

**SKILLS
FOR LIFE**

Multiply

Free Creative Skills workshop at British Pakistani Welfare Association* Mindfulness Maths



Learn maths skills in a fun and engaging way through arts, crafts and games!

Mindfulness Maths

Thursday 27th June 2024, 09:30 – 11:30

Earn £30 food voucher on completing 4 creative skills workshops!*

Our wellbeing is important, and 'mindfulness' is a technique allowing us to become more aware of our surroundings and our feelings. This workshop will help you practice mindfulness, whilst creating beautiful artwork pieces using useful numeracy skills.



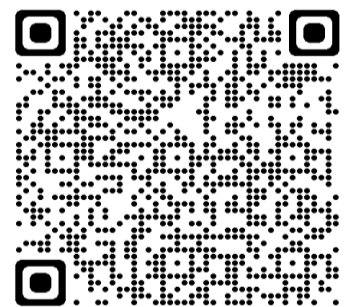
For more support or to find out more contact us at Academy@centralbedfordshire.gov.uk or call **0300 300 8131**

*Subject to eligibility (19+; live or work in Bedford Borough or Central Bedfordshire; no maths qualification at pass level)



Where?

**British Pakistani
Welfare Association,
43 Honey Hill Road,
Bedford, MK40 4NP**



Book your place!

To sign up scan the QR code above.

Central
Bedfordshire



Central Bedfordshire Council
and Bedford Borough Council
working together



Bedfordshire
**Employment &
Skills Academy**