

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.



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:

 01623 683 250

 referrals@nidas.org.uk

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
to their local
community

When: Thursday
mornings
Starting: 28th
September

Time: 9.30am -
11.30am

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