



FREE LIFE SKILLS COURSES

In a relaxed and nurturing environment, sessions are based around discussions and activities designed to empower students to use their own knowledge and discover answers for themselves.

Life Skills 1
Social and Communication Skills

Life Skills 2
Independent Living and Self-Management Skills



ONE TO ONE SHORT COURSES

- **Self-Management Tools**
- **Resilience Model**
- **Interoceptive Awareness** 

A chance to explore practical strategies to manage stress, energy levels, routine... And to find out more about the lesser known sense -Interoception!

HEALTH WALKS

Monthly Saturday Walk-
Different locations around the South Downs National Park

Mid-Week Urban Walk- 
Brighton and Hove town/parks

MINDFULNESS SESSIONS

All levels of practice welcome!

COOKERY SESSIONS

Learn new skills in a fun environment and enjoy food together.

We want to thank all the clients who helped develop the outline of this project which has now been running for 7 years, constantly evolving as a result of your feedback and input.