

# Help create Mindful Towns and Villages

We're offering  
**FREE** mental health  
training for your  
business or  
community group



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Find out more on our website  
or call 01603 430611

Help  
Hub

For more information, please visit our website  
[www.southnorfolkandbroadland.gov.uk/MindfulTowns](http://www.southnorfolkandbroadland.gov.uk/MindfulTowns)

Or contact the team on by emailing  
[communities@southnorfolkandbroadland.gov.uk](mailto:communities@southnorfolkandbroadland.gov.uk)



## **Free mental health training for your community!**

The Mindful Towns scheme offers free mental health training for communities and organisations across South Norfolk and Broadland, in partnership with Norfolk and Suffolk Foundation Trust Wellbeing Service, Thriving Workplaces and Evolve.

### **What is a Mindful Town or Village?**

Community volunteers and organisations are given free training and supported to facilitate a local network of Wellbeing Champions. They will be provided with the skills to recognise mental health issues and provide low level support to

individuals facing mental health issues. Volunteers will also be able to signpost to further support through the Help Hub and access a specialist mental health support worker.

### **How do we become a Mindful Town or Village?**

Communities wishing to become a Mindful Town or Village will need to commit a number of people to undertake training to form a network of Wellbeing Champions.

Locations that have a trained Wellbeing Champion will also receive branding to display so residents know where they can receive help.



## **Sign up to our free training offer to become a Wellbeing Champion**

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