

THE R.E.A.L. PROJECT

Recover

Engage

Aspire

Learn

Are you experiencing mild to moderate mental health issues and would like to take part in a free Adult learning course.

A variety of fun and friendly courses including:

- Peer support groups
- Creative dance
- Mental Health First Aid
- Creative Woodwork
- Creative Pottery
- Coping with Dementia
- Healthy eating/nutrition
- Healthy Living
- Emotional wellbeing

Plus lots more



Contact Somerset Skills & Learning on 01749 677786 for further information and a friendly chat about the courses