



SUFFOLK
for mental wealth
Supporting a positive
mental health experience



Sowing the Seeds
for Wellbeing
at Jimmy's Farm

Saturday 4th October 2014

10am to 3pm - FREE ENTRY

Pannington Hall Lane Ipswich Suffolk IP9 2AR

family fun

Time to Change information stalls
village

treasure hunt

music dancing

Free community transport from Bury St Edmunds and central Ipswich
For more information contact Suffolk User Forum on 01473 329307
Email: hello@suffolkuserforum.co.uk www.suffolkuserforum.co.uk



Suffolk Mind

Suffolk Libraries

