

Trust Matters – November 2016

- Dementia in Perspective
 - Out of Special Measures
 - Governors' Bulletin
 - Health Walks
 - Board of Directors meeting held in public
 - Council of Governors meeting held in public
-

Dementia in Perspective

Thursday 10 November 2016, from 12.30 to 4.30pm

Jerwood DanceHouse, Foundry Lane, Ipswich, IP4 1DW

A free half-day event organised by our Council of Governors for Trust members and anyone who cares about dementia – completely new speakers and content to the February event in Norwich:

- Listen to service user and carer experiences of living with dementia
- Find out about the latest research into dementia
- Hear about future developments you can expect to see
- Learn more about advocacy, and how it can help

To see the full *Conference programme* please [click here](#).

Please book yourself a place by [clicking here](#).

Out of Special Measures

The Care Quality Commission (CQC) has published its inspection report into NSFT's services and our Trust's overall rating has positively moved to 'Requires Improvement' out of 'Inadequate'. Commenting that our Trust had made '...significant improvement' England's Chief Inspector of Hospitals, Professor Sir Mike Richards recommended to NHS Improvement that special measures now be removed.

To read more please click on [News item](#).

You can read the full reports relating to NSFT at:

<http://www.cqc.org.uk/provider/RMY>

Governors' Bulletin

A Governors' Bulletin is issued following each quarterly Council of Governors meeting to update you of the recent work done on your behalf. The October 2016 bulletin can be seen by [clicking here](#). It includes:

- Service user discharge letters
- Suicide prevention
- Waiting lists
- Staff Governors
- Lorenzo

Health Walks

Walking can make you feel good; give you more energy; reduce stress; help you sleep better; reduce blood pressure and help you manage your weight.

[One Life Suffolk](#) helps local people live healthier lives and is offering over 200 walks each month. The November 2016 to February 2017 brochure can be downloaded by [clicking here](#).

Various options for Norfolk can be found via the [Active Norfolk](#) and the [Norfolk Ramblers](#) websites.

Board of Directors meeting held in public

Thursday 24 November 2016, from 9.30am to 12.30pm

Elisabeth Room, 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 NSFT website [events calendar](#) a few days before and hard copies will be provided at the meeting.

There is no Board of Directors meeting held in public in December 2016.

Council of Governors meeting held in public

Thursday 05 January 2017, from 12.30 to 4.30pm

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