

## Trust Matters September 2015

- Putting People First – co-development events
- Family Dementia Training
- Medicines in Mental Health – member lectures
- Care for Carers event
- Young Persons' Mental Health Carers Forum
- Asset-Based Community Development
- "The Road Less Rocky" – caring for somebody with dementia
- Disability Focus Day
- Board meetings held in public
- Annual General Meeting + change for the better

### Putting People First – co-development events

We have been listening to our service users and carers, who have told us what matters most when accessing our services. We have also heard from our staff about what makes a great day at NSFT as well as what needs to be different in the future. We are now ready to share everything we have heard and would like to invite you to join us to help shape our values. These co-development events are an important way for you to stay involved and help shape our future. Please come along to hear all the feedback and, with your help, we can begin to transform the listening into action.

**Tuesday, 08 September 2015, from 2 to 4pm**

**Robson & Ramsay Room, St Clements Hospital, Ipswich**

**Wednesday, 09 September 2015, from 2 to 4pm**

**Dereham Room, Hellesdon Hospital, Norwich**

Please book using this link: <https://www.surveymonkey.com/r/iyscodevelopment>

For more information please email [inyourshoes@nsft.nhs.uk](mailto:inyourshoes@nsft.nhs.uk)

### Family Dementia Training

Home Instead are providing free Family Dementia Training sessions for those looking after someone with dementia. Improve your knowledge of dementia and

learn new skills to help deal with the physical and emotional day to day challenges of caring for someone with dementia.

**Monday 07 September 2015, from 10am to 12 noon**

**Monday 21 September 2015, from 10am to 12 noon**

**Both at View Café, Hill View Business Park, Old Ipswich Road, Claydon, IP6 0AJ**

To book a place on one of these sessions, please call 01473 835446 or email [cwc@suffolkfamilycarers.org](mailto:cwc@suffolkfamilycarers.org)

Suffolk Family Carers also hope to run 'Caring with Confidence' and 'Caring for Dementia with Confidence' programmes in East and West Suffolk. Please call or email as above to register your interest to attend in your local area.

### **Care for Carers**

**Monday 21 September 2015, from 10am to 3pm**

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

A Carers Help event.

For more information please call 0300 777 8880 or email [info@careforcarers.co.uk](mailto:info@careforcarers.co.uk)

### **Medicines in Mental Health – member lectures**

**Tuesday 22 September 2015 – from 2.00 to 4.30pm**

**Pierce Room, Assembly House, Theatre Street, Norwich, NR2 1RQ**

**Wednesday 23 September 2015 – from 2.00 to 4.30pm**

**Conference Room, Library, Sergeants Walk, Bury St Edmunds, IP33 1TZ**

Lectures – with plenty of opportunity for audience discussion – presented by Andrea Nunney and Anwen Metastasio respectively, from the Trust Pharmacy team. They will give information about some of the most common classes of medicines used in mental health, with their effectiveness in acute conditions as well

as in relapse prevention and also cover some of the common side effects of psychotropic drugs, physical health, adherence and the consequences of non-adherence.

Please book via this link: <https://www.surveymonkey.com/s/MemberLectureAut2015>

### **Young Persons' Mental Health Carers Forum**

**Friday 25 September 2015, from 10am to 3pm**

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

A forum for those supporting young people with mental health problems. We will provide useful advice from psychiatrists, psychologists and carers. All welcome – no need to book. Refreshments provided and free holistic therapies.

For more info contact Howard Tidman on 07557290169

[howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk)

### **“The Road Less Rocky” – caring for somebody with dementia**

**Fri 02 October, from 10am to 5pm**

**Quaker Meeting House, Bury St Edmunds**

A joint Suffolk Family Carers / NSFT event using the Carers Trust strategy.

For more info contact Howard Tidman 07557290169 [howard.tidman@nsft.nhs.uk](mailto:howard.tidman@nsft.nhs.uk)

or Martin Jones 07500228000 [martin.jones@suffolkfamilycarers.org](mailto:martin.jones@suffolkfamilycarers.org)

### **Asset-Based Community Development**

Asset-Based Community Development is about looking at the world in a positive way – asking “what's strong with you?” not “what's wrong with you?” It looks at the strengths, talents and gifts of people and communities, and builds connections and relationships of trust. The current nine month South Norfolk project is working alongside people with lived experience of mental & emotional health issues and their carers to map the services and support available in their communities.

They have a Project Reference Group for anyone who wants to help ensure the

project is successful and reach as many people as possible. The next meeting is on Friday 2nd October, from 1 to 4pm at the Willows Centre, Cringleford.

For more information about the ABCD Project check their website

[www.abcdproject.org.uk](http://www.abcdproject.org.uk)

If you would like to get involved in the ABCD Project please email

[shell@abcdproject.org.uk](mailto:shell@abcdproject.org.uk)

## **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/>

## **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 24 September 2015, from 9.30am to 12.30pm**

**Endeavour House, 8 Russell Road, Ipswich, IP1 2BX**

### **Board of Governors**

**Thursday 01 October 2015, from 1.30 to 4.30pm**

**Endeavour House, 8 Russell Road, Ipswich, IP1 2BX**

## **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 the 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. Refreshments will be available.

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