



This Week At Orwell | Thursday 10th October 2024

World Mental Health Day

World Mental Health Day is celebrated every year on 10 October. This year's theme set by the World Federation of Mental Health is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities. So today we would like to ask you, what would be your one tip for something that you do every day to help your own mental health? we'd love to hear your ideas in the comments.

But today we would like to celebrate the EmpowerMENT men's group in Ipswich and earlier this week we caught up with Max Thomas from the Ipswich Windrush Society to talk more about the group. This 8-week group invites local men to come together, share experiences and discuss issues affecting black men. It is open to men (18 and over) and meets at Nansen Road Baptist Church in Ipswich. For more details [please click here](#).

In future weeks we will be sharing more from my conversation with Max on the fantastic work of the Ipswich Windrush Society.

Housing Management Survey | Winners

Here at Orwell we are committed to providing the best service possible that suits the needs of our customers.

Alongside our Orwell Residents Group, we continually review our services. In August we contacted 3,800 customers to ask for their views of our Housing Management Service.

The survey has now closed and we are currently reviewing the results and will share any changes or improvements we make in early 2025.

In the meantime, we're delighted to announce that the winners of the prize draw are Matthew Haddock, Dawn Leeder and Jean Cobb. They each win a £100 Love2shop voucher. We would like to thank everyone who took the time to give us their views.