



Suffolk User Forum
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Dear SUF Community Member,

This is my first letter of 2023, and I would like to take the opportunity to wish all our SUF members a very happy new year. As usual, here is an update from our last board meeting (held just before Christmas) which I hope you will find interesting.

Our AGM

Thank you to everyone who attended our AGM in November at Kesgrave Community Centre or online. It was good to see you all and to have the opportunity to tell you about SUF's work over the previous year. It was particularly interesting to hear about our partnership working with Norfolk and Suffolk NHS Foundation Trust's physical health team (at the session before the AGM) and I know that many people also thought that the LISTEN video on suicide prevention was very well produced. Getting the tone and the content right in a video like that is tricky, but people seemed to agree that the makers had fulfilled the brief we gave them very well.

We're already thinking about our next AGM and would welcome any suggestions or feedback (hello@suffolkuserforum.co.uk). Next time we plan to book the centre for longer which will mean that we will have more time for discussion, and we also hope to provide a lunch.

Healthy Together

As we heard at the AGM, although the Healthy Together project is very much appreciated by the people who have its support, we are finding that GPs are not referring as many people as we hoped. The service is for people who are living with severe and enduring mental health problems who would like extra support to access physical health care services. Are you, or someone you know, in this position? If so, you can ask to be referred.



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We have put more information about this on the SUF website and you might find these links useful. [Why is an SMI Annual Physical Health Check important? - Suffolk User Forum](#) and [How can I be referred to Healthy Together Peer Support - Suffolk User Forum](#)

At the time of writing, we are completing the tender process for the Healthy Together project funding from April 2023. As we heard at the AGM, the project is something the SUF team can be rightly proud of, but there is a competitive process for future funding, and this will take up quite a lot of our time in the coming weeks. We will let you know when we have more news.

Membership of SUF

You may remember that SUF used to have sufficient funding to employ engagement workers who organised and attended events. They really made a difference in explaining what SUF does and how to join. As our funding has contracted, we have not been able to fill these posts and so our membership recruitment has levelled off. Do you know anyone who might like to join? As you know, membership is free. More information can be found on the SUF website, [Suffolk User Forum Membership](#).

That's all for this month. I will write again after our next board meeting.

Guenever

Guenever Pachent
Chair of Trustees

