

UPDATES FROM START FORWARD

This week's session was all about the importance of Goal setting. We worked on various exercises to help break down goals, and all members were able to highlight positive steps for the future.

Claire from Salford CVS came in to speak to the group about volunteering opportunities, and all members expressed interest in applying for more information.

Sessional Artist Stuart led the Art session in the afternoon- teaching members the art of embroidery.

We are actively accepting referrals to set up a new cohort to run alongside the existing one - so please send enquires and referrals to:

Telephone: 0161 351 6011

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