



## The Acorn Programme



Bedfordshire Race & Equalities Council

A Community Leadership Programme  
funded by  
Central Bedfordshire Council

# Free Training in Self Development

Discover an exciting opportunity to develop your skills to ensure you can have a say in decisions that affect you or your families lives.

Join our lively sessions and learn how to develop your self confidence, have greater choices, opportunities and skills in dealing with others

**WHO:** This project is open to all people who want a better voice in society

*We welcome women, older people, young people, people with disabilities and people from Black and Ethnic Minority communities*

**WHEN:** The 5 session Programme will commence November 2011

**WHERE:** Central Bedfordshire

*(venue will be notified once number of applicants identified)*

**Want to know more and register to join the Programme?**

Then contact us at: **Bedfordshire Race & Equalities Council**

Tel: 01234 350459 or email: [bedfordrec@btconnect.com](mailto:bedfordrec@btconnect.com)

To book your **FREE** place