



learn telford

www.learntelford.ac.uk

Learning on Prescription

Learn Telford run a number of free Wellbeing courses and drop in sessions. Our courses are specifically designed to support people who may be experiencing depression, anxiety, stress, low mood or trouble sleeping. We are committed to the Five Ways to Wellbeing and we recognise the value that learning has upon health and wellbeing.

Courses and activities include:

- Relaxation for Wellbeing
- Floral Crafts for Wellbeing
- Slow Stitching (Rags to Stitches)
- Nature Walks/Outdoor activities
- Mindfulness

(Please note that courses are currently taking place online)

Our experienced staff and tutors will talk to learners beforehand, offer reassurance and answer any questions. All of our courses are taught in a relaxed and friendly environment at a range of community venues across Telford.

If you would like to self-refer or if you are a Health Professional or a Support Worker and you would like to refer a patient/customer to us, please contact us

support@learntelford.ac.uk

01952 382888 or 07794 999282

February 2021

