

# A CITY FULL OF CONVERSATIONS

Join us on board the Chatty Bus and share in the experience and knowledge of our wonderful guest speakers.

10AM

## The non-glamorous world of professional football

Speaker: Jeremy Goss

Join Jeremy as he speaks about his life as a professional and international footballer for Norwich City FC and Wales, and the untold problems which arise when you leave the world of professional football. He talks about mental health and wellbeing, community support and why you should grab every opportunity which comes your way.

11AM

## No one should ever be made to feel vulnerable in our community

Speaker: Tracey Williams

Tracey is from OneNorwich NHS and will share experiences of young people who have struggled with mental health and loneliness. Tracey will also explain the support provided by The Vulnerable Adults Service, which helps them on the path to recovery.

12PM

## What is Wellbeing?

Speaker: Mevy Ahmad

Learn about what is wellbeing, how we can look after ourselves, support others and how the NHS Wellbeing Service can support you.

1PM

## Keeping the conversation going

Speaker: Various

We'll be joined by speakers from Konectbus, MIND and the SOS Bus, who'll be talking about where to turn to for wellbeing support while you're studying in Norwich; and sharing their thoughts on creating connections and building friendships in our fine city.

2PM

## Inspiring futures

Speaker: Simone Black

Simone, who joins us from Your Own Place, will share ways in which students can get involved in their Inspiring Future project, which trains them as mentors for children in Year 9 to help them grow in confidence and develop skills to achieve their dreams and ambitions.

**konect**bus



**NORWICH  
TOGETHER**

TOGETHER, WE'RE HELPING TACKLE LONELINESS AND SOCIAL ISOLATION ACROSS NORWICH.