“Mind your mind” is targeted at the 50+ age group and will provide a range of practical workshops with the overall aim is that there is an improvement in mental health, wellbeing and resilience in older people.

“Community Mental Health & Wellbeing

As an alternative to mindfulness, FEAT are also offering a number of their acclaimed “Community Mental Health & Wellbeing” courses to the 50+ age group. These courses have been running over the past 18 months across Fife, with various funders including NHS Fife, See Me and Community Gains.

Venues: Throughout Fife
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