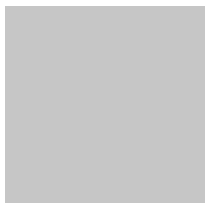




THE  
**ALBRIGHTON  
TRUST**

THE  
**Me & You**  
PROJECT



Are you aged 15 to 25?  
Do you have a learning difficulty,  
special need or physical disability?  
Would you like to try something  
new?

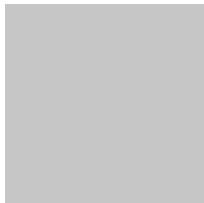


**LOTTERY FUNDED**

Registered charity number  
1000402



Would you like to get outside in the fresh air? Learn new practical skills in gardening & horticulture, wildlife & conservation, even fishing? Would you like to meet new people? Make new friends? Try things you've never done before? All for free?



We are inviting you to take part in a six week course (6 one day sessions) designed to build confidence and self esteem through the teaching of practical outdoor activities. Throughout the course you will have the opportunity to learn new skills, take on leadership roles, gain qualifications, socialise with new people, have fun and explore your options for the future (including moving on to Stage 2 of the course) all in the friendly and welcoming environment of the Albrighton Trust Moat and Gardens.

## **Course dates available throughout the year.**

To find out more please contact us on:  
**01902 372441** or email **moat@albrightontrust.org.uk**

[www.albrightontrust.org.uk](http://www.albrightontrust.org.uk)  
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