



**YOUR
FUTURE**
Your Health

Develop work and life skills.

Learn to manage your money.

Discover local opportunities.

Boost your health and wellbeing.

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.



Hampshire
County Council

Havant
BOROUGH COUNCIL

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:

