

Campaign to Save Mental Health
Services in Norfolk & Suffolk



Mental Health Services are in Severe Crisis

Join us in marching on Norman Lamb on 24th & 25th May!

Norman Lamb refuses to take responsibility for the crisis:



- *cuts to psychiatric beds, so that patients are being admitted hundreds of miles away from home*
- *cuts to community and crisis teams, so that vulnerable people in the community are not receiving the care they need*
- *key specialist teams abolished*
- *social care cut*
- *delays in getting help to people in crisis*
- *suicide rates increasing for the first time in 10 years*

Norfolk & Suffolk NHS Foundation Trust (NSFT) blames the Clinical Commissioning Groups (CCGs).

The CCGs blame NSFT.

Norman Lamb blames everyone except himself and claims he is 'campaigning' for 'parity of esteem.'

But Norman Lamb is the Minister of State for Care and Support at the Department of Health.

Mental Health is his responsibility but services in Norfolk and Suffolk are a disgrace.

ASSEMBLE 0900-0930 at HELLESDON HOSPITAL ON SATURDAY 24TH MAY

We are making a difference!

Join Campaign to Save Mental Health Services in Norfolk & Suffolk:

On the web: <http://norfolksuffolkmentalhealthcrisis.org.uk/>

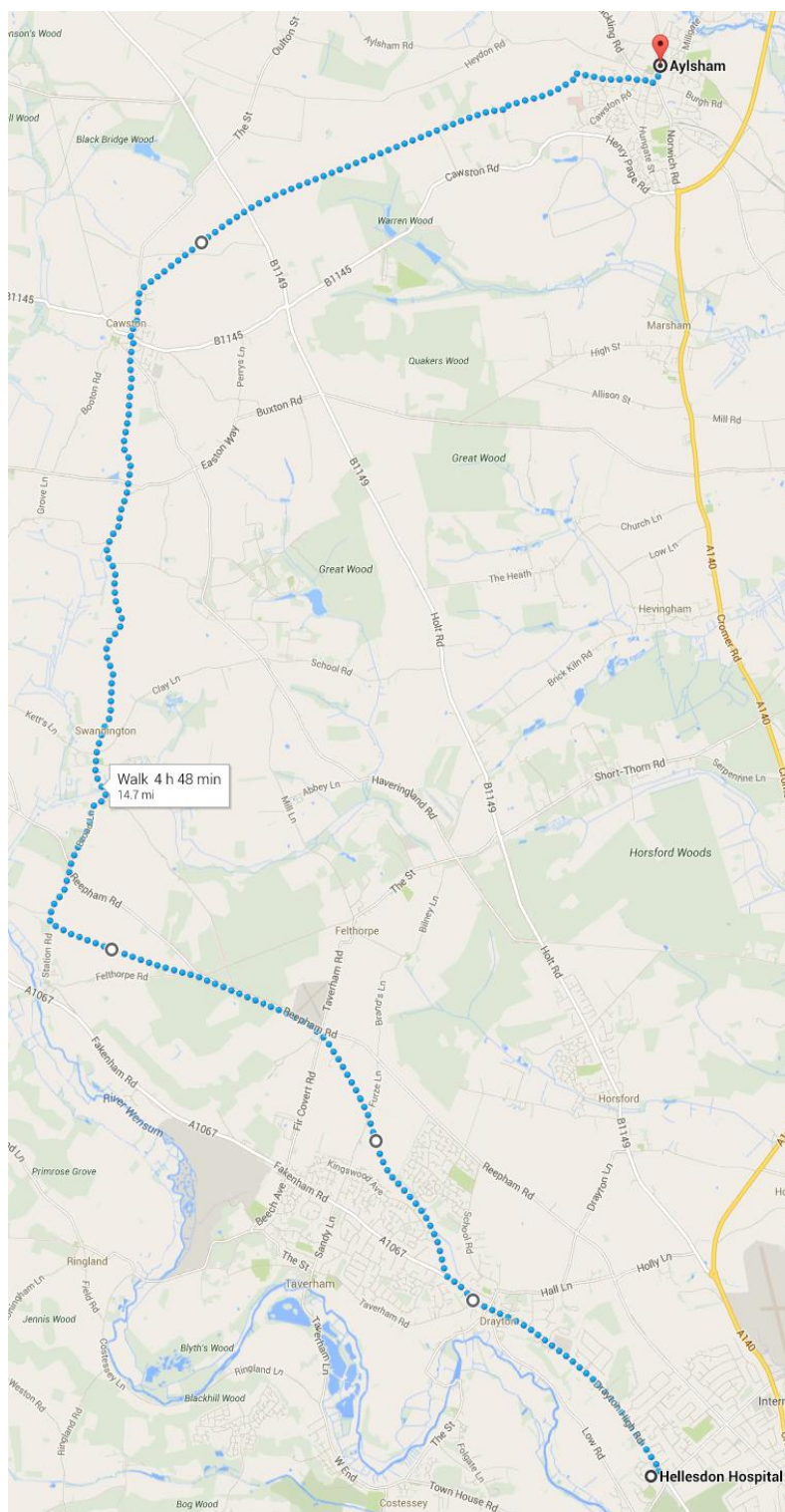
Facebook: <http://www.facebook.com/Defendmentalhealthservices>

Twitter @NSFTCrisis

**Campaign to Save Mental Health
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Family & Friends Walk for Mental Health Saturday 24th May and Sunday 25th May 2014



Saturday 24th May - Hellesdon to Aylsham

(14.5 miles total with various departure points including after lunch stop at 10 miles)

Assemble from 9 a.m. Start Hellesdon Hospital 9.30 a.m.

Walk for approx 2 miles to Drayton and join Marriott's Way

Stay on Marriott's Way to Fir Covert Road, approx. 2 miles

*4 mile point! Potential pick up point at Fir Covert Road car – park or walk back to Fakenham Rd and get a bus.

Continue on Marriott's Way to Alderford

*c. 6 mile point! Alderford Common car park. (Two hours/ 11.30 a.m.)

Proceed to Cawston via Swannington (arrive Cawston c.12.45 p.m.)

* 10 mile point! Pub lunch in Cawston – bus back to Norwich at 14.09.

Join Marriott's Way again and proceed to Aylsham – another 4.5 miles – arrive about 3 p.m. (depending on lunch break!)

Buses back to Norwich from every 30 mins or so

Sunday 25th May Aylsham to North Walsham

via Weavers Way (7.5 miles)

Meet Aylsham Market Place 10.30 a.m. (1003 at Castle Meadow arrives at 1034 or 933 arrives just after 1000)

Take Blickling Rd to join Weavers Way. Walk 7 miles to North Walsham arriving approx 1 p.m.

Find a pub for lunch!

Take bus or train back to Norwich (e.g. 14.25 bus, 15.07 train but others to choose from)

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