



KEYS TO LIFE

A programme of activities designed to help you unlock your potential and equip you to move forward in life

BUILDING CONFIDENCE

Group Outings
Social events
Gardening projects
Recreation and games

HEALTH & WELLBEING

Outdoor activities
Sports & fitness
Wellbeing sessions
Meditation & Relaxation

LIFE SKILLS

DIY skills
Cookery Skills
First Aid Training
Money & Benefits advice
Job search
CV & interview training



**MANY ACTIVITIES INCLUDE PROFESSIONAL TRAINING AND QUALIFICATIONS
SEE DEREK TO GET INVOLVED OR FOR MORE INFORMATION**