THE LIFELONG LEARNING PROJECT

offers

* Wellness course (starting date: 27 October 2021)
* Wellness workshops
* Self Counselling
* ESOL conversation
* Assistive Technology course (IT for the blind or visually impaired)
* IT
* Peer Support
* Digital Photography (with your mobile phone)

If you would like to register or have more information for any of these courses, please contact Catherine on lifelonglearning@adkc.org.uk or 07496 345 272.