



# Brightside Soap and bath bomb making

Brightside courses are for anyone experiencing mild to moderate mental health issues e.g., suffering from anxiety, depression, stress or isolation, low confidence and/or self-esteem.

This FREE course is for anyone wanting to learn how to make soap, bath bombs and try out some unique gift-wrapping ideas.

Course dates are Monday 24<sup>th</sup> April 15<sup>th</sup> May 22<sup>nd</sup> May 5<sup>th</sup> June 12<sup>th</sup> June 19<sup>th</sup> June. (To account for the centre being closed on bank holidays) Time 1-3PM

Venue: Glossop Adult Centre 9 Talbot Street, Glossop SK13 7DG

For more information, contact Fleur on  
01629 535275 or email  
[Fleur.Mellor2@derbyshire.gov.uk](mailto:Fleur.Mellor2@derbyshire.gov.uk)

