



Suffolk User Forum
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Dear SUF Community Member,

Here is my regular letter to update you about the business that the SUF board is currently dealing with. I do hope you will find it interesting.

Healthy Together update

At our last board meeting, one of our Healthy Together Peer Support Workers joined us to tell us about how the project was developing. The Healthy Together project helps people with severe mental health problems to access physical health care support. We know that people with mental health problems can often have poor physical health and the reasons for this can be complex. Our Peer Support Workers help people to identify and achieve their health goals by working alongside them. The results are impressive and we're finding that by giving people time and practical support, long-standing barriers to physical health can be overcome. Very often the underlying issues are social such as housing or benefits. It is a good example of how we are able to work in partnership with Norfolk and Suffolk NHS Foundation Trust and make a real difference to service users.

New Mental Health Bill

Although it didn't receive much news coverage, the government published its proposals for a new Mental Health Act at the end of June. The bill is based on a report that was published in 2018. There are welcome proposals to ensure that informal patients on wards have access to advocacy by law and to provide extra safeguards for people with learning disabilities and autism. If you would like to read more about the proposals [click here](#). We will be following the bill's progress through parliament and will keep you updated.



Suffolk User Forum
Registered Company Number 06946785
Registered Charity Number 1133457

Good Governance

A certain amount of board time is spent looking at our governance, that is, making sure that SUF is properly run. In June we reviewed our Adult and Child Safeguarding Policies to make sure that they stay up to date. We update our trustees' register of interests regularly and this is published on the SUF website [HERE](#). Every year we also ensure that all staff are up to date with their training and have had an annual appraisal.

That's all for this month. I will write again at the end of July.

Yours sincerely

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Guenever Pachent
Chair of Trustees

For and on behalf of
Suffolk User Forum

