**Thursday 15 June 2017, from 10am to 4pm**

**Beccles Library – The Glass Room**

There will be talks throughout the day from mental health professionals; stalls providing information about involvement & participation opportunities; information on how to access carer assessments, carer support groups, Recovery College for carers, volunteering in your community and the Wellbeing Service plus inspirational talks where you can hear from other carers.

For further information please contact:

Catherine Phillips Carers Lead Waveney 07766 317972

[catherine.phillips@nsft.nhs.uk](mailto:catherine.phillips@nsft.nhs.uk)

Kevin Vaughan, Development Manager Feedback 07747 777243

[kevin@feedbackhealth.uk](mailto:kevin@feedbackhealth.uk)

## Research Study

There are still some focus group spaces available for the following which gives details of recruitment for a research study that the Trust is doing in collaboration with the UEA and the World Health Organisation.

Norfolk and Suffolk NHS Foundation Trust and the University of East Anglia would like to improve people's experience of the diagnostic process and have received approval to conduct a research study. This study is the first of its kind involving service users with experience of mental health diagnosis, asking them what they think of the new diagnostic criteria in the ICD-11 diagnostic manual, which is used by all psychiatrists. We have agreement from the World Health Organisation (WHO) that this feedback will be used for the development of the updated version of the manual, so your involvement is really important.

We are looking for individuals who have been diagnosed with:

- Generalised Anxiety Disorder
- Depressive Disorder
- Personality Disorder
- Bipolar Disorder (Type I)
- Schizophrenia

Participants will be required to take part in a focus group (60-90 minutes) for which you will receive a £10 voucher. The focus group will take place in either Norfolk or Suffolk.

You must also:

- Be aged 18 +
- Have used mental health services within the last five years
- Have one of the diagnoses listed above

If you are interested in taking part or would like more information about the study, please email [includestudy@nsft.nhs.uk](mailto:includestudy@nsft.nhs.uk) or call 01603 421 303 and ask to speak to Joseph Ridler or Amorette Perkins.

Attached is the [participant information sheet](#) (with Ethics Reference) for more information. Please email or call us if there are further questions.

Thank you so much

INCLUDE team

Dr Corinna Hackmann, Clinical Psychologist

Research development lead for adult services, NIHR CLAHRC Fellow

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

**Thursday 29th June 2017, please check website event page for the 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 [event page](#) a few days before and hard copies will also be provided at the meeting.