

ROAD TO WELL BEING

Great Yarmouth Thetford North Walsham West Norfolk



Barista Training



Pizza Making



**Healthy Eating
on a Budget**



Community Work Club



**Free Food Hygiene
Certificates**



**Activities that
promote well being**



Intergenerational



**Work Experience
& Volunteering**

ASSISTING YOU ON YOUR JOURNEY

What: The Road to Well Being project is a 1 week programme of informal activities that cover a wide range of activities that promote productivity and personal development.

Who: Anybody aged 25 or above who has been unemployed for the last 12 months or more. Participants must have the legal right to work in the U.K. & live in Norfolk.

When: 5th, 6th, 7th & 8th February 2019 (11:30-3:30pm) Free Lunch.

Where: Access Community Trust, The Crossing, Tanner Street, Thetford. Norfolk, IP24 2BQ

How: Get in touch via our Facebook page "Top Banana" or e:simonrisi1972@gmail.com t:07725531697 to find out more.