

Let's talk about it - Join us this October for Mental Health Month

As part of the Trust's ongoing commitment to raise awareness and promote discussion of mental health issues, we are holding a number of events across our Springfield and Tolworth sites in October, including:

- Our annual digital photography competition. The theme for 2018 is contentment - what does it mean to you? Search #Upliftingimage on Twitter for the latest news.
- An exhibition celebrating **Black History Month** at the Evolve BME Staff Conference, which features internal and external speakers.
- Recovery College courses for our staff, patients, their carers and family throughout the month.

Details on each event and booking information can be found on our website: www.swlstg.nhs.uk

Did you know?

1 in 4 people will suffer from a mental health problem at some point in their life. We should not be afraid to 'talk about it'.

Trust hosts VIP visitor from Australia to its ground breaking Recovery College

In September, the Trust welcomed Shane Rattenbury, who is the Minister for Mental Health in the Australian Capital Territory (ACT) Government to learn more about the Trust's pioneering Recovery College.

The Minister met with some of the current peer trainers to hear first-hand about the college's approach to co-production and about their successes. They also heard from staff about the challenges of transitioning from a pilot to a full college and the outcomes that the college has seen.



Australia's Minister of State for Mental Health visiting Springfield Hospital - September 2018



Ann Beasley CBE, Chair of SWLSTG

South West London and St George's Mental Health NHS Trust welcomes new Chair

In September, we were delighted to announce the appointment of Ann Beasley CBE as the new Chair of the Trust.

A Kingston resident, Ann is a lifelong supporter of public services and has considerable experience of working at the highest levels of government and brings a wealth of experience across a range of sectors, which will help steer the Trust towards its goal of being a Care Quality Commission Outstanding Organisation.

The Trust would also like to express our thanks to Peter Molyneux for all of his important work and contributions over the last seven years as Chair.

আপনি অন্য ভাষায় এই বর্ণিত চাই, সহজ গার্বযোগ্য বিন্যাস বা ব্রেইল ভাষায় আপনার নাম, ঠিকানা এবং আপনি প্রয়োজন বোধ করেন বা বিন্যাসের বিবরণের সাথে যোগাযোগ করুন.

তমি অন্য ভাষায় আ হস্তাবেশ মাংগি চি, সহজ বাখী বঁধারুমা অহবাবেচল পড়ি তমাদু নাম, সরনামু অনে তমি জড়ি চি 3 জমা বঁধারুনা(বিত) সাধি অমনে সংপর্ক ক্রি.

Jeśli chcesz tego dokumentu w innym języku, łatwe Format odczytu lub Braille'a, prosimy o kontakt z nazwą, adresem i szczegółoly, które wymagają formatu.

다른 언어로이 문서를 좋아 한 경우에, 읽기 쉬운 형식이나 결자는 당신의 이름, 주소, 당신이 요구하는 형식의 세부 사항에 저희에게 연락하십시오.

நீங்கள் வேறு ஒரு மொழியில் உள்ள இந்த ஆவணம் விரும்பினால், எளிதாக படிக்க வடிவத்தில் அல்லது ப்ரெய்லி பின்னர் உங்கள் பெயர், முகவரி மற்றும் உங்களுக்கு தேவையான எந்த வடிவமைப்பில் விவரங்களை எங்களுக்கு தொடர்பு கொள்ளவும்.

If you would like any of our leaflets in another language or format, please contact us with your name, address and details of which format you require.

Any questions? Contact us

Visit our website: www.swlstg.nhs.uk/estate-modernisation

Email: regeneration@swlstg-tr.nhs.uk

Twitter: @SWLSTG