

Mindful Towns and Villages (MTV)



An initiative to make South Norfolk and Broadland more 'mindful districts' is set to take an important step forward in Cantley and the surrounding community in November.

The MTV project is providing free mental health training and support to community groups and small local businesses to create a network of trained Wellbeing Champions throughout the district of Broadland.

The district council, alongside the Norfolk and Suffolk Foundation Trust's Wellbeing Service and Thriving Workplaces, will run a free to all training session for willing volunteers at Cantley Village Hall, with funding from the Department of Health's Health and Wellbeing Board.

Cantley will then be recognised as a Mindful Village with a network of Wellbeing Champions trained in providing immediate support in the community and in the workplace.

THURSDAY 23rd NOVEMBER 2023 at 3.30 pm

CANTLEY VILLAGE HALL, MANOR ROAD, CANTLEY, NR13 3JG

Please book you attendance here:

<https://www.southnorfolkandbroadland.gov.uk/communities/mindful-towns-villages/3>



Broadland District Council working in partnership with Cantley Village Hall Trustees to bring a sense of pride to those who work and live in Cantley and surrounding communities



Cantley Village Hall Charity number: 1085313