Dear member and supporter,

Wendy Shepherd has had a great month at SUF settling in to her new role and already has met a lot of members and supporters. Claire Lee has been busy learning the ropes and organizing the Human Rights event on the 9th June – more on page 3.

David Jay and the SUF team had an excellent day at the Anglia Business Exhibition (despite the wind and rain!) and made a lot of great contacts for our Hidden Talents project for mental health in the workplace, plus David gave a great talk at the BuryNet meeting recently.

SUF trustees have also been out attending events and I have been to the Mental Health Law Forum, Ipswich VASP as well as other strategic meetings for SUF. Please do contact us as we want to hear your views of mental health services in Suffolk.

Jayne Davey, SUF Manager

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Wendy Shepherd, Service User Engagement Lead – May has been a busy month!

Although Wendy is a part-time member of staff she has been out and about in May going to various events, meetings and conferences, plus contacting individual service users to hear about personal experiences of mental health services in Suffolk.

SCIP is “Suffolk Continual Improvement Partnership” covering West Suffolk. On the 13th May Wendy attended this meeting at F Block, Hospital Road in Bury. Sharon Picken of NSFT explained the service user and carer involvement and engagement strategy – this to be called ‘improving our services together’, with 6 commitments see page 2. The SCIP meetings are held every month with all service users and carers welcome to attend. If you would like to go along with Wendy please call or email her details below. The next meeting is 17th June at 12pm.

On the 14th May Wendy attended the Diversity Conference at Kesgrave Community and Conference Centre, Ipswich. This was an interesting conference and Wendy attended the workshop run by the Bangladeshi group and then the workshop run by Stonewall on Unconscious Bias.

The 15th May saw the launch of the Suffolk Mind Peer Support Group at Ipswich Library. This is for those wishing to set up their own peer support group and more information can be found at www.suffolkmind.org.uk

The Bury Net meeting on 20th May was an opportunity for David Jay to present the Hidden Talents project and raise awareness of mental health at work. More information page 2. Wendy attended this event with David and shared information about SUF with other attendees.

Email: wendy@suffolkuserforum.co.uk
mobile number: 07961089607

Wendy will be at Sudbury VASP 3rd June, a Dual Diagnosis event 11th June at UCS Ipswich, West Suffolk VASP on 23rd June at Mildenhall and the Mental Health Focus Group at Healthwatch in Needham Market 30th June plus many more events. We really want more of our members and supporters to come along to these events with Wendy, please get in touch with us for more details.
Hidden Talents

On the 6th May 2015 David and the SUF team attended the Anglia Business Exhibition, at Trinity Park Ipswich. There was a lot of interest from attendees and stall holders about mental health in the workplace. We are pleased to announce that Suffolk Norse are the winners of the free workshop! If your business is interested in a workshop as an introduction to mental health in the workplace contact David on 01473 329307 or email david@suffolkuserforum.co.uk

We were delighted that David was invited to speak at the BuryNet event on the 20th May, and it was great to hear Jacqui Fairley speak as well. This event was well attended with 20 stallholders. Feedback has been really positive.

David Jay says:-
"The event was very well supported and it was particularly useful to meet many new contacts. The screening of “Behind the Curtains” resulted in some very positive feedback mainly about the importance of hearing personal stories. The concept of the Hidden Talents workshops was also acknowledged as a valuable tool to help break down the difficulties in talking about mental ill health”.

Mental Health Survey – give your views by the 7th June

From feedback and national best practice, there are six priorities to improve mental health care in Suffolk. These will support people in crisis, join up services and improve care and support.

You can help to ensure that the six priorities and areas for action are the right ones that will really help people.

These priorities state that:
1. More people will have good mental health
2. More people with mental health problems will recover
3. More people with mental health problems will have good physical health
4. More people will have a positive experience of care and support
5. Fewer people will suffer avoidable harm
6. Fewer people will experience stigma and discrimination

SUF has been involved in this project and we really encourage our members and supporters to complete the online survey by 7th June 2015

Human Rights Training 9th June - UCS, Ipswich

SUF have organized, with the British Institute of Human Rights, a one day workshop to be held in Ipswich. From our experience in SUF there is one big message around Human Rights which is how to help people relate to what human rights mean for them. In SUF we agreed some very basic human rights around every day living (managing relationships - significant for our mental health) which have been adopted as the values of SUF. These can be found on our website.

We encourage delegates to tell us beforehand what issues they have in understanding how human rights apply to their particular set of circumstances. BIHR have really good case studies that are recent and topical and will bring examples that show the Human Rights Act in action.

This workshop is free to attend however places are limited. Booking forms will be available soon but if you would like to attend or would like more information please contact SUF on tel: 01473 329307

Co-Production- what does it mean really?

The “Listen” poster as an example of where ‘co-production’ or working together between service users and service providers, resulted in a positive outcome.

Service users and clinicians in east Suffolk joined forces to create new resources. Posters and badges have been created to act as a reminder for anyone working with someone in a high state of distress, and carry the acronym: Listen and look, Involve and inform, Share understanding, Time and availability, Empathise, encourage and evaluate, Next steps in treatment.
A Support System Just For Me!

- Do you live in Ipswich or Suffolk Coastal council area?
- Do you ever feel that you don’t get time for yourself?
- That no-one ever really listens to what you say?
- Do you ever feel isolated, or stuck, or that life just doesn’t go your way?

If your answer is “Yes”, this may be a good time to look at Peer Support Network! A simple way for people to begin to help themselves, that is free to learn, free to use, and will last you a lifetime!

2nd June 15, Saxmundham, 6.30pm to 8pm
4th June 15, Ipswich, 10.30 am to 12noon
18th June 15, Ipswich, 6.30 pm to 8pm
3rd Sept 15, Saxmundham, 6.30 pm to 8pm
1st Oct 15, Suffolk Coastal area, 1pm to 2.30pm

Booking and information – Pre-booking for a taster is essential, so please email us at psn.admin@suffolkmind.org.uk or call 0300 111 6000 to reserve your place. For more information about PSN and course dates visit www.suffolkmind.org.uk

Art In Mind
An arts in mental health project - making art a part of life
An Art In Mind course will provide you with a safe yet stimulating environment in order to challenge you to extend your skills and knowledge base in the arts.
You will work at your own pace within a small group setting. There are a maximum of 8 places on each course.
The courses are not just about painting and drawing – the aim is to explore many various creative techniques so that no matter what your abilities are you will be able to make art.

COST for the six week course (6 x 2 1/2 hour sessions) is £15 which includes all materials. No referrals necessary.
BOOKING is essential.
To book a place or for further details, visit: artinmindblog.wordpress.com
www.lockarts.org.uk

Suffolk User Forum – A mental health service user led organisation.
Registered Charity No. 1133457
Registered Company No. 06946785

CONTACT US TO BECOME A SUF MEMBER NOW!
TOGETHER WE ARE STRONGER
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