

Dear Members,

Thank you for your interest in our Trust.

Don't forget Norfolk and Suffolk NHS Foundation Trust will be holding its Annual General Meeting (AGM) on Wednesday, 10 October at IP-City Centre, 1 Bath Street, Ipswich IP2 8SD from 1pm to 3pm. The AGM is open to the public and we do hope you will come along and learn what we are doing to improve healthcare and our plans for the coming year.

Your 'Trust Matters' bulletin follows, including information on:

- [Caring for Carers, Norwich](#)
- 'Journeying With Hope' Art Exhibition at Great Yarmouth Minster
- Mind, Body and Soul conference in Suffolk
- Black History Month Event
- Hearing Voices Event

[Caring for Carers, Norwich](#)

The event takes place in the Atrium at the Forum on Monday 8 October from 9am – 3pm, and comes in the run up to World Mental Health Day, which falls on 10 October.

Care for Carers and our Trust have been working closely together to ensure that this year's event reaches out to even more families and carers. This event will give people the chance to find out more about local services which can help carers to safeguard their own health and wellbeing

['Journeying With Hope' Art Exhibition at Great Yarmouth Minster](#)

'Journeying With Hope' is the brainchild of Trust Chaplain Julie Warren and Anna Heydon, Development Worker at Imagine Norfolk Together. It aims to promote the benefits of creative expression along the path of recovery and mental wellbeing and features works by our Trust's service-users, volunteers and staff.

The artwork, which will be on display from Friday, 5 October to Saturday, 6 October, 9.30am-4pm, includes inventive, thought-provoking and inspiring paintings, drawings, photographs, verse, music and a table collage of encouraging words and images.

Mind Body and Soul Conference, 2 November

Our Governors are to host a free half-day conference in Ipswich called 'Mind, Body and Soul' on social prescribing. This is the use of non-medical activities and support services, such as gardening, arts and crafts, sports and other activities which promote healthy lifestyles and community cohesion.

Mind, Body and Soul will be held at Ipswich Town Football Club on Friday, 2 November, between 12 noon and 4.30pm.

In addition to some expert speakers and receiving information on what is available in Suffolk, those registering for the event can choose free taster sessions in a variety of activities, to be held in the event itself.

[* Anyone who would like to attend Mind, Body and Soul should book their place in advance by using this booking link.](#)

Black History Month: 'Celebrating Past, Present, and Future Contributions'

Monday, 22 October(9am – 1.30pm) The Atrium, Wherstead Park, The Street, Wherstead, Ipswich IP9 2BJ

NSFT invites you to join us in celebrating Black History Month at our event supported by the East of England Co-op. Our guest speakers will talk about Windrush and the NHS, what makes them most proud of working in the NHS, and their hopes for the future.

A fabulous lunch and entertainment will be provided.

Everyone is welcome to attend, so please do share this with friends, family, and colleagues who might like to celebrate with us!

You can book free places at the event [here](#) or, [through the link on our poster here](#) .

If you would like to print and display a poster inviting others to the event, please use page 2 of the link provided which is printer-friendly.

Hearing Voices Event

Friday, 26 October 10am to 4pm
University of Suffolk Ipswich IP4 1QJ

The essential place to find out more about why people might hear voices, what might cause it and what can help. We hope to have some interesting speakers with alternative views.

No need to book – just come along.

You can find out more about our governors by clicking on the links below:

[Meet our governors](#)

[Find out about the Council of Governors](#)

Thank you for your continuing interest in mental health services in Norfolk and Suffolk.
