

# SOS SUPPORTERS PROGRAMME

IN PARTNERSHIP WITH  
FARM WELL HUB

**Are you supporting a loved one who may be  
struggling with their mental health?**

**Our FREE online programme offers the skills of:**

- ☒ **SELF CARE**
- ☒ **EMPOWERING**
- ☒ **CONNECTING**
- ☒ **BUILDING HOPE**
- ☒ **SIGNPOSTING**



**September 24<sup>th</sup>, 26<sup>th</sup>, 29<sup>th</sup>, and October 1<sup>st</sup> in the  
evenings. Interested? Register your place [here](#)  
or call us on 01272 2158 or scan the QR code**

  
**SCAN ME** 

