



Suffolk User Forum
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24th March 2021

Dear SUF community member

After each SUF board of trustees' meeting I write to members to let you know what we discussed. Here is a summary from our March 2021 meeting (we do not hold a meeting in February) which I hope you will find interesting.

Membership

We are first and foremost a membership organisation and it is your support and your feedback that we draw on every day in our work. Chloe Newman, who some of you will know, joined the board meeting this month to tell us about her conversations with members. Over recent weeks Chloe has been contacting members to check that we have the right contact details including email addresses. These calls have provided an opportunity for some informal discussions about SUF's work. We were pleased to hear that for many members, although they don't necessarily want to be actively involved, our newsletter and updates are helpful and valued.

Healthy Together update

In previous letters I have told you about a new project that we have been planning with commissioners and with Norfolk and Suffolk NHS Foundation Trust (NSFT) called *Healthy Together*. We know that people who experience mental health problems often also have poor physical health and that sometimes getting support can be very difficult. The project aims to help people access their physical health entitlements. We are working closely with the physical health team at NSFT who refer people they know for extra support from SUF. A huge amount of preparatory work was needed to get to this point, and I am pleased to write now to tell you that we are already working with almost a dozen people. The feedback so far has been very positive, and we will have more details for you in our next newsletter.

Date for your diary – your invitation to our AGM

Our 2020 AGM was online and, although it went smoothly, we did miss the chance to talk with members face to face. We're hoping that this year we will be able to go back to seeing everyone in person and have set the date for Tuesday 16th November 2021 at 10:30am.

It is still a little too early to know for certain whether we will be back to meeting face to face again this year, but we will keep you posted as the year progresses.

We've all just passed the anniversary of when we first went into lockdown and I know how difficult the year has been for many members. With the vaccination programme rolling out so efficiently it is to be hoped that we are all soon enjoying a sunny spring and can look forward to a better summer. Thank you for your continued support for our work at SUF.

Best wishes,

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SUF Chair of Trustees