

April Newsletter

Learning Through Experience: Phil's Story



"While I do carry remorse over some of my past actions related to drug use, I have absolutely no regrets. Those past experiences with my drug use and behaviour, though challenging at the time, have ultimately shaped me into the person I am today. **Without having those experiences, I wouldn't be in a position to help, support and lead others in the way that I do now, and I wouldn't trade that for anything in the world.**"

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Reducing Violence with NHS England

Read about the amazing work we are doing with NHS England on the **NHS Violence Reduction** contract, delivering our accredited programme **Kind Regards**, helping people to improve self-control through education and skills.



England

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A Holistic Approach to Well-being

Our **Skills-Tu Life** programme helps people live better lives by **improving their well-being**, including physical, emotional, psychological and social well-being. **Developing motivation**, promoting **independence** and **personal responsibility** will enhance and develop people's skills to improve the quality of their lives.

Read more about how we initially designed this programme and the success that followed.

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