

“Active Plus turned my life around and made me look at things differently. I would do the course all over again” Sophie Perkins, Wiltshire.

Get in Touch!

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@active_plus_



Active Plus and
Active Plus
Communities

Or ask your Jobcentre
for details

Courses running in:

- ◆ Taunton
- ◆ Shepton Mallet
- ◆ Bridgwater
- ◆ Yeovil

Our courses and
community clubs are
for people aged 18+
who are receiving a
DWP benefit.

They run for 3 hours
each week for up to 6
months

Head Office: Health and
Wellbeing Innovation Centre,
Treliske, Truro

www.activeplus.org.uk

Feeling good about yourself and being confident in your abilities opens up new opportunities. Our wellbeing courses will give you confidence for the future

Through a mixture of activities, information, and 1-2-1 support, Active Plus can help you to take the next steps towards better health and employability. You will also meet new people, make new friends and have fun in a really supportive environment



Help us to help you to help yourself

Active Plus courses are delivered by people who have been unemployed or experienced mental ill-health and low levels of wellbeing. 80% of our workforce are military veterans with physical injury or PTSD.

They are helping themselves through helping others - and you can do the same. Our community clubs give people the chance to find out about all of the support available to them, the opportunity to meet employers, the confidence to try new things and the skills to volunteer to help local organisations. You will also have access to IT and the support to use it. Come along and join in!



Department for
Work and Pensions

Funded by Jobcentre Plus Devon Cornwall and Somerset
Flexible Support Fund

ACTIVE PLUS

VETERANS INSPIRING PEOPLE

Your local Well2Work Course and Community Club starts on:

Date:

Time:

Venue:

To find out more or book your place:

Email: john@activplus.org.uk

Call: 01326 567174

Mobile:

Or ask at your Jobcentre

To find out more you can visit our website www.activeplus.org.uk

View our Facebook Pages: Active Plus and Active Plus Communities

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We'd love to hear from you!