

# BETTER HEALTH TRAINING

WE OFFER 12-WEEK (1 DAY A WEEK) TRAINING PLACEMENTS IN OUR BAKERY AND BIKE SHOP, PART OF THE CENTRE FOR BETTER HEALTH, A HACKNEY-BASED MENTAL HEALTH CHARITY.

OUR TRAINING PLACEMENTS ARE FOR ADULTS WHO ARE OUT OF WORK, OR IN JOBS THEY DON'T ENJOY, AND ARE STRUGGLING WITH THEIR MENTAL HEALTH.



TO FIND OUT MORE, FOR YOURSELF OR SOMEONE YOU'RE WORKING WITH, AND FOR UP-TO-DATE INFORMATION ABOUT FUNDING ROUTES, PLEASE VISIT [WWW.CENTREFORBETTERHEALTH.ORG.UK](http://WWW.CENTREFORBETTERHEALTH.ORG.UK)

EMAIL US AT

[TRAINING@CENTREFORBETTERHEALTH.ORG.UK](mailto:TRAINING@CENTREFORBETTERHEALTH.ORG.UK)



**LEARN NEW SKILLS  
IN BAKING OR BIKE MECHANICS**

**GAIN SATISFACTION  
AND A SENSE OF PURPOSE FROM A HANDS-ON ACTIVITY  
AND THE PROCESS OF MAKING AND REPAIRING**

**JOIN A SUPPORTIVE TEAM  
AND DEVELOP POSITIVE WORKPLACE RELATIONSHIPS**

**CREATE SOME STRUCTURE  
BY FAMILIARISING YOURSELF WITH A  
REGULAR ROUTINE AND TIMEKEEPING**

**BUILD UP YOUR CONFIDENCE  
TO RETURN TO OR ENTER THE WORKPLACE**

**BENEFIT FROM 1-2-1 CHECK-INS  
AND SUPPORT TO SET PERSONAL AND PROFESSIONAL GOALS**

**PLAN YOUR NEXT STEPS  
INTO VOLUNTEERING, TRAINING OR EMPLOYMENT**

**THE CENTRE FOR BETTER HEALTH**

[CENTREFORBETTERHEALTH.ORG.UK](http://CENTREFORBETTERHEALTH.ORG.UK)

0208 9853570

REGISTERED CHARITY NO. 292944

1A DARNLEY ROAD, LONDON E9 6QH

PLACEMENTS AT 13 STEAN STREET, E8 4ED

