

## Trust Matters October 2015

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- Suffolk User Forum AGM
- Disability Focus Day
- Inspiring progress in improving mental health for BME communities
- Children and Young People's Mental Health and Wellbeing event
- The Big Carers Forum
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### **NSFT Annual General Meeting + change for the better**

**Thursday 08 October 2015, from 2.30 to 5.45pm**

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

The formal part of our Trust's AGM presents the annual report, accounts and constitution changes. This will be followed by items on the theme of change for the better – including the Putting People First programme, the Service User and Carer Involvement Strategy launch and Nursing Academy presentations.

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

### **Suffolk User Forum AGM**

**Tuesday 20 October 2015, from 10am to 1pm**

**John Peel Centre for Creative Arts in Stowmarket**

This year the SUF AGM focuses on dignity in care, telling the stories of mental health through the first viewing of the photographic project called 'Hello my name is' produced in association with Cooke64, and the service user led Turning Pages book project.

Please book a place by emailing Claire Lee at [claire@suffolkuserforum.co.uk](mailto:claire@suffolkuserforum.co.uk) or calling 01473 329307.

## **Disability Focus Day**

**Tuesday 27 October 2015, from 10am to 3pm**

**One, Scrivener Drive, Ipswich, IP8 3SU**

The Suffolk Joint Diversity Working Group would like to invite you to take part in a day of lively discussion and debate about disability in Suffolk. This is your chance to tell our local councils, the NHS, the Police and other statutory organisations about the issues that concern you or your organisation. All individual disabled people, family carers and disability organisations are welcome. Lunch and refreshments will be provided. There will also be a range of information stalls.

To book a place, please email [enquiries@avenuesgroup.org.uk](mailto:enquiries@avenuesgroup.org.uk) by 16th October 2015.

More info on <http://www.suffolkconsortium.onesuffolk.net/>

## **Inspiring progress in improving mental health for BME communities**

**Thursday 29 October 2015, from 1.30 to 4.30pm**

**IP-City Centre, 1 Bath Street, Ipswich, IP2 8SD**

Healthwatch Suffolk and Norfolk and Suffolk NHS Foundation Trust are holding an afternoon event launching their survey report on mental health issues among Black and Minority Ethnic (BME) communities, and how to progress improvements for BME communities.

Please book via <https://www.surveymonkey.com/r/InspiringProgress2015>

## **Difficult conversations: Children and Young People's Mental Health and Wellbeing**

**Thursday 30 October 2015, from 12.30 to 5.00pm**

**UCS Auditorium, Waterfront Building, Neptune Quay, Ipswich, IP4 1QJ**

A free half-day event organised by Norfolk and Suffolk NHS Foundation Trust's Board of Governors for Trust members and anyone who cares about young people's mental health:

- Listening to and learning from young people and their families

- Partners talking to each other and working together to deliver better services
- Current good practice in approaches to children and young people's mental health and wellbeing

Please book via <https://www.surveymonkey.com/r/CMH2015Oct>

## **The Big Carers Forum**

**Thursday 30 October 2015, from 10.00am to 5.00pm**

**The City Academy, Bluebell Road, Norwich, NR4 7LP**

A forum for those supporting people with mental health problems providing useful advice from psychiatrists, psychologists, service providers and carers. They will be covering various issues affecting mental illness and those caring for them. This is your chance to find support and ask questions. There will be stalls from various organizations and charities explaining what services they provide and how to access them. Guest Speaker: Professor Sir Robin Murray.

A joint event from NSFT / Carers Agency Partnership / Norfolk Carers Support. For more info contact Howard Tidman 07557 290169 [howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk) or Tiffany Cecchini 01603 421370 [tiffany.cecchini@nsft.nhs.uk](mailto:tiffany.cecchini@nsft.nhs.uk)

## **Board meetings held in public**

We welcome your attendance at these meetings. The agenda and papers are available on the website a few days before and can be seen via our event calendar by [clicking here](#) and selecting the meeting. Hard copies will be provided at the meetings.

### **Board of Directors**

**Thursday 22 October 2015, from 9.30am to 12.30pm**

**King's Centre, 63-75 King Street, Norwich, NR1 1PH**

### **Board of Governors**

**Thursday 30 October 2015, morning**

**UCS, Waterfront Building, Neptune Quay, Ipswich, IP4 1QJ**

A very brief Board of Governors meeting will be held in public during the morning. Please check our website for the exact details closer to the date.

## **Prospective governor information sessions**

Governors are volunteers who play a vital role in NHS foundation trusts. They represent the views of local people, appoint Non-executive Directors and the Chair,

and hold the non-executive members of the Board of Directors to account. Elected governors come from all walks of life and share an interest in mental wellbeing and a desire to see Norfolk and Suffolk NHS Foundation Trust develop and thrive. If you think you have the time, skills and commitment to carry out this important role you may like to attend a meeting to find out more.

**Thursday 05 November 2015, 2.00 – 3.30pm**

**The Board Room, Hellesdon Hospital, Drayton High Road, Norwich, NR6 5BE**

**Friday 06 November 2015, 2.00 – 3.30pm**

**Dorothy Room, Endeavour House, Russell Road, Ipswich, IP1 2BS**

Please book a place by emailing [kate.hope@nsft.nhs.uk](mailto:kate.hope@nsft.nhs.uk) or by calling 01603 421291.

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