

**COURSE INFORMATION LEAFLET** 

## **Independent Living - Adult Skills**



## In a nutshell

This course will help learners to gain skills in everyday living such as cooking and serving meals; arts and crafts such as pottery; horticulture and other outdoor activities.

## This course is for...

Learners who are looking to take part in a range of activities which involve developing confidence in communicating with others and community activities.

