



Suffolk Wellbeing Service: providing your local IAPT service during a pandemic

The Suffolk Wellbeing Service will be delivering a presentation on their service delivery. The audience will learn about the stepped care model and the different interventions within each step. Plus, the social team will be introduced as well as the exciting new developments within the service.

Wednesday 9 December 2020 • 7pm – 8.15pm

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+44 20 3855 4748](tel:+442038554748), [479228664#](tel:+442038554748) Phone Conference ID: 479 228 664#

Sessions are FREE to attend and open to ALL primary care staff in Ipswich and east Suffolk

Please contact shelleyhart@nhs.net with any queries.

Feedback on previous online education evening:

“Our first speaker from Wednesday’s Child was inspirational. speaking both clearly knowledgeable and from lived experience. You don’t get much better than that.”

“eye opening - thank you.”

“Well informed, clear and useful advice”

“Confident and knowledgeable presenters. Well chaired and time managed. Opportunity to ask questions and good use of the chat box”

2021 upcoming topics:

Parenting & CYP behavioural problems

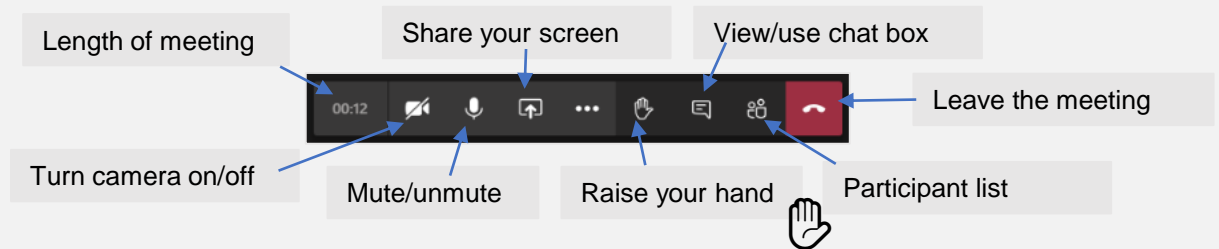
Crisis referral pathways & the 111 opt 2 launch

Domestic violence

Long term and severe mental illness

How to Join and Participate in a Teams Meeting

- If you have Teams Desktop App all you need to do is click on 'Join Microsoft Teams Meeting'. Alternatively you can join by phone by dialling the number and using the conference ID provided (please note phone charges apply).
- The meeting will start promptly at the given start time. Please ensure you are Logged onto the meeting in good time through the Microsoft Teams link included in the calendar invitation notes sent to you by the meeting organiser.
- If prompted to enter your name when logging in, please login with your name.
- Please ensure once you are logged into the meeting that your microphone is muted.
- If you join late, join quietly and do not interrupt the conversation or the presentation.
- Background noise and audio feedback can disrupt the meeting. Please turn off your phone or anything else that might distract you or the other participants. When you are not speaking, please mute your mic.
- There will be an opportunity for questions after the presentations. If you wish to ask a question please use the 'raise your hand button' this can be found on the centre tab of your screen. When asking a question, please first state your name – this will help to identify you amongst a large number of people in attendance.
- Alternatively, if you have a question during the session, you can ask it via the conversation on the right-hand side and we will come to it at an appropriate point.
- The meeting will be recorded for educational purposes. By joining the meeting you are giving consent to being recorded.



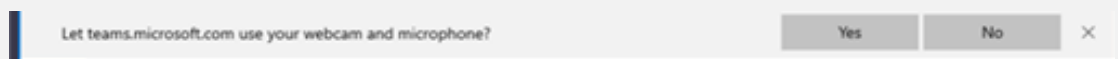
Instructions to join a 'Teams' meeting via the web link



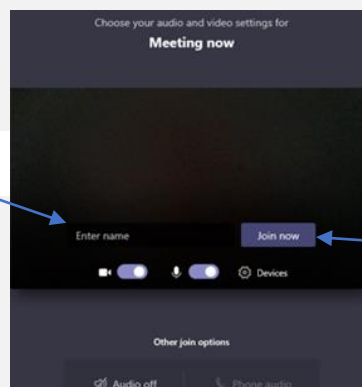
1. Click join on web instead

2. A window will open:

Click Yes so others can see and hear you in the meeting.



3. Enter your name



4. Click join now