



Skills for life

# June 2024

<b>Susie's Sewing Room</b>	05/06/24 – 19/06/24	9.30am – 12.30pm	<i>Hand sewing to make clothes from recycled material – 3 sessions.</i>
<b>Emergency First Aid at Work</b>	06/06/24	9.30am – 4.30pm	<i>Accredited first aid training.</i>
<b>Certificate in Participation</b>	06/06/24 – 08/08/24	9.30am – 12.30pm	<i>Essential skills and knowledge for any voluntary role – 10 sessions.</i>
<b>Greenfingers: Hanging Baskets</b>	15/06/24	10am – 1pm	<i>Making a summer hanging basket with a twist.</i>
<b>Mind Matters</b>	17/06/24	1pm – 3pm	<i>Unravelling your thoughts and emotions for a happier and healthier life.</i>
<b>Crack On and Cook</b>	18/06/24	10.30am – 12.30pm	<i>Cooking tasty, nutritious meals on a budget.</i>
<b>Multiply</b>	17/06/24	1pm – 4.30pm	<i>Making better choices, problem solving and critical thinking.</i>
<b>Food Hygiene Level 2</b>	25/06/24	10am – 4pm	<i>Accredited training for anyone who wants to prepare and serve food.</i>

To book a space, email  
[customer.training@stockporthomes.org](mailto:customer.training@stockporthomes.org)  
 or call 0161 474 2862