

## Improve mental health awareness for your community

South Norfolk and Broadland District Councils are working with the Norfolk and Suffolk Foundation Trust's Wellbeing Service, Thriving Workplaces and Evolve to make South Norfolk and Broadland more 'Mindful Districts' through our [Mindful Towns and Villages](#) project.

South Norfolk and Broadland Councils are offering community groups and small businesses free mental health training to raise mental health awareness in the community and empower people to start a conversation and have the tools to signpost people on to local services, including the Councils' Help Hub. The training will enable people to recognise mental health issues and supply low-level support to individuals in their community.

Your area can achieve 'Mindful Town & Village' status, with the tools to develop a community-led network of Wellbeing Champions. To be recognised as a mindful place, several representatives from your local community can join the network through either completing any of the training courses below or sending a relevant certificate for training already completed. Wellbeing Champions could be members from sports clubs, pubs, small local businesses, community organisations, the Town Council, or any other local community pillars. When individuals have completed the training, they will receive window stickers to make residents aware where they can seek support. These can be displayed to show that the place is a safe place to talk and has a Wellbeing Champion for support.

The next training dates are below and more will be posted on our website soon – to become a South Norfolk and Broadland Wellbeing Champion, you can do any of the courses.

- **13 September** 6.45-8.45pm - Dussindale Centre, Pound Lane, Thorpe St Andrew, NR7 0SR. Wellbeing Champion Training, sign up by 10 September 2023
- **28 September** 6.30-8.30pm - Diamond Jubilee Lodge, Hellesdon, NR6 5QB. Mental Health Awareness in the Community, sign up by 24 September 2023
- **18 October** 9-4.30pm - Barnard Suite, Bawburgh Golf Club, Glen Lodge, Marlingford Road, Bawburgh, NR9 3LU. Mental Health First Aid Champion Training, sign up by 10 October 2023
- **26 October** 2.00-4.00pm - Tibenham Community Hall, Pristow Green Lane, Tibenham, NR16 1PX. Wellbeing Champion Training, sign up by 23 October 2023

If you would like to find out more information on the project, the training course content or to sign up, please visit our webpage at

<https://www.southnorfolkandbroadland.gov.uk/communities/mindful-towns-villages> or

scan the QR code. Alternatively contact the team on

[communities@southnorfolkandbroadland.gov.uk](mailto:communities@southnorfolkandbroadland.gov.uk) 01603 430611.

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