



This Week At Orwell | Friday 8th November 2024

Free Mindfulness Course for people who care

Suffolk Community Foundation are offering a FREE 6 week online Mindfulness course starting on Weds 13th November. To sign up today [please click here.](#)

The Mindful Life Group

Mindfulness for Older Adult Carers

Our free six-week online course starts
Wednesday 13th November 2024
2:30-3:30pm

Feedback from some of our previous participants:

*'I feel more able to cope'
'It has been life-changing'*

Find out more at
<https://the-mindful-life.com/mindfulness-for-peoplewhocare>

SUFFOLK Community Foundation

My Orwell Voice Consultations - Voucher winners

We would like to thank those who took part in our recent consultations on My Orwell Voice which now have closed. We do appreciate the feedback you have given us and as ever will take this in to account going forward. Congratulations to Matthew from Capel St Mary and Denise from Bury St Edmunds, you have each won a £50 Love2Shop voucher! We will be asking for your help again next week to rate which one of our Tenant Satisfaction Measures is the most important to you, so watch this space!

Christmas Craft Market - Lavenham, Suffolk

Lavenham Village Hall will be hosting a Christmas craft market on Saturday 9th November, showcasing handmade crafts and their makers. Free entry, 10am - 4pm. [For more details click here.](#)