

Covid has had a massive impact on the informal networking and sense of community in our sector. Our aim is to create the opportunity to meet and share what we are all up to in these ever changing times.

We start by giving you an overview of what we are up to and then open the floor to you. Everyone welcome. We run from 1pm and have up to 4pm depending on turnout. We'll share the notes from the meeting and any literature you send us in what we call a 'party bag' that goes out after the session.

About

At Wellbeing we provide free services throughout Suffolk for people over the age of 16. We offer different kinds of support to help you make positive changes in your life, to improve your wellbeing and to help you cope with stress, anxiety and depression.

Referral Details

0300 123 1503

www.wellbeingnands.co.uk

Community Advisers

SuffolkSocials@nsft.nhs.uk

Wellbeing Suffolk Admin

Wellbeing.Suffolk@nsft.nhs.uk

phone number still 0300 123 1503

option 2 for Suffolk

wellbeing
Helping you live your life

NHS
iapt
Improving Access to
Psychological Therapies

Wellbeing Suffolk's Community Network Meeting



0300 123 1503

Wellbeingnands.co.uk

- 25th March Ipswich**
- 8th April East Suffolk**
- 22nd April Forest Heath & St. Edmundsbury**
- 6th May Mid-Suffolk & Babergh**
- 20th May Ipswich**
- 3rd June East Suffolk**
- 17th June Forest Heath & St. Edmundsbury**
- 1st July Mid-Suffolk & Babergh**
- 15th July Ipswich**
- 26th August East Suffolk**
- 9th September Forest Heath & St. Edmundsbury**
- 23rd September Mid-Suffolk & Babergh**
- 7th October Ipswich**
- 21st October East Suffolk**
- 4th November Forest Heath & St. Edmundsbury**
- 18th November Mid-Suffolk & Babergh**
- 2nd December Christmas Planning Whole County Special**



Meeting Areas

Forest Heath and St Edmundsbury

Mid-Suffolk and Babergh

East suffolk

Ipswich

