



Creative Confidence

Biggleswade



A **free 6 week course** to help you to get creative, have fun, and meet new people

On this course you will:

- Learn new arts and crafts techniques
- Develop creativity and transferable working skills
- Socialise with new people and improve emotional health/well-being
- Discuss the benefits of art and crafts on mental health and well-being

COURSE INFORMATION

This course takes place for **3 hours once per week**.

All sessions take place in **Biggleswade**. The full address will be provided when booking.

WHO?

This beginners course will help you to sample a number of art and craft techniques, developing and expressing your creativity in new ways. Through the course you will meet new people relax, and have fun in a safe and supportive environment.

BOOKING

Please contact us to book a place for our next available start date!

✉ academy@noahenterprise.org

☎ **01234 581108**



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672