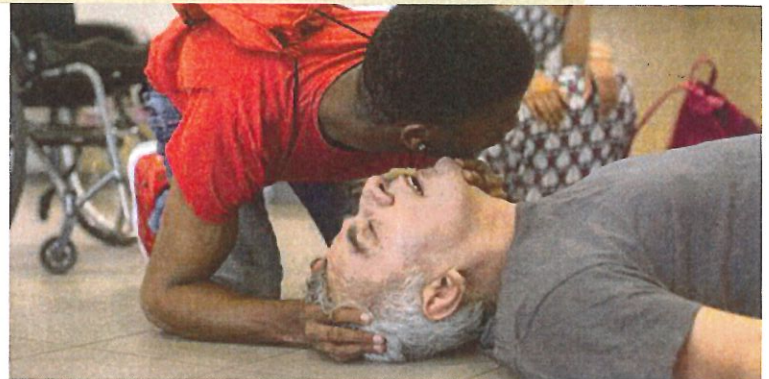


# Free adult education workshops.



## Adapt and recover from adversity

Through a digital or in-person workshop, reflect on how challenges have impacted you and build practical and emotional skills to help yourself and others adapt and recover when faced with a crisis.



## First aid workshops

Our interactive workshops, available digitally and in person in some areas, will equip you with the skills to help someone in a first aid emergency.



## Telephone workshops

For those not able to join us digitally or in person, we offer our wellbeing workshops over the telephone. Learners will take part in activities and group discussion, exploring tools and strategies to build resilience or tackle loneliness.



## Tackling loneliness workshops

This workshop, available digitally and in person in some areas, aims to give you the opportunity to speak openly about how it might feel to be lonely or isolated and learn skills to help others who may be suffering.

Find out more and book onto a workshop here: [redcross.org.uk/adult-workshops](https://www.redcross.org.uk/adult-workshops)

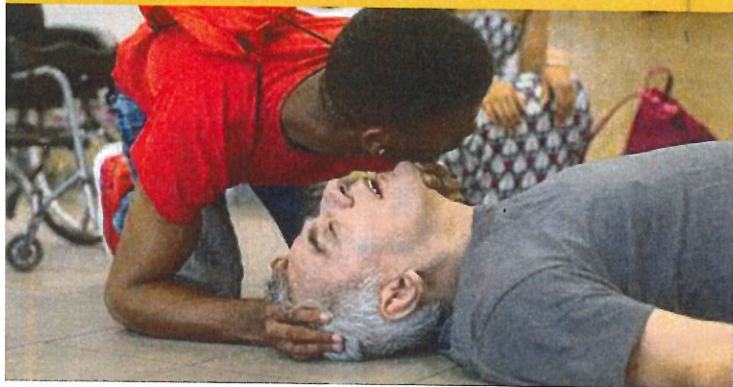
For further information please email

*nwillis* @redcross.org.uk  
or call *07803 013232*

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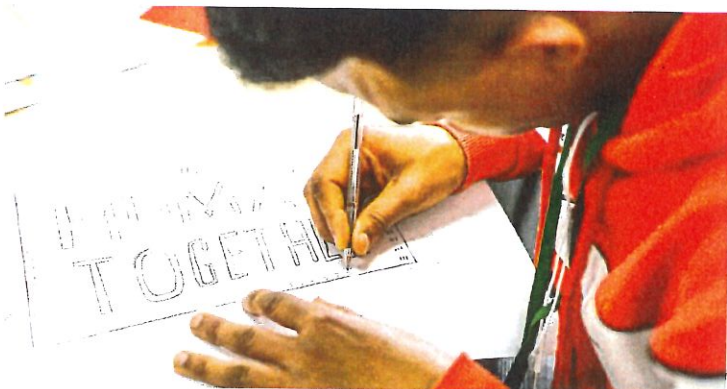
**The power  
of kindness**

# Free workshops for 10-19 year olds.



## 1 First aid

Help young people learn essential first aid skills using the everyday objects around them. The workshop aims to build their confidence and willingness to help someone in an emergency.



## 2 Empathy and migration

Young people can learn more about the people in their community. Help them challenge assumptions about migrants, asylum seekers and refugees, as well as develop mutual respect and understanding.



## 3 Coping with challenges

Young people face a variety of multi-layered challenges in their life. This workshop aims to provide young people with a resilience building framework to help them cope better with the challenges they face.

Find out more and book onto a workshop here: [redcross.org.uk/youth-workshops](http://redcross.org.uk/youth-workshops)

For further information please email  
-- [fiwillis@redcross.org.uk](mailto:fiwillis@redcross.org.uk)  
call 07803 013232

**The power  
of kindness**