

Are you...

Currently out of work or unemployed?

Over 18?

Hoping to return to work, education or training?

Interested in learning new skills in an outdoor setting?

Our **Woodland Wellbeing Course** might be for you...

What's it about?

A unique and **FREE** opportunity to spend one day (4 hours) a week for 8 weeks in a peaceful woodland setting. You can learn: fire lighting using traditional techniques, woodland crafts and bushcraft skills, conservation and woodland management using hand tools.

Embedded within is the development of the soft skills required within the workplace or an education setting.

When? Course start date: **Friday 16th October**, 11am—3pm

Where? **Hams Hall Environmental Studies Centre, Coleshill**



For more information or to register, contact:

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