

Town Clerk | Swaffham Town Council

From: Clifford, Stefan <Stefan.Clifford@breckland.gov.uk>
Sent: 26 November 2021 08:44
To: Town Clerk | Swaffham Town Council
Subject: 'Mindful Towns' - Free Community Mental Health Education and Training Opportunities for Swaffham area -based small businesses, community organisations, and Sport Clubs
Attachments: Swaffham_Mindful_Towns_a5_Flyer_RGB.pdf

Dear Richard,

Breckland Council and The Breckland Mental Health Community Partnership (BMHCP)* 'Mindful Towns' project is offering FREE mental health training to all Breckland-based small businesses, community organisations, and sports clubs as part of a drive to recruit 250 Mental Health Champions over the next 18 months.

The program is being delivered face-to-face in each of the 5 market towns of Thetford, Swaffham, Watton, Dereham, and Attleborough between Nov 25th 2021 to April 29th 2022, and offers 3 different training options ranging from 2 hour workshops, to 2 day courses, in an attempt to make the program as accessible as possible to all groups and interested parties.

The first 2 courses of the scheme are being held in **Swaffham** on the following dates:

Wellbeing Champion Training - Swaffham Community Centre – Thursday Dec 16th – 18.30-20.30pm

Community Champions Training – Swaffham Community Centre – Tuesday January 12th - 13:00-17:30.

All information regarding the Mindful Towns project, course content, and online booking, can be accessed at the following link:

<https://www.breckland.gov.uk/mindfultowns>

Town councillors are very welcome to attend any of the training, but in the meantime if you have any questions regarding any of the courses or the project itself, please feel free to contact us on community@breckland.gov.uk

Warm regards,

Stefan

Stefan Clifford | Locality Team Leader | **Breckland Council**
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