



Funded by
UK Government

Skills, Health & Wellbeing Programme



**Skills, health and
wellbeing programme**

Gosport Discovery Centre

Tuesday 28 April – Tuesday 19 May 2026

10.00 am – 1.00 pm



Hampshire
County Council



Course Information

Join us for our popular four-week **Skills, Health and Wellbeing Programme**, delivered in partnership with Public Health.

This programme aims to provide you with the knowledge and skills to help develop your confidence and improve your overall health and wellbeing. Whether you are looking for job advice, local volunteering opportunities, meeting new people, or would like to develop life skills such budgeting or creating targets, these sessions will give you practical tips and information on where to go, and what to do to support your choices.

Commitment

- ✓ You will attend three-hour workshops led by an experienced professional tutor
- ✓ You will take part in a wide variety of discussions and tasks based on the Five Ways to Wellbeing
- ✓ You will discover a range of local opportunities and support available
- ✓ You will be offered opportunities to progress to further learning.

Eligibility & Contact Details

This course is **FREE OF CHARGE** and funded by the UK Government for eligible adults age 19+ who are living in Hampshire. If you would like more information about this workshop, please contact our friendly team at: adult.learning@hants.gov.uk.

How to Apply

It's simple! Search for the workshop you would like to attend at [Learning in Libraries – Hampshire County Council Shop](#) or scan the QR Code with your phone to go directly to the website. Complete the online application form to book your **free** space today.

