



Felixstowe Town Council
Town Hall
Felixstowe
Suffolk.
IP11 2AG

Tuesday 18th March 2026

Dear Felixstowe Town Council members,

Re: Suffolk Mind FTC Occasional Grant Round 1 - 2025/26 report

On behalf of Suffolk Mind, I am writing to thank you again for your kind gift of £300 in grant funding and to update you on our GreenCare Felixstowe project.

As you are no doubt aware, at Suffolk Mind our mission is to make Suffolk the best place in the world for talking about and taking care of mental health. One way we support people in achieving this is through our GreenCare service, which offers a supportive environment to learn about gardening and contribute to the creation of a thriving growing space.

It is available to everyone over 18 who experiences mild to moderate depression, anxiety, and other mental health challenges. We find that attending our allotments improves people’s physical and mental health by gently increasing their activity levels whilst supporting them in working alongside others who may also be experiencing mental health challenges.



With the funding, our GreenCare project was able to purchase compost, seeds/seedlings, and plants for our allotment at Cowpasture Meadows in Felixstowe. It has also contributed towards catering costs for the all-important tea break! We now have had eight regular service-users and one support worker joining us at allotment sessions since the site officially opened its doors to participants in the autumn. The number of regular members is growing steadily, with interest in GreenCare traditionally increasing as we move towards the spring/summer and more clement weather!

Re: Suffolk Mind FTC Occasional Grant Round 3 - 2025/26 report

Patron – Lord Dennis Stevenson, Baron Stevenson of Coddham, CBE, DL



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Felixstowe, IP11 9JB

Making Suffolk the best place in the world to talk about and take care of mental health.



On behalf of Suffolk Mind, I am writing to thank you again for your kind gift of £500 in grant funding to deliver our Menopause and Me course to residents of Felixstowe.

As this was partial funding, we will now be delivering the course online to save on venue costs. To ensure it is still for residents of Felixstowe, places will be allocated according to postcode.



Menopause support continues to be a much-needed area for funding and we know places on this course will be swiftly allocated. However, we will use this pilot project to uncover the extent of need for Menopause &Me courses in Felixstowe and to survey if there is a preference for online or in person delivery. We will also see if we can identify what factors make one option more favourable than the other.

Our team is currently identifying suitable dates for the 5-week course to take place and then we will start taking referrals.

We will be in touch again to update you on the impact and outcomes of the Menopause & Me course and survey results regarding preference to online/in-person delivery.

Thank you again for supporting these important projects, which will allow us to continue our mission to make Suffolk the best place in the world for talking about and taking care of mental health.

All best wishes,

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