Rest & Digest FAQ’s

* How will the programme be structured?

The sessions will be held across 2 days each month. 1 day session will be focused on professional development; the 2nd day session will be focused on wellbeing.

* How long are the sessions?

The sessions will be from 10:00 – 15:00

* Where will the sessions be located?

Our main base for the sessions will be PrimeYarc, in Market Gates, Great Yarmouth. Some sessions will take place outdoors, in and around Great Yarmouth.

* What do you mean when you say live/work in Great Yarmouth?

You must live or regularly work within the Great Yarmouth Borough (as defined by the [Great Yarmouth Borough Council Boundary Map](https://www.great-yarmouth.gov.uk/media/990/Map-of-the-Borough/pdf/Map_of_the_Borough.pdf?m=635709283076630000).

* How much is the Bursary?

£2275 (inclusive of any VAT) paid in monthly instalments of £325.

Note that receipt of the bursary is contingent on full participation within the sessions and evaluation of the programme.

* Can I apply if I am employed by an organisation part-time?

On this occasion we are focusing on practitioners who are self-employed (either full or part time). However if your organisation wanted to sponsor your place on the programme, we would be happy to discuss further. Please use the contact form on the website to get in touch.

* What if I have access needs?

Please mention anything that may be a barrier to you accessing the programme on your submission of interest form and we will endeavour to provide support to enable you to take part.