The course is for people who are **NOT claiming work related benefits**

**New ABC Course delivering by Fusion Housing at:**

**Elim Church, Dewsbury Town Centre, Wellington St, Dewsbury WF13 1LY**

and will run over 4 sessions

delivered twice per week on **Tuesdays and Thursdays**

**The course entails:**

* **Informal teaching**
* **Digital activities**
* **Cooking and eating together**
* **Better off calculations**
* **Food groups to improve health**
* **Personal resilience**
* **Confidence building**
* **Money management**
* **How to find local resources**

**All bus fares will be paid providing validity of bus tickets are shown on the day**

**Speak to Reception or your Fusion Worker for more details and to be referred to the next available course**

**Next course start date:**

**Tuesday 30th January 2024**

**1030-1300**