

Dear Members,

Thank you for your interest in our Trust.

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

- Mind, Body and Soul conference in Suffolk
- Update on the Suffolk STP consultation
- Event to help NSFT improve support for carers
- Suicide Prevention Strategy Update: Working together to help prevent suicide
- Psychiatrist prepares to brave the shave for cancer charities

Mind Body and Soul Conference

Our Governors are to host a free half-day conference in Ipswich called 'Mind, Body and Soul'.

Service users and their families, health and social care professionals and anyone with an interest in mental, physical and spiritual health are invited to this special event, looking at health and recovery through 'social prescribing'.

This is the use of non-medical activities and support services, such as housing and benefit advice, gardening, arts and crafts, sport etc 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.

Ian Hartley, an NSFT Public Governor representing Suffolk who is helping to organise the conference, said: “It is exciting to see how our NHS in Suffolk is recognising and responding to the needs of the community by the introduction of social prescribing.

“Social prescribing recognises that as well as medication and talking therapies; stress, anxiety, loneliness and depression can be addressed by a range of activities that make people feel better and more able to cope.

“For example, by encouraging and supporting people to take regular exercise, or to join lunch clubs, craft and gardening groups, the NHS is promoting wellbeing.

“We hope as many people as possible will join us for what promises to be a really enlightening, engaging and interactive afternoon.”

Mr Hartley added that the conference would feature an update on investment plans for Suffolk and opportunities to hear stories from the county of successful social prescribing and the wide range of activities and support available.

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

Suffolk Mental Health Transformation Update



Mental health services in east & west Suffolk

#AVeryDifferentConversation

Some of our members have asked what is happening to the feedback they have submitted to the Suffolk Mental Health Transformation Survey.

The surveys are part of a much larger engagement exercise that aims to help create a new model for east and west Suffolk that will bring mental and physical health services much closer together.

Healthwatch Suffolk will then gather and analyse the feedback before preparing a report making a case for change for the NHS Ipswich & East Suffolk and NHS West Suffolk clinical commissioning groups' (CCGs) governing body meetings in November.

The surveys are live at present. To respond to one of the surveys please use one of the links below:

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- People who use, or have previously used mental health services, should respond [HERE](#)
- Carers of people who use, or have previously used mental health services, should respond [HERE](#)
- Professionals who work in mental health services or support people with mental health needs should respond [HERE](#)

Event to help NSFT improve support for carers

A free drop-in event will be held in Great Yarmouth next week to help health professionals improve the support they provide for people caring for someone with mental illness.

“What Matters to Me?” on Saturday, 22 September, is being organised by our Trust.

Howard Tidman, a Senior Practitioner with Great Yarmouth Acute Services, described the event as “unique”.

He said: “It’s not unusual for NHS organisations like ours to support carers but I’ve never heard of a Trust proactively going out into the community to ask how they can do it better.

“We want to know how best to support carers, be they family members or friends, of people with a mental illness. We want to listen to what their needs are and to what they would find useful, and then introduce changes to improve the support we give.

“We’re keen for as many carers as possible to drop in to tell us how we can improve the service we give.”

The event will take place in the Kings Centre in Queen Anne’s Road, Southtown, between 10am and 1pm. There is no need to book, and carers can drop in at any point between those times.

For more information about the 22 September event, contact Howard Tidman (07557 290169; howard.tidman@nsft.nhs.uk) or Dallas Catchpole, Deputy Business Support Manager at the Resource Centre, Northgate Hospital, Great Yarmouth (01493 337793; dallas.catchpole@nsft.nhs.uk).

Suicide Prevention Strategy Update: Working together to help prevent suicide

As World Suicide Prevention Day took place on 10th September, members have requested information on the Trust’s suicide prevention strategy.

A range of initiatives designed to reduce suicides among our service users have been introduced as part of a continuing drive to cut the number of people who take their own lives.

The first year of the Trust's Suicide Prevention Strategy, which runs from 2017 to 2022, has seen a variety of educational events take place to target the groups most at risk, while specific training will soon be rolled out to NSFT staff to raise awareness of the needs of carers.

In addition, the Trust has joined the Zero Suicide Alliance (ZSA), which is a coalition of NHS organisations, emergency services, councils, charities, large employers and community groups who all support the ambition of creating a world where suicide does not exist.

By working closely together, ZSA hopes to share good practice and improve the support available for people who are thinking about taking their own life so that everybody knows where to go for help or what to do if they meet someone who is suicidal.

As part of its commitment to the initiative, NSFT has also pledged that all 4000 members of staff – including those working in non-clinical roles – will complete ZSA e-learning on suicide prevention. So far nearly half have done so, with the module providing them with the necessary skills to approach people who may be having suicidal thoughts, as well as helping them access further support.

The Trust is also continuing to work with both Norfolk and Suffolk Public Health Suicide Prevention Boards, which are multi-agency groups which share the ambition of reducing suicides by 10%, with the partnerships recently showcased by the National Suicide Prevention Alliance.

Psychiatrist prepares to brave the shave for cancer charities

A psychiatrist working for our Trust is preparing to brave the shave and lose her crowning glory to help two cancer charities.

Dr Lauren Coates, a consultant child and adolescent psychiatrist based in King's Lynn, has pledged to have her hair shaved off once she has achieved her £1,000 fundraising target for Cancer Research UK.

She will then also donate her shorn locks to the Little Princess Trust, a charity that provides real hair wigs free of charge to children and young people up to the age of 24 who have lost their own hair due to cancer treatment and other illnesses.

"I have had many family members, friends and colleagues diagnosed with cancer from my early childhood up to the present time," she said. "Many have survived, some have not.

"There are currently people I respect and care about who are undergoing treatment for cancer and I finally decided to 'brave the shave' because I feel passionate about helping more people survive cancer.

"It's possible that I or another person I love could be the next to be diagnosed and I would like to know that I have contributed to developing more effective treatments."

Dr Coates, who is 39 and based in Thurlow House, Goodwins Road, said she had always had long hair and took particular pride in it when she was a young girl.

Her hair is now halfway down her back but in the past it has been so long that she has almost been able to sit on it.

Once she has achieved her £1,000 target – so far, she has raised £483 plus £112 Gift Aid – she plans to have all of her hair shaved off in a community setting so people can watch the event and, hopefully, donate more money.

“My grandmother survived breast cancer and my mum has had bowel cancer and, fortunately, is still with us,” she said.

“One colleague has returned to work following cancer treatment and two more are currently undergoing treatment for breast cancer.

“Braving the shave is something I’ve been thinking about for some time but, to be honest, it’s something I’ve wimped out of until now.”

Dr Coates said that she had explained to her seven-year-old son that she was having her hair shaved off to help children who are ill.

While he understands the reason for the forthcoming head shave, she had to reassure him that her hair would grow back again!

* Anyone who would like to make a donation towards Dr Coates’s fundraising target can do so via:

<https://fundraise.cancerresearchuk.org/page/laurens-brave-the-shave-page>

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.
