

Trust Matters – October 2016

- Suffolk User Forum AGM
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 - Norwich Carers Forum
 - Council of Governors special event – Dementia in Perspective
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Suffolk User Forum AGM

Tuesday 18 October 2016, from 10:00am to 1:00pm

John Peel Centre, Church Walk, Stowmarket, IP14 1ET

At the AGM, SUF will be taking forward ideas that people have shared with them for suicide prevention; an introduction to ASIST training; followed by other presentations and information to support wellness and safety planning.

To book a place contact Claire Anderson claire@suffolkuserforum.co.uk or call 01473 907087.

NSFT AGM + Presentations

Thursday 20 October 2016, from 2.30pm

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

The formal part of the Annual General Meeting presents the annual report, accounts and constitution changes. This will be followed by presentations, including the Recovery College, Wellbeing Suffolk and Newly Qualified Academy graduation, with an interval for refreshments.

Prospective governor information sessions

Our governors are volunteers who represent the views of Trust members and the public, including service users, carers and staff. We are holding two sessions for those who are interested in becoming a governor prior to the elections that will take place later this year – information about which will be posted on our website [election page](#).

Wednesday 26 October 2016, from 3.00 to 4.30 pm

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

or

Friday 28 October 2016, from 3.00 to 4.30pm

Elisabeth Room, Endeavour House, Russell Road, Ipswich, IP1 2BS

Please let us know if you are planning to attend by emailing kate.hope@nsft.nhs.uk or by calling 01603 421291. If you are unable to make either meeting and would like us to telephone you to discuss the role please contact Kate Hope as above to arrange a time.

Healthwatch Suffolk AGM

Thursday 27 October 2016, from 9.30am to 2.00pm

Blackbourne Hall, Blackbourne Rd, Elmswell, Bury St Edmunds, IP30 9GY

This year's theme is mental health, with keynote speakers Norman Lamb MP and Natasha Devon MBE.

Free to attend, but limited capacity so please register via

<http://healthwatchesuffolkagm2016.eventbrite.co.uk/>

Board of Directors meeting held in public

Thursday 27 October 2016, from 9.30am to 12.30pm

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

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 be provided at the meeting.

Norwich Carers Forum

Friday 28 October 2016, from 10am to 4 pm

City Academy, Bluebell Road, Norwich, NR4 7LP

Speakers throughout the day:

- Families & mental health
- Personality Disorders – a non-medical perspective
- Could psychosis be caused by your immune system?
- Getting the best from your mental health medication
- Caring for somebody with dementia
- The role of a peer to peer support worker
- Caring for my husband with OCD

All welcome, no need to book.

For further information please contact:

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

Kevin Vaughan 07747777243 Kevin.Vaughan@norfolkcarers.org.uk

Tiff Cecchini 01603421370 tiffany.cecchini@nsft.nhs.uk

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

CoG special event – 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

Please book yourself a place by clicking
<https://www.surveymonkey.co.uk/r/Dementia2016Nov>

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

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