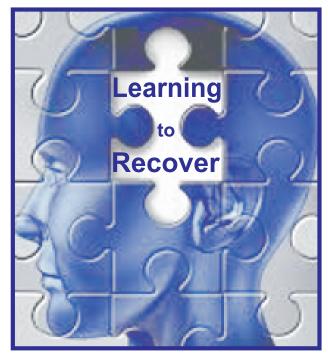
FACE Forward

http://faceforwardpartnership.org.uk

FACE Forward is part of a National research study measuring the impact of learning on mental well-being. Would you like to take part in a 6 week study programme offering opportunities for progression?





Are you?

- aged 19 or over and experiencing any degree of mild to moderate mental health issue
- interested in learning-based opportunities or activities to help improve your understanding and awareness of mental health issues
- looking for ways to self-manage your journey of recovery and interested in participating in learning based activities co-delivered by those with personal lived experience of mental health challenges and those with experience by profession
- someone who has lived the experience, is still on the road to recovery, and would like to discover if education aids mental health recovery

Engaging in a learning activity can:

- · Improve health and well-being
- · Reduce anxiety and depression
- Improve confidence, self-esteem and self-worth
- Help individuals to become more independent
- Reduce the use of medical services

- Help individuals return to employment or training
- Support positive re-engagement with family and/or active participation in community life.
- Help individuals achieve a 'Live Life Well' approach

All FACE Forward learning activities are FREE

Course

Apps and IT for Wellbeing

Create a Better You through Crafts (Pottery / Art /

Sewing / Jewellery / Card Making / Cake Decorating)

Improving Confidence and Communication

Discover Yourself through Family / Local History

English and Maths

Course

FACE Forward through Flowers

Living Life well

Portray a Better You through Photography

Reading Support

Reduce anxiety with health and safety / possibly mentoring for wellbeing

Volunteering as an Expert By Experience

For enquiries or advice about FACE Forward please contact:

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