



Mentally Healthy Communities

A mentally healthy community is one where people realise their own abilities, can cope with the normal stresses of life, work productively, and have a sense of connection with people, communities, and the wider environment.

As part of the launch of the East Suffolk '**Mentally Healthy Community Boost Grant**' we are looking for organisations, parish and town councils or groups who currently work to improve the mental health of their community or aspire to do so.

We would like to invite organisations to have a stall and to give an informal 5–10-minute overview to those attending about what they do; you do not need to bring a presentation and you only need to attend one event.

Each attendee will then be invited to write a 'Pledge' - 'How We Want to Improve the Mental Health of Our Community'. Information will be provided on the day as to how organisations can apply for the grant. In order to qualify for the grant your organisation would need to have an active presence in the **East Suffolk** area as this is for East Suffolk communities. Please see attached an East Suffolk Communities map which clarifies the community areas.

4th March 2022 1000-1500

Lowestoft Community Church

8 Haddenham Road

Lowestoft NR33 7NF

Please be aware parking on site is limited

<https://www.eventbrite.co.uk/e/261679619787>

9th March 2022 1000-1500

Martlesham Heath Community Hall

Martlesham Heath

IP12 4PB

<https://www.eventbrite.co.uk/e/261181018457>

16th March 2022 1000-1500

Riverside Centre

Stratford St. Andrew

IP17 1LL

<https://www.eventbrite.co.uk/e/261679950777>

To book a slot please follow the Eventbrite link under your chosen venue or call Charlotte Evans on 07503 081911