



## **Overview**

Funding made it possible for Suffolk Mind to train 25 volunteers from the Felixstowe Town Pastors team. Our aim was to deliver **The Mental Health Toolkit: The Essentials** which would enable individuals to firstly recognise how to look after their own mental health and to better support others around them. In this case communities in and around Felixstowe.

Training was delivered at Christ Church on Saturday 4<sup>th</sup> and 18<sup>th</sup> March 2023, where each person was taught a practical set of skills that can be used in everyday life, enabling us to continue to reach our mission which is 'to make Suffolk the best place in the world to talk about and take care of mental health'.

We continue to see an increase in mild to moderate mental ill health, since the pandemic and more recently with the cost-of-living crisis. Funding for training has been well received at a time that 1 in 4 of us will experience a period of mental ill health in any one year. Recovery to wellbeing is the most likely outcome.

## **What the groups said about our training.**

### **Saturday 4<sup>th</sup> March 2023:**

- ✓ 'This course was clearly and well presented. I had little or no expectations and was very surprised (pleasantly) about the content and how this has clarified my thinking.'
- ✓ 'The trainer was excellent. Great communication. Interaction delivered was interesting and plenty of time for questions.'
- ✓ 'Fiona was very clear in her delivery, especially explaining some of the more complex issues and the brain and how it works. She was full of good examples to illustrate her points and was very clear and engaging in her approach.'
- ✓ 'Thank you for such a well delivered session and enabling and using all the participants contributions. Excellent session!'



- ✓ 'She was brilliant at running the mental health training. She was warm, friendly, professional, understanding. She conducted herself well. I don't always say this, but I really enjoyed doing the mental health training.'

**Saturday 18<sup>th</sup> March 2023:**

- ✓ 'Very well presented. Really helpful for practice and theory.'
- ✓ 'Very clearly explained with practical examples. Well presented. Easy to listen to.'
- ✓ 'The session was relaxed and very informative. Both Sue and Fraser (observer) were very approachable and professional.'





### **Suggestions:**

‘Great content, really useful. Would have been good to have a few more points of interactions.’

‘Would like to go deeper on some issues at another time. (Private email provided)’

‘Latter parts felt a bit rushed compared to the start.’

‘Maybe have longer time.’

### **Thank you!**

A massive thanks goes out to out to Clare Peverley, FTP coordinator who worked very closely with our team to help promote the training, arrange the venue, and generate lots of interest. A very well done! We would love to work with you again.

Thanks also to both Sue Gray and Fiona Hanlon who not only delivered training with great feedback, but were also both flexible, and accommodated a Saturday delivery to meet the needs of the group. They were accompanied by Fraser Muir from the training team, thanks for the great photos!

Finally, thanks to Debbie Frost at Felixstowe Town Council for making this possible.



**Wendy Sheppard**

**Corporate Relationships Manager**

**Suffolk Mind**