

WHAT'S ON... Positive People Somerset: October 2021

Mondays (4th 11th 18th 25th)

11am – 12:30pm

Cuppa and a chat

Informal, relaxed space to come and have a virtual chat with a cuppa

maxi.gambier@pluss.org.uk

07901 653207

Wednesdays (6th 13th 20th)

10am – 12pm

Empowering Women Course

A free 6-week online course. Informative workshops covering budgeting advice to confidence boosting and learning about making easy, healthy meals.

For more info & to book contact:

maxi.gambier@pluss.org.uk

07901 653207

Tuesday 19th October

10:30am - 1pm

Photography guided walk

Quantock heathland and forest. In partnership with Cosmic and Quantock Landscape Partnership Scheme – learn how to take great photos with your phone.

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07901 653207

Thursday 28th October

10:30am – 11:30am

Photography skills virtual follow-up workshop

Learn how to get the best out of photos taken on the walk.

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07901 653207

Breaking barriers

We believe that no individual barriers should stand in the way of what **YOU** want to **ACHIEVE**. We provide **personal 1:1 support** that will help you to move forward with life.

We can also help you get involved with new and exciting activities that can help to build your confidence and meet new people.

Facebook...

Like our Facebook page to stay up to day with Somerset Positive People:

<https://www.facebook.com/PositivePeopleSomerset>

Online...

For more Positive People news and events check out:

<https://www.positive-people.org.uk/>

Positive People

Positive People offers a lifeline to people who are not in work to help build confidence, skills and give a sense of hope for the future.

The projects give people the opportunity to get involved in local communities, meet new people and have fun through a range of activities.

The Positive People programme is funded by the European Social Fund and the National Lottery Community Fund

