

Bedfordshire Employment and Skills Service

Central
Bedfordshire

FREE* courses for Central Bedfordshire and Bedford Borough residents

We can help you move forwards

with learning and work

Local, community based courses

Including Impact Mental Health Peer Support groups

- **The YOU Programme**
- **YOUR Recovery Pathways**
- Wellbeing
- English, maths and ICT
- ESOL (English for Speakers of Other Languages)
- Employability and job skills courses to get into work

Advice and Guidance




One to one support to help you make decisions on learning, training and work.



“The YOU Programme helped me regain focus and start enjoying my life again”

To find out more about per support groups visit www.impactmh.org.uk

Find out more about BESS courses and support

-  www.centralbedfordshire.gov.uk/adultlearning
-  adult.learning@centralbedfordshire.gov.uk
-  **0300 300 8110**



*Courses are free subject to eligibility. Impact courses are free to anyone requiring support.



Central Bedfordshire Council
and Bedford Borough Council
working together



Education & Skills
Funding Agency



European Union
European Social Fund
Investing in jobs and skills

