

THE GOLDSMITH CENTRE

Passionate about Posture

FREE places for family carers for 2019

We have a wide range of courses covering topics such as communication, mental health, laughter yoga and postural care

www.thegoldsmithcentre.com

We have a number of **FREE PLACES** open to people with disabilities, parents, grandparents and siblings.

These spaces are available on a **FIRST COME FIRST SERVED** basis and must be booked through Simone, Training Officer by email Trainingadmin@simplestuffworks.co.uk

Give her a call on **01827 307870** if you have any questions, she would love to hear from you!