

Benefits to learners

Learning can make a difference to individuals, their health and the well being of their families and friends

- Improved self confidence
- More social contact and new friends, improved interactions with others
- Inclusion into society and the local community
- Reduced isolation and loneliness
- Structure and routine
- Increased motivation
- New interests and developing and renewing past interests
- Moving into voluntary work, further learning and employment
- Reduced stress and anxiety
- Improved physical health
- Less need for mental health services and more reliance on self
- Achievement
- Hope for the future

