



## 'Build me up'

**Free programmes for adults 25+ years old**  
**Sustainable land management & construction**  
**For people from Swansea, NPT or Carmarthenshire**

**For people:**

- Economically inactive
- Long term unemployed

**Priority groups:**

- Over 54s
- BME
- Carers
- Jobless households
- Low skills
- Work limiting health conditions

**Benefits from attending:**

- Improved health & well-being (clinically proven)
- Accreditation through Agored Cymru
- Increased knowledge of sustainable construction

**Find out more:**

[chris@downtoearthproject.org.uk](mailto:chris@downtoearthproject.org.uk)  
01792 232 439

**Programmes  
throughout 2020**

**1 day a week**  
**6 – 8 week programmes**  
**Mon – Fri: 10:30am to 2:30pm**

**Transport to be arranged by referral  
agency.**

**Down to Earth Project**  
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