



What's on January

- Wellbeing volunteering
- Dog Walking in Many tears
- Goal setting Arts and Crafts 9th and 29th (limited spaces)
 - Wellbeing goal setting sessions
 - Accredited course 1-1 basis
- First aid appointed person, COSHH, Manual handling, Food safety and Hygiene, Health & Safety
 - Employability skills , interview building, CV building

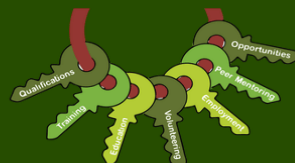
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RSVP

Aaron Jenkins Peer Mentor: 07539320276

Or Email aaron.jenkins@barod.cymru

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from serious
mental illness*

Cyfle Cymru
Peer Mentoring Service



**Unlocking potential
Unlocking doors
Creating opportunities**

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