



European Union

European
Social Fund



Sound Ideas To Share

Are you aged 19 or over?

Has your life been negatively affected by the COVID-19 pandemic?

Do you have a passion for media, culture and the arts?

Do you live in the Liverpool City Region?

You could join our **new** ESF funded project

Sound Ideas To Share

Participate in an 8 week course commencing September 2021 of specialist media, arts and culture training from **Ngunan Adamu** of BBC Radio Merseyside, Richmond Fellowship and Creative Lives



- Media Skills, Editing, Promotion
- Podcast Making & Digital Storytelling
- The Mental Health Benefits of Timebanking
- Assetiveness and Confidence Building
- How to Rebuild from the Life Impact of COVID-19
- Inspiration for your Motivation and Mindset to achieve your goals
- Practical Advice on Gaining Employment in the field of Media, Arts & Culture and The Equality Act
- Produce broadcast quality material and receive a certificate of completion**



Interested to know more about how you can *Create For Wellbeing*? We would love to hear from you! Contact Vicki Pritchard for more information or an informal chat:

vicki.pritchard@richmondfellowship.org.uk 07901 517336

