



## Beat the isolation of coronavirus by joining an exciting community learning programme for adults with disabilities in Herefordshire.

Whatever your age or disability join one of our free 'virtual' adult community learning courses. You can:

- Cook up dishes from around the world (Mondays, 4.30pm to 6.30pm)
- Try your hand at creative writing (Tuesdays 5pm to 7pm)
- Practise mindfulness and resilience (Wednesdays, 5pm to 7pm)
- Build you self-confidence (Mondays, 5pm to 7pm)

**Funding from Herefordshire Council means the courses, which start in January, are free online! A one-off registration fee of £10 secures your place.**

Find out more and sign up by contacting Sasha Narey:

**Tel** 01432 808740

**Email** [snarey@nationalstar.org](mailto:snarey@nationalstar.org)



**National Star**

Realising the aspirations  
of people with disabilities

