

Trust Matters – September 2016

- Recovery College new timetable
 - Volunteer applications now open
 - New-look Wellbeing Suffolk launches
 - Wellbeing activities
 - Board of Directors meeting held in public
 - Healthwatch Norfolk AGM & Showcase Event
 - A challenging and rewarding opportunity
 - Council of Governors meeting held in public
 - Suffolk User Forum AGM
 - NSFT Annual General Meeting + Presentations
 - Prospective governor information sessions
 - Healthwatch Suffolk AGM
 - Norwich Carers Forum
 - Council of Governors special event – Dementia in Perspective
-

Recovery College Timetable

The new Recovery College Timetable can be seen by [clicking here](#).

In addition, they anticipate there will be extra courses and workshops to those on the timetable later in the term including: Recovery College tutoring - is it for you?, Thinking about employment, Understanding and exploring dual diagnosis, Managing sleep problems, Art, museums and wellbeing, Service user and carer involvement, Learning to live with anger and Eating well on a budget. Please check the website for updates: www.recovery-college.org.uk

You can come to the Recovery College if you:

- are a current service user who is 16 or over
- have used mental health services in the past 12 months and attending the Recovery College is part of your discharge plan
- are a carer of the above. You can come to the college either with the person you support or on your own
- have a named lead professional and are in the Assessment and Focussed intervention part of the service
- are part of an organisation working to support people across health and social care (eg Age Concern, homeless charities and Young Carers)

Volunteer applications now open

We are currently recruiting for several exciting volunteer opportunities and are appealing for applications from caring, committed and enthusiastic individuals. The volunteer roles available are:

- Spiritual Support Volunteers
- Sports Motivators
- Cooking Support Volunteers
- Gardeners
- Carers Desk Helpers
- Music Volunteers

If you are interested in getting involved, please visit the [Volunteers webpage](#) for more information, role descriptions and details on how to apply. You can also contact Eve Edwards, Voluntary Services Manager, who would be delighted to hear from you by email eve.edwards@nsft.nhs.uk or ring 01603 421348.

Wellbeing Suffolk

The new-look [Wellbeing Suffolk](#) service was launched this month. The Trust works with a wide variety of community and third sector organisations to deliver the service, including Suffolk Family Carers, Relate and 4YP, who will provide interventions to boost wellbeing and to support carers.

Nesta Reeve, Consultant Clinical Psychologist and Clinical Lead, said: “We are really pleased to be launching this innovative and creative new service, which will help thousands of people of all ages to overcome conditions such as anxiety, depression and stress.

“As well as offering an increased range of support and maximising the use of technology in delivering our interventions, we will be working proactively with our partners to focus on the things people can do lead a good life and build resilience within communities of Suffolk.”

To read more please [click here](#).

Wellbeing activities

The website www.wellbeingnands.co.uk merges Wellbeing Suffolk with that for Wellbeing Norfolk and Waveney. You can also follow them individually on Twitter or see their Facebook pages via links at the top of the web page.

The site has lots of ways to help you live your life – including courses at a variety of locations, and advice on self-help such as ‘The five ways to wellbeing’. Norfolk and Waveney currently organise a range of social events across their area (listed under ‘take part’). And in Suffolk, the Wellbeing team are happy to help you find social groups and activities that may be both beneficial and enjoyable to you.

Board of Directors meeting held in public

Thursday 22 September 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 website [events calendar](#) a few days before and hard copies will be provided at the meeting.

Healthwatch Norfolk AGM & Showcase Event

Thursday 22 September 2016, from 9.30am to 3.00pm

Forum, Millennium Plain, Norwich, NR2 1TF

With guest speakers Eneida Mioshi, Luke Woodley, Rod Eldridge and Zena Aldridge.

To book a place, please email enquiries@healthwatchnorfolk.co.uk

A challenging and rewarding opportunity

We are seeking independent people to join our team which assists the Trust in ensuring that the rights of patients being detained under the Mental Health Act are protected.

As a member of a panel, hearing appeals from patients against their continued detention, you will need to have:

- A keen interest in mental health
- The ability to travel to various locations in Norfolk and Suffolk to attend hearings
- The skill to interpret detailed reports and communicate your thoughts confidently
- An awareness of how social, cultural, ethnic and spiritual issues impact on patients' lives

We will provide a full training and development programme. While this is a voluntary role, a small fee is paid for attendance at hearings and appropriate travelling expenses may be claimed.

Open information days will be held in the following areas:

- Bury St Edmunds – 05 October 10.30am
- Diss – 05 October 2.30pm
- King's Lynn – 14 October 2.30pm
- Lowestoft – 18 October 2.30pm
- Ipswich – 18 October 7pm
- Norwich – 26 October 10.30am

To receive additional details on open days, or for more general information, please contact susan.o'hagan@nsft.nhs.uk

Council of Governors meeting held in public

Thursday 06 October 2016, from 12.30 to 4.30pm

Elisabeth Room, Endeavour House, 8 Russell Road, Ipswich, IP1 2BX

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 and Nursing Academy Awards, 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://healthwatchsuffolkagm2016.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

Norwich Carers Forum

Friday 28 October 2016, from 10am to 4 pm

City Academy, Bluebell Road, Norwich, NR4 7LP

Speakers throughout the day, and we hope to have talks about:

- The different types of mental illnesses
- Medication management

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. It will have a similar format but different content to the February 2016 special event in Norwich:

- A service user and a carer share their experiences of 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>