

# ROOTS TO WELLBEING



## DON'T GET STUCK IN THE SAME PLACE FOR ANOTHER YEAR

IMPROVE YOUR WELLBEING, YOUR HEALTH  
AND YOUR FUTURE TODAY



# ROOTS TO WELLBEING

## HERE TO SUPPORT YOU EVERY STEP OF THE WAY...

- ✓ Free 10 week course, 2 days per week for ages 19+
- ✓ Focuses on incorporating the 5 ways to wellbeing in to every day life
- ✓ You will be given the tools to improve your mental and physical health and to start making life changing decisions
- ✓ Delivered by expert mentors that will provide advice and guidance throughout
- ✓ The course does not affect any benefits & travel costs may be covered by your Job Centre if you are receiving benefits

Groundwork gave me the confidence to start doing something with my life instead of staying at home all day. I'm so much happier than I was before.



After 7 years of being out of work I've finally got a job. Roots to Wellbeing was a big help and I'd recommend it to anyone.



# FIVE WAYS TO WELLBEING

## CONNECT

Talk & listen, be there, feel connected. Joining the programme you will have the opportunity to meet new people and form some new connections with a small group of others.



## BE ACTIVE

Do what you can, enjoy what you do & move your mood. We will take part in some fun, non-strenuous exercise to improve your physical and mental health.



## TAKE NOTICE

Remember the simple things that give you joy. We focus on what is going on around us.



## KEEP LEARNING

Embrace new experiences, see opportunities & surprise yourself. We learn about a variety of different topics from healthy eating to CV making and first aid training.



## GIVE

Give your time, your words, your presence. We will take part in a social action project and look at how giving to others benefits you.



**For more information about  
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 Groundwork Employment and Skills

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**GMCA** GREATER  
MANCHESTER  
COMBINED  
AUTHORITY

**WLEA** Adult Learning  
Within Reach



**TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED**



**DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
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**EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES,  
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**Your time,  
your words,  
your presence**