



Suffolk User Forum
The New Hollies, Unit 3,
Grange Business Centre,
Kesgrave, Ipswich, IP5 2BY
01473 907087
www.suffolkuserforum.co.uk
hello@suffolkuserforumco.uk

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SUF Chairs Update – December 2020

Dear SUF Community Member,

This is our second update letter from the board of trustees to keep you in touch with what we cover at SUF board meetings. It is my first letter as the new Chair of the board of trustees and I hope you find it interesting. As always, we welcome your feedback.

Our AGM in November

Like many organisations, we always look forward to our AGM as it gives us a chance to meet with our members and to reflect on the work of the previous year. This year of course we could not meet in person, which was a pity, but we did hold an online AGM event instead. If you were able to join us, thank you for doing so. I hope you found it informative and that it gave you an insight into how we have adapted to the challenges of COVID. If you were not able to make it and would like to see what you missed, you can find the presentations [HERE](#)

A new project to help people access their healthcare rights

A lot of research, both here in the UK and internationally, shows that people with severe mental health problems are much more likely to have physical health problems too. There are many factors that contribute to this. But the result is that too often preventable illnesses stop people from getting the most out of life.

Over the years our team at SUF has learned a lot about supporting people to access healthcare. We have now been approached by the Clinical Commissioning Group to run a six-month pilot project to help people with severe mental health problems to get their physical healthcare check-up. We will be working in partnership with the physical healthcare team at Norfolk and Suffolk NHS Foundation Trust and providing one to one support. It is an exciting opportunity that fits well with our commitment to helping people access their entitlements. One of the questions which we were asked at our AGM was whether we planned to recruit volunteers. We agreed at the meeting that this was something that we wanted to take forward and I am pleased to say that this project will give us an opportunity to work with a small number of volunteers.

At the moment we're planning how we will run the pilot and we will keep you posted on how it progresses in future letters.

SUF Five Ways to Wellbeing

Trustees heard from Tina and Chloe about the Five Ways to Wellbeing course that they had run before COVID, and which they have now successfully transferred online. We heard some very positive feedback from people who have participated in the course. We have funding to run one more course at the moment, and we're optimistic that we will be able to apply for more funding and will let you know when more places become available.

Looking ahead to 2021

There is no doubt that, for all of us, 2020 brought lots of challenges and most of us are looking to 2021 with some uncertainty. However, it is worth noting that SUF's position is secure for the coming year and we will continue to look for ways to support all of our members. With vaccinations now being rolled out there is at last good reason to think that the coming year will be safer and more social for us all.

Thank you for your continued support for our work.

Best wishes to you for the coming year from everyone at SUF.

Yours sincerely

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SUF Chair of Trustees