

Deaf Progress Launches Free British Sign Language (BSL) Taster Course and Community Support Workshops

Deaf Progress, a community-led organisation dedicated to supporting and empowering Deaf individuals, is proud to launch a free British Sign Language (BSL) Taster Course alongside a wide range of community workshops tailored to meet everyday needs.

This dual initiative aims to break down communication barriers, promote Deaf awareness, and provide practical support to Deaf and hard-of-hearing individuals in key areas of life.

Free BSL Taster Course

The new **BSL Taster Course** is perfect for beginners and anyone curious about learning British Sign Language.

It includes:

- Basic everyday signs
- Fingerspelling
- Introduction to Deaf culture
- Online, self-paced video lessons

The BSL course is a great starting point for anyone wanting to connect with the Deaf community

Community Workshops

In addition to the taster course, Deaf Progress is offering a variety of **free workshops** designed to provide practical, one-on-one, and group support in areas that matter most:

- **Employment Workshops** – CV writing, job applications, and interview preparation
- **Council Tax and Benefits Drop-Ins** – Help with forms, letters, and contacting the council
- **Digital Skills Sessions** – Learn how to use email, Zoom, online banking, and more
- **Form-Filling and Advocacy Support** – Get assistance with official documents
- **Wellbeing and Confidence Building** – Improve self-esteem, motivation, and life skills

Workshops are led by Deaf-aware staff and interpreters, ensuring full accessibility and a supportive environment.

To register for the BSL course or book a place in a workshop, visit:

 www.deafprogress.co.uk

Spaces are limited, and early registration is encouraged.