

ARISE Training at
 St Chad's & St Mark's Church
 Lime St, WV3 0EX
 Contact Maxine on 07368577450
 or email maxine@arisetrainingcic.uk

ISSUE NO.01

Dance Fit Tuesdays 1:30 - 2:30

Dance fit is a fun and energetic way to stay active and is a crucial part of maintaining good health and wellbeing



Skills for Life & Work



This 10-week programme is open to all whether you are a new arrival in UK or English is a second language and want to improve your skills and find suitable employment, this would be a great start.

Start date to be confirmed

Sessions times & days

- Tuesdays 10 - 12:30,
- Wednesdays 2 - 3:30,
- Thursdays 10 - 12:30

Cash Compass

Are you worried about the cost of living crisis?

Cash compass weekly workshops will cover:

- Benefit updates - claiming the right support available.
- Budgeting - making your money go further.
- Cooking on a budget - healthy options & one-pot meals.
- Debt management - where to go & who can help
- Additional support for energy bills

(pre-payment meters only) Text 'Fuel' to 07368577450)

- Signposting to other support available

Start date to be confirmed



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 information and to book your place

Art and wellbeing

These art sessions are suitable for all levels. You will take ideas from nature and the outdoors to create your own works of art and improve your overall wellbeing.

Start Thursday 6th October from 1 till 3pm



Gentle Exercise

These ladies' only gentle exercise sessions are for us older ladies and those with mobility issues. This is a good opportunity to get fit while improving your balance and strengthening your bones.

Start date to be confirmed



Computers

Do you need to improve your computer skills, manage your internet/data access, and more

contact Maxine by texting 'IT' at
 07368577450

