



Gardening Skills and Woodcraft for Adults 19+ at CARE, Penkridge.

This FREE course will help you to improve your self-confidence and self-esteem by learning new skills. You will complete gardening and woodcraft 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 STEM skills to your learning, and help you support the environment. You will create upcycled projects of your own including a recycled compost bin, raised beds and a greenhouse made with plastic bottles as well as planting for wildlife.

7th April—9th June 2022, 10.00 am to 3.00 pm, Thursday's

Transport provided from Stafford and Cannock.

**Full details and to reserve a place contact Carol on 07772 273033
email 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.