



Norfolk and Suffolk
NHS Foundation Trust



Come and join our

Open Mind dialogue workshop

to talk about mental health and wellbeing among our
Black and Minority Ethnic communities.

A first time event organised in partnership by the CACHSF, SRS and NSFT.

This is a great opportunity for you to come and talk to us about your concerns and experience of mental health in Suffolk.

This event will include lunch from a range of diverse cultural food, live music, entertainment and opportunities to network.



**Don't miss out, bring nothing but an open mind on the
27th September at the Key Café, 15 St Margaret's Plain,
Ipswich, Suffolk, IP4 2BB, between 12.30 and 17.30.**

Lunch is between 12.45 - 13.30.

This event is **free** and open to all communities and organisations.

To book a place on-line click on here

<https://www.surveymonkey.com/s/OpenMindProject2014>,
or contact NSFT by email: membership@nsft.nhs.uk, by phone on
01603 421468 or contact SRS by calling **01473 400785**.

This information can also be provided in a different language or format upon request.