



Huddl Ups with Suffolk MIND: Addictive Behaviours

March 9 @ 9:30 am - 12:30 pm

at Quay Place, Heritage and Wellbeing Centre Ipswich IP4 1BZ

£15 per ticket



Learn about addictive behaviours in your child or young person.

Addiction is not limited to biochemical substances such as cocaine, alcohol, inhalants, or nicotine. It is increasingly possible for people to experience behavioural addictions in activities such as gambling, eating, pornography viewing, and playing video games.

This Huddl Up with Suffolk Mind will provide parents and carers with expert knowledge and support to better understand addictive behaviour in your child or young person. By learning we can better help with problems as and when they may arise to find a way through.

Speakers for the event are:

Ezra Hewing, Head of Mental Health Education for Suffolk Mind. Ezra has years of experience behind him and particular expertise in the area of addiction, he will lead the session.

Clemmie Hadden Paton, a 25 year old Private Chef based in London. Clemmie suffered from depression since the age of 10 and will share her story of the dark days and recovery days. Clemmie's successful blog and Instagram – [Cooking Through Recovery](#) now helps raise awareness and inspire others to use cooking as a mechanism to get well.

Places are limited – so book your place now. 50% of all sales after costs go to Suffolk Mind.

Book your tickets here.. <https://huddlup-addictive-behaviours.eventbrite.co.uk>