



# APRIL NEWSLETTER



RELAUNCH

April has started with the re launch of one of our community programs run by our sister company **MMAS Foundation**. The MMAS Life Skills Club - formerly known as the Lunch 'N' Learn Club was relaunched on April 4th 2024



Taniesha

## MMAS LIFE SKILLS CLUB COORDINATOR

The MMAS Life Skills Club (MLSC) - is a weekly club aimed at adults who require additional support with their day to day living.

We work with clients who have mild - moderate learning difficulties, clients who are maybe struggling with their mental health or clients who are looking to build their confidence and interpersonal skills in a safe space.



WHEN.....

WE MEET ONCE A WEEK - THURSDAYS 12.30-3.30PM

- LOCATIONS - LUTON AND DUNSTABLE
- DEPENDING ON THE ACTIVITY

MMAS LIFE SKILLS CLUB



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## Life Skills Club

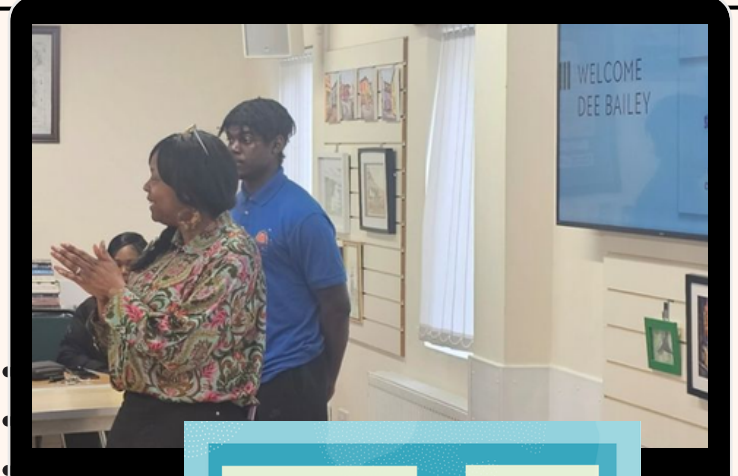
The relaunch was held at the Irish Forum and was an opportunity to showcase the services that the group will be providing and meet the Life Skills and MMAS team.



THE MMAS FOUNDATION IS ON A MISSION TO HELP DISADVANTAGED INDIVIDUALS TO IMPROVE NOT ONLY THEIR LIVES BUT THE LIVES OF OTHERS.

WE BELIEVE THAT EVERYONE DESERVES TO LIVE A LIFE FULL OF OPPORTUNITIES AND GROWTH AND IT IS WITH A LITTLE HELP AND THE CORRECT GUIDANCE, THAT ANYONE CAN 'TURN THEIR LIFE AROUND'

"YOUR PRESENT CIRCUMSTANCES DO NOT DEFINE YOUR FUTURE"  
(NIDO QUBEIN)



### EXAMPLE CURRICULUM

CRAFTS  
PERSONAL CARE  
PSHE  
MONEY MANAGEMENT  
FITNESS  
COOKING  
EXTERNAL VISITS

MMAS LIFE SKILLS CLUB

### ACTIVITIES



**COME JOIN US !**

MMAS LIFE SKILLS CLUB

SOME OF OUR PROGRAMMES  
PREPARING FOR ADULTHOOD  
EMPLOYABILITY SKILLS CLUB  
EMPOWERMENT PROGRAM  
WOMEN WITH VOICES  
MEN WITH VOICES  
HOLISTIC RETREAT  
FINANCIAL AWARENESS PROGRAM  
  
BEAUTY BASICS  
LIFE SKILLS CLUB



For further information on some of the community programmes that MMAS offers contact us on enquiries@mmasfoundation.org.uk

For further information on The Life Skills Club contact Taniesha on 07944798658