

# THE NOAH ACADEMY

## TRAINING AND EMPLOYMENT



# Creative Confidence Online



A **free 6 session online course** arts and crafts course as well as it's benefits for wellbeing whilst socialising and connecting with new people online

By the end of the course, you'll be able to:

- Demonstrate new arts and crafts techniques
- Connect with others online during isolation
- Explore the benefits of using arts and crafts for positive wellbeing
- Contribute towards a community project using your new found arts and crafts skills

This course is **FREE** and funded through Bedford Borough Council, Central Bedfordshire Council, the Education & Skills Funding Agency and the European Social Fund.

# COURSE INFORMATION

This course takes place online using Zoom on **Tuesdays** and **Thursdays** from **10:00-13:00** for **3** weeks.

## WHO?

This course is designed for anyone who would like to learn arts and crafts techniques and make the most of everyday items . **ALL** resources are provided by us and will be delivered before your session.

Participants **must** have:

- A valid email address
- Access to the internet
- Access to a laptop, phone or tablet that can connect to Zoom

## BOOKING

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

 [academy@noahenterprise.org](mailto:academy@noahenterprise.org)

 **01582 726152**



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Apprenticeship



Education & Skills  
Funding Agency



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