



Inspiring 
communities



Mindful Towns

**Become a 'Mindful Towns'
Mental Health Champion.**

84% of people will experience a
mental health problem in their lifetime.

We are recruiting Mental Health Champions from small businesses and community organisations to help support our Breckland towns and villages to become more 'mindfully' connected places.



**Join us in the fight for better
mental health and make a
difference to your community.**

wellbeing
Helping you live your life

YANA
RURAL MENTAL HEALTH SUPPORT



Mindful Towns

Swaffham Training Options

1. Wellbeing Champion Training **16/12/21, 18.30 - 20.30, Swaffham Community Centre**

This course gives an introduction and overview to what influences our mental health, some simple strategies to manage it, how best to meet the needs of someone who shares that they are struggling, and knowledge of where to signpost them for support.

2. Community Champion Training **12/01/22, 13.00 - 17.30, Swaffham Community Centre**

This course gives an in-depth insight into Mental Health Awareness, and in addition to covering how to support and signpost someone in need, you will also learn how to spot the signs of someone who may be struggling and how to approach them sensitively. The session will also discuss what it means to be a Community Champion, how Norfolk and Waveney Mind can support you in that role, and provide you with opportunities to realise mindful activity in your local area.

To find out more about the training options or book your place, please visit: www.breckland.gov.uk/mindfultowns