



A MORE CONFIDENT ME

Ready to be happier and more confident?

About the programme

Everyone's needs are different, making the 'A More Confident Me' programme perfect for individuals who need more confidence and want to improve their wellbeing.



A 6-week programme for current and previous NIDAS clients. **Delivered by** Academy Transformation **Trust Further Education**, to support adults to feel healthier, happier, more confident, and more connected

NIDAS

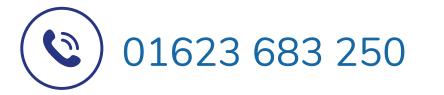
to their local community

Support

Individuals taking the programme will set goals to build their confidence and overall wellbeing, as well as benefitting from additional services, such as signposting to community activities and support services, the opportunity to attend the fun and interactive '5' Ways to Wellbeing Workshop', and much more.

Referrals

To refer for the programme, please contact:





referrals@nidas.org.uk

When: Thursday mornings Starting: 28th September

Time: 9.30am -11.30am

Where: Lammas Leisure Centre, Sutton-in-Ashfield, NG17 2AD