

FIVE WAYS TO WELLBEING

CONNECT - It's important to stay in touch with friends and family - and even make new friends! While social distancing is an important part of our response to COVID-19 it doesn't mean that you can't stay in touch - set up group chats on social media, email, facetime, video call, or just pick up the phone and have a chat with friends and family.

BE ACTIVE - Whether you're inside or outside your home it's important to stay active to keep your physical and mental well-being. A daily routine is a good idea, but remember, if you exercise with a person from outside your household keep two metres apart.

KEEP LEARNING - Enjoy doing something different like learning a new skill or hobby or joining Your Money Matters - it's a good way to keep your mind active.

GIVE - Support others in your community who are in need of help or volunteer—both can help you make new friends, keep active and gain new skills.

TAKE NOTICE—Try to be mindful of your environment in and around your home and, if you can't get outside much, remember you can still benefit from fresh air and sunlight by spending time with the windows open.

The Learning Partnership

FOR CORNWALL & THE ISLES OF SCILLY

Promoting Lifelong Learning



Together for Families



LISKEARD COUNCIL
WORKING FOR YOU



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WORKING FOR YOU



Now you can

FEED the FAMILY



&

Save Money!

with

LISKEARD TOGETHER

ONLINE LEARNING



Are you 16 or over, not in paid work & living in the Liskeard area?

YES.....

Then come and join us!

FEED the FAMILY



Six weekly online sessions, of one and a half hours each, that will show you easy ways to feed the family without emptying your purse!

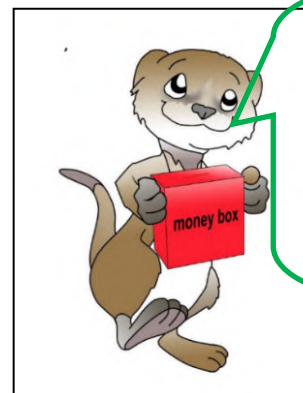
The numbers are limited to 6 people, plus our tutor.

We provide the recipes, ingredients and even a tablet if you can't get online. It's easy, flavoursome and fun!

Tasty Pie
Egg Fried Rice

Pasta
Pizza

Biscuits
Sausage & Mash



This Your Money Matters course is full of useful info, ideas and handy resources to help you **Save Money!**

Two one hour sessions per week for three weeks that will show you how to keep track of your cash and identify ways to save money. We provide the resources to help you sharpen your money skills and the information to help you save money. This course is free to Liskeard Together participants who can have fun while they learn.

Mondays & Thursdays

10am—11am

If you want to join in or know more about Feed the Family or Your Money Matters, contact Jemma or Jo.

Jemma— 07837 432044

Jemma.warburton@cornwallhousing.org.uk

Jo — 07891 200753

Joanne.may@cornwallhousing.org.uk

Free support is available to those in the Liskeard area who are not currently in paid employment.