

1 Take up DIY or gardening. Learn how to fix things in your home, or what you can plant at this time of year. Do both and learn how to make a window box!

2 Sign up for a course, online or at a local college. There's lots of free options online.

five ways to learn something new

3 Take up cooking or learn to cook some new meals. Listen to your favourite music at the same for extra benefit!

4 Ask for extra responsibility at work. Think about what you'd like to do more of and ask your manager if there are any opportunities to learn.

5 Take up a new hobby. From drawing to chess, from a new language to a musical instrument, try something that really interests you.

learning ...

