

**Taunton Town FC**

**Community Engagement Project Activities**

**Somerset Skills & Learning**

**Community Learning Workshops (Health & Well-Being)**

Community Learning workshops and courses designed to improve confidence, self-esteem, resilience, and motivation.

**\*\*NOW AVAILABLE\*\* -** **click on the links below to book directly through Somerset Skills & Learning**

**Introduction to Developing Personal Confidence and Self- Awareness**

**7.15pm- 8.45pm Monday 21st June & Monday 28th June- The Cygnet Health Care Stadium**

Providing individuals with the knowledge and confidence to develop their personal confidence and self-awareness.

You will learn how to identify competencies of emotional intelligence, and how to put emotional competencies into action within your daily life.

<https://www.sslcourses.co.uk/courses/course/introduction-to-developing-personal-confidence-and-self-awareness/>

**Developing Emotional Resilience**

**7.15pm- 8.45pm Monday 5th July & Monday 12th July- The Cygnet Health Care Stadium**

Providing individuals with a better understanding of emotional resilience to improve wellbeing.

You will gain the knowledge, tools, and resources to develop and build your personal resilience to support you in everyday living.

<https://www.sslcourses.co.uk/courses/course/developing-emotional-resilience/>

* *Learners must be aged over 19 years of age, a Somerset resident (B&NES and North Somerset not included) and have lived in the UK or European Economic Area for the last 3 years \**

**Taunton Town FC**

**Monthly Social Evenings**

Encouraging local people to meet, mix, interact, have fun, and share memories and life experiences together.

Designed to combat loneliness, isolation, or social limitations.

Incorporating a broad range of activities, including indoor and outdoor games and activities, interactive talks, presentations, and light fitness training.

**Taunton Town FC**

**‘Behind the Scenes’ Stadium Tours**

Guided tours of the Cygnet Health Care Stadium designed to provide a full insight into the running of Taunton Town Football Club for individuals or groups.

Tours of the ground include Spectator areas, Home, Away and Match Official Changing Rooms, Club Offices, Kit Washrooms, Maintenance Departments, Clubhouse for refreshments, Club SHOP and the chance to meet Club Officials, Management or Players.

Incorporating tailored educational themes surrounding health, safety, fitness, well-being, environmental responsibility and sustainability, and community issues.

**Somerset Skills & Learning/ Positive People Somerset - Cosmic**

**Information Technology & Digital Skills Workshops**

Partner-led Workshops provided by qualified tutors.

Access to certified Digital Training for people out of work due to mental, physical, or social exclusion difficulties and partner’s community programmes.

**Taunton Youth Football Community Trust**

**Bridgwater & Taunton College and Bishops Lydeard AFC**

**Taunton Town FC ‘Player Pathway’ Partnership**

**Youth Football Coaching Sessions**

Youth football coaching sessions, delivered in partnership with FA Qualified Coaches, providing opportunities for young people aged 4-16 to improve fitness and health whilst developing footballing skills.

Sessions will last approximately one and a half hours and be designed to encourage young people to get involved or further their interest in sport, particularly football.

Parents or guardians will be welcome to attend to watch and can purchase light refreshments.

**OC Training & Performance**

**Fitness Classes**

Bespoke, tailored Fitness Classes designed for all age groups and abilities.

* ALL Activities FREE & Include Light Refreshments.
* Advanced Bookings ONLY
* All Activities subject to and in compliance with Government restrictions

For Stadium Tours, Digital Skills, Social Evenings, Youth Football Coaching and Fitness Classes, or for further information please contact:

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