

Safe & Sound

Safe & Sound is a free course consisting of a series of friendly, interactive workshops and activities that are aimed at enhancing life skills and wellbeing.

The course content helps participants build their confidence and develop a better understanding of topics including:

- ◆ Safety in the home
- ◆ Safety when out in the community
- ◆ Understanding hate crime and how to report it
- ◆ Safe relationships, signs of abuse and safeguarding
- ◆ Mental well-being
- ◆ Healthier lifestyles
- ◆ Living independently
- ◆ Money management advice

The discussions and activities that take place give participants the opportunity to:

- ◆ Develop friendships
- ◆ Build beliefs in their own abilities
- ◆ Develop skills to maintain a positive lifestyle

To find out more about how you can participate in a Safe & Sound Course, or set up a course for your organisation free of charge, please contact:

Maria Clayton: Safe & Sound Training & Development Officer

Phone: **07810510067**

Email: **mclayton@disability.co.uk**