



Concise expert delivery of course content, congratulations to Council for supporting free access for city dwellers, such a positive, supportive initiative.



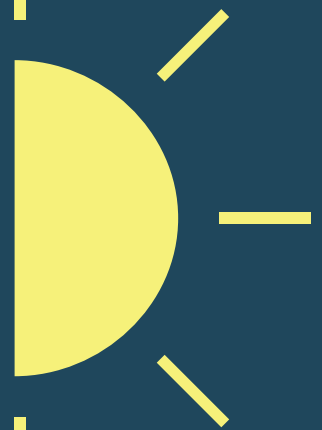
I did this with my husband; we were both discussing each topic every week and sharing how we felt about it; it helped us connect more, it made us realise how important it is to implement little techniques that somehow seem common sense but now we know how they can positively impact our lives if we actually act on them. Thanks for organising this initiative; I truly think it should be rolled out worldwide!

91%

PARTICIPATING IN THE LIFT PROJECT
GAVE ME SKILLS FOR SUPPORTING MY
MENTAL HEALTH AND WELLBEING DURING
CHALLENGING TIMES.

85%

UNDERTAKING THE LIFT PROJECT
WILL BE LIKELY TO HAVE A POSITIVE,
LONG-TERM INFLUENCE ON MY
WELLBEING.



I liked how the lessons were delivered over time and we had the opportunity to participate and join in-person events and sessions. That interaction helped to cement my learning. It had a nice balance of being informative and educational while addressing topics with a sense of fun. That helped to make the learning process interesting and engaging.

