

Are you lacking in Confidence and Motivation?

The Positive People team at Active Plus can help.



The Positive People team at Active Plus can support you to:

- Boost your confidence and motivation by taking part in our veteran led courses
- Improve your health and wellbeing
- Refer you into the Positive People Programme for support and guidance towards long term goals of work, training or volunteering



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ACTIVE PLUS
VETERANS INSPIRING PEOPLE



Positive People is funded by the European Social Fund and the National Lottery Community Fund

Confidence & Motivation Course At Redruth Wesley Church (Jubilee Hall)

General Information Session (GIS): Thursday 9th June 2022 9.30am-10.30am

Course start date: Thursday 16th June 2022 – Thursday 21st July 2022
9.30am-12.30pm
(1 morning a week for 6 weeks)

To enrol or for further details contact:
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