

# Completion report from Being Well In Suffolk Community Interest Company

**To:** Felixstowe Town Council

**Date:** March 17<sup>th</sup> 2026

**Grant value awarded:** £450 towards Room Hire and publicity for wellbeing activities in Felixstowe.

**Being Well in Suffolk CIC offer free wellbeing activities – many of which are based in Felixstowe. [www.bwis.online](http://www.bwis.online).**

This award went towards supporting two activities in Felixstowe

1. A **'Belief Change' Workshop** was held on Feb 24<sup>th</sup> 2026. This practical, in person inclusive workshop explored unhelpful ideas we sometimes 'believe' that hold us back from having an optimally happy and working well life. 8 people attended and it was held at Felixstowe Wellbeing Hub in Great Easter Square Felixstowe. Feedback was that people felt better equipped to change these unhelpful ideas and create more useful ones.

This workshop used £150 of your grant for marketing and publicity and £50 towards room hire. The remaining costs were covered by BWIS facilitators and volunteers

*For confidentiality for participants no pictures of this event*

2. **Men's Walk an Talk group** – a weekly event for Men. Meeting for a cup of tea and chat then a 1 hour walk around Felixstowe. The walk is now entering its second year. It is regularly attended by 10 or more men each week who live locally.

This activity is promoted widely around Felixstowe with posters (containing the FX TC logo – see attachment) and flyers as well as on social media and Linked In

This activity used £200 of the grant on Printing and publicity and £50 towards facilities.

Picture from one of the Men's Monday walks



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