

## **FREE business advice sessions available**

**Menta** The Suffolk Enterprise Agency, a not for profit organisation based in Bury St Edmunds are able to provide **free** business advice sessions. Menta's impartial business advisers give confidential one to one business advice and support.

The free one hour sessions are available to start up, emerging and existing small businesses.

Leanne Castle, one of the Lead Business Advisers for Menta says,

*"We are pleased to be able to provide business support to people living in Suffolk villages and to help meet the needs of our local business community.*

*"At Menta we are looking forward to meeting more people who are considering self employment. We work with a wide range of people - some are looking to return to work, maybe after a period of illness; some are trying to fit work around family commitments and often find being their own boss really works for them; and in today's current economic climate, some people we help and advise have found themselves unemployed due to redundancy and are now considering working for themselves. There are many different types of circumstances and if you are considering going in to business or are already running a business Menta can help"*

If you know of someone living in your village or one of the surrounding villages who would like to book a meeting call Leanne Castle at Menta on 01284 760206 or email her on [leanne@menta.org.uk](mailto:leanne@menta.org.uk).

Take a look at Menta's web site [www.menta.org.uk](http://www.menta.org.uk) for information about business events and business courses that happen locally.

*This project has been commissioned by St Edmundsbury Borough Council as part of its Rural Action Plan. If you would like to know about other Rural Action Plan projects that you could benefit from, please visit [www.stedmundsbury.gov.uk/rural](http://www.stedmundsbury.gov.uk/rural)*