



NSFT Recovery College expands its services

NSFT's Recovery College is opening up its courses to help more people on the road to recovery from mental health issues.

The courses are now available to a wider audience to give more people the chance to access them.

The Recovery College has been running successful webinars since the COVID-19 pandemic, but was keen to engage service users, carers and the wider community with a similar set-up to its class-based courses.

Staff are using Zoom and have adapted existing courses for online for up to 12 participants.

Breanne Cook, recovery project manager, said participants would be able to join small discussion groups, share online information and take part in tasks, just as if they were in a classroom.

"We are keen to open these courses to

other people in the community who may be experiencing mental health challenges but do not meet the threshold to come under NSFT care," she said. "We want to get the word out to anyone who might benefit from Recovery College, through GPs and third sector organisations."

The courses have been co-produced with peer tutors.

Breanne added: "For some people, the online offer might encourage more people to take part. When we are in a classroom people can find it difficult to push that door open and come in."

Courses include How to Tell Your Story, Moving On, Wellness Planning and Safety Planning. A full programme, which is updated monthly, is on the NSFT website www.nsft.nhs.uk.

Recovery College is also on Twitter, Facebook and Instagram.

Virtual carers support

Are you providing much needed care for a loved one, friend or family member?

Then check out the Virtual Family & Friends Support Group on Thursdays 6-7pm.

The groups gives people the chance to meet other families, share ideas in a safe and confidential setting, address fear and anxieties and learn more about mental health problems and how you can help your loved one.

For more information and details of how to sign up call Tiff Cecchini on 07557 179711 or email tiffany.cecchini@nsft.nhs.uk.

Suffolk ●●●
Family Carers

Living Fuller Lives

Do you need to offload?

Our team of experienced advisers are here to listen and give you time to do this.

Many of us are, or have been, family carers and appreciate the importance of being able to 'off load'

Please contact us on 01473 835477, or hello@suffolkfamilycarers.org

A quote from Eddie . . .

People Participation Lead Eddie Cross says:

"Our Carer leads are very much appreciated for not only their professional role but also for the personal lived experience they bring having supported their own loved ones through difficult times."

Let's meet

Margaret Tanner

People Participation
Lead, Norfolk & Waveney
Children, Families and
Young People



First record: I think it was a cassette tape of Ralph McTell

Fav food: I'm veggie and like to experiment with different flavours but generally anything that isn't too spicy. I'm relatively new into the role in Norfolk, so still finding my feet. I would love to see more young people involved in shaping our services as well as hearing from parents and carers. I've had to adapt to working from home and I'm embracing linking up with people through the use of technology.



We can find ourselves in the strangest of places, we all need help sometimes!

Carer from Dereham

Enhanced support for carers from this month

From 1 September, Carers Matter Norfolk has been delivering an enhanced service, including the capability to undertake Carer's Assessments on behalf of Norfolk County Council.

This means carers will no longer have to seek an assessment and support from different places. This change reflects the feedback from carers who said that services are fragmented and they are often unable to receive the support they need

early enough in their caring journey.

The offer will also include:

- A single integrated service for Carers in Norfolk
- A flexible service that can respond more effectively
- An increase to Carers Matter Norfolk frontline staff to support carers
- A health and wellbeing fund
- A short breaks service

You can find out more at carersmatternorfolk.org.uk.

How to Access the Service

The main points of contacts for carers haven't changed and anyone can refer into Carers Matter Norfolk. The service offers a seven-day-a-week advice line 0800 0831 148 or livechat on carersmatternorfolk.org.uk. The advice line is available Monday to Friday, 9am-8pm, and Saturday and Sunday, 10am-2pm.