

Currently, we provide Agored Cymru accredited courses, as well as Big Skill certificated courses.

Agored Cymru accredited courses: Creating Heritage, Traditional Crafts, Using Recycled Materials For Crafts Work, Applied Gardening Skills, Observational Painting, Drawing On Location.

Big Skill certificated courses, such as Life Skills, From Plant to Print. We are currently working on a multi-skilled/tasks award with different levels. Big Skill's new Creative Workshops for Wellbeing, Widening of Social Activities, Skills, Working Together, Work Placement/Volunteering.

This three tiered certificate looks at both life, wellbeing, employment skills under the following headings: Communication, Interpersonal Skills (Craft, Chat); Decision Making, Interpersonal Skills (Accredited Course); Creative Thinking (Making a Craft out of Waste); Selfaware-

Mr Big Skill



ness, Empathy (volunteering, working on sustainable craft project or placement); Equanimity (healthy outdoor activities, completion of project / or course); Resilience (ranging from attendance through to sharing of skills?)

For more information about Big Skill workshops, courses and accredited courses, go to www.thebigskill.com.



**“Cultural activities encourage gentle movement, reduce social, and lower inflammation and stress hormones such as cortisol,”
March Mental Health Network**