

## Join a free four-week skills, health and wellbeing programme

Designed for people aged between 30 to 60 years and delivered across four sessions, we'll help you discover new skills, as well as provide you with tools and resources to help give your health, wellbeing and confidence a boost.





# What will I gain from attending the programme?

- Develop new skills
- Discover local opportunities to build confidence
  and start work
- Improved knowledge of local services and provisions that can support you
- Meet new people in a supportive environment

## All sessions take place at:

Heart of the Park Dunsbury Way Havant Hampshire PO9 5BG

### Sessions will be run over four weeks

- From: 10am to 1pm
- Every: Thursday
- From: **5 June to 26 June 2025**

2 October to 23 October 2025

22 January to 12 February 2026

## What you'll cover during each session:

#### Session one: Food, nutrition and budgeting

- Learn about food and what the food labels really mean
- Learn about low-cost and healthy ways to cook for you, your family and friends
- Learn about money and budgeting

#### Session two: Wellbeing and walking

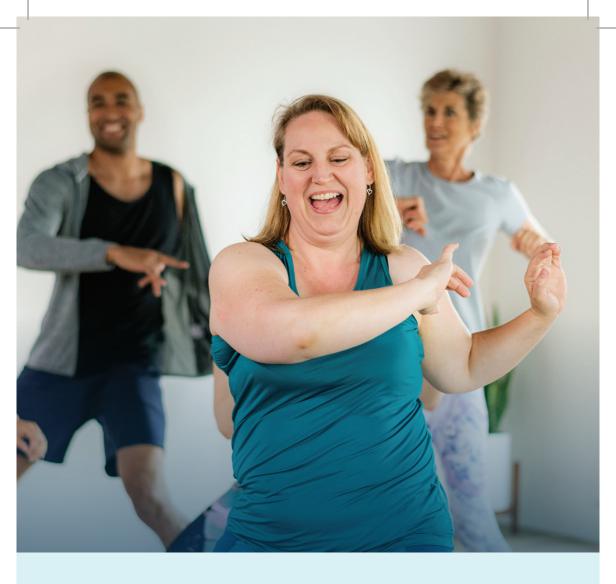
- Introduction to the five ways to wellbeing
- · Go on a gentle group walk in the local area

# Session three: Computer skills and local training opportunities

- Learn about work skills and training available
- · Learn everyday computer skills for all abilities

#### **Session four: Moving for fun**

- Learn about the importance of movement for our health and wellbeing
- Learn exercises which can be done at home and help strengthen our bodies to help us age better





# How do I sign up?

Places are limited. Register your interest to sign up for all four sessions at hants.gov.uk/YourFutureYourHealth or email YFYH@hants.gov.uk

In partnership with:

Hampshire County Council Hampshire Achieves **NHS** Hampshire and Isle of Wight Department for Work & Pensions



