



Community First
Building better communities

in Herefordshire & Worcestershire

Working Well – A Learning Journey !



Try something different!

Community First and WEA have secured funding from the Skills Funding Agency as part of the new Adult and Community Learning Fund, to promote good mental health at work through learning.

The project involves working with six organisations to introduce their staff to 'bite size' sessions aimed at helping them manage stress, depression or anxiety at work, or simply to lift their mood and feel good! It aims to make a positive difference to people's lives by showing them simple techniques which they can use themselves to stay positive, happy and healthy – both at work and at home and in the community.

Geoff Russell, Chief Executive of the Skills Funding Agency, said:
“Each project that has secured funding from the Adult and Community Learning Fund will make a huge difference to the lives of individuals and to the communities they are part of. Skills and lifelong learning should be at the heart of every community.”

We are looking for six organisations to take part in this short project, which is free in return for your commitment and enthusiasm. Would you like to get involved? For further information please contact us or visit www.comfirst.org.uk

“Try something new! Learn how to keep well at work”

Contact:
Karen
Humphries or
Amanda Wright
on 01684
312730

