

Lets be Happy and Healthy!

This is a **free** Family Learning course available to all mums, dads, grandparents and carers!

Would you like some tips on how to look after your family's wellbeing?

Would you like to learn how you can support your family using arts and crafts?

Would you like to learn new skills and meet new friends?



This course is for you!

Course Details

Date: Wednesday 18th September – Wednesday 11th December 2019

Day: Every Wednesday (excluding half term)

Time: 1pm -3pm

Venue: Spalding Parish Church of England Day School

Contact: Sam Bocock via the school office to book a place

You may be eligible to apply for childcare or travel costs.

Please contact Sam Bocock for more information.