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Workbridge

Helping people realise their potential

## Community Skills and Wellbeing Programme

Workbridge Education is a community-based service that can help you grow in confidence and wellbeing, learn new vocational skills, and can even support you to explore employment.



Braye Learning & Development Centre  
Bedford Road  
Northampton  
NN4 7AD





**West  
Northamptonshire  
Council**



**St Andrew's  
HEALTHCARE**

# Make the change today

We are an experienced, inclusive and friendly team who can support you to make the next steps towards your future.

## **Creative Arts**

Take part in a range of creative projects supported by our Arts Hub. Explore your own creativity, find inspiration, and receive support and encouragement to help improve your mood and grow your support network.

## **Food and Health**

Increase your confidence and create your first delicious sourdough boule alongside our specialist sourdough tutors. Use this therapeutic session to not only gain valuable skills but help raise your self-esteem, and improve your wellbeing.

## **Gardening and Natural World**

Come and spend time enjoying the benefits of green spaces in our beautiful Workbridge gardens. Participate in a range of seasonal gardening tasks which could include anything from seed sowing and bulb planting to creating support structures and new raised beds.

## **Design Technology and Engineering**

Learn how to build critical thinking and problem-solving skills with an experience in basic leather-work. Work collaboratively with others and be supported by our DTE team in a friendly, safe, therapeutic environment.

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