



## Wellbeing Course: Countryside Arts and Crafts for Adults 19+ at CARE, Penkridge.

These FREE courses will help you to improve your self-confidence and self-esteem by learning new skills. You will complete countryside art and craft projects using natural and recycled resources. You will be able to use digital technology to record your ideas and progress too.

We show you how to apply your learning to help you explore, enjoy and share the natural environment around you through your woodland, animal, garden, wildlife and nature projects.

**A) 25th April—27th June 2022, 10.00 am to 3.00 pm, Monday's**

**B) 10th June—29th July, Friday's**

**Transport provided from Stafford and Cannock.**

Full details and to reserve a place contact Carol on 07772 273033  
email [carolparkes@chaseaquaruralenterprise.com](mailto:carolparkes@chaseaquaruralenterprise.com)

**This introductory course is for Staffordshire residents aged 19+ who are experiencing or recovering from mental ill health or people who have a learning difficulty or unemployed and want to support their wellbeing.**