

Contents

Home

Introduction

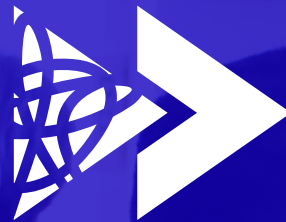
**What is
SuffolkFoward
Network?**

**Fees and
benefits**

**2024 Events
programme**

Contact us

The logo for Mind Suffolk, featuring a stylized white scribble icon to the left of the words "Mind" and "Suffolk" stacked vertically in a white, handwritten-style font.



SuffolkForward Network

SuffolkForward is a unique network that provides you with inspiration, tools and opportunities to help you put wellbeing at the heart of your business, your family and your community.

When you join, you'll be welcomed into the do-good, feel-good, networking club. "Do good", because you're supporting Suffolk Mind. "Feel good" because you will be gaining some crucial information, skills, and content to take back to your forward-thinking workplace, or to help you look after yourself and people around you.

Contents

Home

Introduction

What is
SuffolkFoward
Network?

Fees and
benefits

2024 Events
programme

Contact us



It's a challenging time for everyone at the moment, and we want to be able to help as many people as we can.

That's why we're launching the SuffolkForward Network - a professional networking club that will encourage lively and informative discussion around mental health, enabling us to look after ourselves and the people around us better.

Our mission is to make Suffolk the best place in the world for talking about and taking care of mental health. Right now, that means:

- Making access to our counselling available for those who can't afford to go private or wait on an NHS waiting list
- Providing primary schools with our training for teachers and tools for children
- Giving access to The Mental Health Toolkit - our wellbeing training - to as many families, communities and individuals across Suffolk as possible

To do all those things, and much, much more, we need to raise more money than we ever have. And we need your help.

By joining this network, you not only support fundraising but also expand the vital conversations which need to take place around mental health.”

Jon Neal

Chief Executive, Suffolk Mind



Contents

Home

Introduction

**What is
SuffolkFoward
Network?**

**Fees and
benefits**

**2024 Events
programme**

Contact us



What is SuffolkForward Network?

SuffolkForward Network is a unique professional networking club based in Suffolk, designed to enable like-minded professionals to come together, learn more about how to take care of themselves and others, while making a positive and vital contribution to the county.

100% of your membership fee does good and supports our vital mental health services in the county.

This is a networking club with a difference, enabling people to work together to support each other, while also raising funds to support the work of Suffolk Mind.

By joining SuffolkForward, you are demonstrating your commitment to raising awareness of, and supporting, mental health in the county. By becoming a member, you are actively contributing to our ongoing mission, to make Suffolk the best place in the world to talk about and take care of mental health.

Suffolk Mind supports thousands of people every year through our services, including community training, GreenCare, and our reception line which is funded by donations.

Every year, the fundraising generated by the SuffolkForward Network will be used where it is most needed. For example, it could support fully funded counselling sessions. Fundraising is vital to our GreenCare service, and more funds could enable us to expand the service and help more people.

We can also use some of the funds to enable our Children, Families and Young People service to teach children and young people practical ways to look after their mental health, in primary and secondary schools, and into further education.

By supporting us in this mission we can create a happier and healthier county and nurture more resilient people to join our workplaces.

Contents

Home

Introduction

What is SuffolkFoward Network?

Fees and benefits

2024 Events programme

Contact us

Individual Member

Fee: £300 per year or £30 per month (12 Direct Debit payments)

Includes: One named, non-transferable space for all five networking events and an annual exclusive social, plus the additional benefits listed on this page

Member Organisation

Fee: £750 per year

Includes: Three named, fully-transferable spaces for all five networking events and an annual exclusive social, plus the additional benefits listed on this page

Please note, you are welcome to bring guests along to our events (maximum two per event and a per person charge of £35 applies to our breakfast/lunch networking sessions). Guests must be pre-booked a minimum of 14 days in advance.

By joining our networking club you are directly supporting the vital work Suffolk Mind undertakes in the county.

One hundred percent of membership revenue will go directly to supporting our mental health services across Suffolk. To put that into context:

- **15 Individual Members** paying £300 could help us run our vital phone lines for 135 hours
- **10 Member Organisations** paying £750 could enable us to deliver mental health training to an entire primary school and fully-fund 56 counselling sessions



Dedicated account manager



Certificate of membership



SuffolkForward badge to add to business card, signature strip or website



Access to five networking and educational sessions throughout 2024 showcasing a range of guest speakers



Additional invitation to one exclusive SuffolkForward social celebration midway through the year



Opportunity to bring along guests



Early notification of key training and fundraising events (including our annual summer celebration)



Hosting opportunities for SuffolkForward events



A dedicated feature in our annual Impact Report

Contents

Home

Introduction

What is SuffolkFoward Network?

Fees and benefits

2024 Events programme

Contact us



SuffolkForward
Network

Events programme

Me, Myself and I

Venue 16, Tuddenham Road, Ipswich IP4 3QJ
1 February 2024, 7.30am - 10.15am

Taking care of the individual - it starts with you.
Learn to put on your own oxygen mask first so
that you can then help and support others.

Our panel:

Jon Neal, Simon Milton and Jason Dozzell

Taking Care of my Colleagues

John Grose, Ransomes Europark, Ipswich IP3 9BE
16 May 2024, 7.30am - 10.15am

What can you as an individual do in the workplace
to support those around you; how can an
organisation embrace culture change?

Suffolk Mind speaker:

Our training team

Guest speaker:

Richard Jennis, Managing
Director, simpleclick.co.uk

Summer Social

Final details will be released shortly

Just for fun and to help us all meet
our needs for community.

Nurturing Our Young People

To be confirmed shortly
19 September 2024, 11.30am - 2.15pm

Why is early intervention important when it comes
to mental health education and support? How do
parents, carers and supporting adults open up tricky
conversations with children and young people?

Speaker:

Miriam Chachamu (Author and Family Therapist)

I am Woman

A Listers at Aurora, Helena Road, Ipswich IP3 OBT
18 October 2024, 7.30am - 10.15am

A dedicated session considering challenges specific
to women (including menopause discussion).

Our panel and speakers will be confirmed shortly

Community Matters

Ipswich Town Football Club, Portman Road, Ipswich IP1 2DA
28 November 2024, 7.30am - 10.30am

Our role in our community: What can we do as individuals
and organisations to make a difference to mental
health in Suffolk and why does that matter? What does
CSR mean, and can it really help build business?

Our panel and speakers will be confirmed shortly

Our first and last session concludes with an optional and anonymous Emotional Needs Audit. This will enable us to share with our collective which emotional needs are best met and least well met among our cohort, as we move into 2025.

Contents

Home

Introduction

**What is
SuffolkFoward
Network?**

**Fees and
benefits**

**2024 Events
programme**

Contact us

The logo for Suffolk Mind, featuring a stylized white scribble icon to the left of the text.

mind Suffolk

**suffolkmind.org.uk/sfn
fundraising@suffolkmind.org.uk**

Not to be reproduced without written permission from Suffolk Mind.
Suffolk Mind Registered Charity No. 1003061