

Adult Learning

Learning for Wellbeing



1 in 4 of us will have mental health issues at some point in our lives.

We believe taking part in learning can help our wellbeing .

We are part of a national project collecting evidence to find out more about the impact of learning on mental health. Through this project we have a selection of fantastic free courses starting in January including:

Pottery and Sculpture

Printmaking

Wellbeing through Movement

Drawing

ICT and Computer skills

These courses are free for learners experiencing mental health issues.

To register your interest ring 0117 903 8844 or email jenny.wilkes@bristol.gov.uk