

Independent Living Skills courses starting September 2019

Live.Life.Healthy



Come and join us at our county wide ILS roadshows to find out more about what we are offering in 2019 2020.

At our roadshows, there will be cooking demonstrations by part of our ILS team from the Joy of Food, information packs and a chance to talk to our ILS tutors about all details of our programmes from this September.

You will also be able to enrol directly on to a course at these roadshow events across Norfolk for this September 2019.

What is the 'Healthy Food Healthy Lifestyle' Programme ?

We are pleased to announce that our new ILS programme will be delivered at 15 venues right across Norfolk starting this September 2019.

Courses run in 3 x 10-week blocks and they are FREE.

See below for details on the courses. Roadshow dates and locations are overleaf.

More details will follow shortly, and an official course flyer will be available soon.

This will give you information on how to enrol online and enrolment contact telephone numbers as well as all venue locations, dates, times.

Living Healthy – 10 weeks. During this course you will develop the following skills: How to improve your healthy eating habits, Plan healthy and nutritional menus on a budget and see a balanced diet looks like. Build coping strategies to maintain a healthy lifestyle. Help build your confidence. Build conversation strategies.

Living Creatively -10 weeks. This course will help you develop a selection of skills which combine the study of art, art using textiles, creative writing, poetry, printing, music and communication, visual arts and drama. Participants will learn alongside people who have similar experiences to develop the ability to expand their knowledge and ability and to unwrap their hidden talents and abilities.

Living Positively -10 weeks This course is designed to develop healthy eating and healthy living options through a series of workshops with trained professionals who will guide you through practical techniques and strategies and help you expand your collection of healthy meal options. You will learn gentle ways to improve fitness, lose weight and tone the whole body. These short sessions are suitable for people of all and abilities and for people with health concerns. Participants will also practice mindfulness and wellbeing. To improve awareness of ourselves Participants will learn how to achieve their goals, will build confidence, learn coping strategies for difficult situations, learn to be more aware of how their body feels and how to be comfortable, healthy and happy in their daily lives.