We would like to invite representatives from your organisation/group/parish/town to join us at <u>one</u> of our Mentally Healthy Communities conferences taking place in March in Lowestoft, Stratford St Andrew and Martlesham, where we will be launching the East Suffolk Mentally Healthy Communities Boost Grant.

We have attached some information for you regarding booking a table at the conference where you will get the opportunity to tell those attending about your current work, hear about the grant and network with other groups. Please also feel free to share this information with your networks and encourage others to book a place. Regarding the Mentally Healthy Communities Boost Grant, guidance will soon be available on the East Suffolk Council website and will be available on the day of the conference.

A light buffet lunch will be provided and whilst Covid 19 is still present in our communities we would urge people to complete a Lateral Flow Test before attending and to wear a mask where possible.