



January to March 2018

ABOUT OUR COURSES FOR IMPROVED MENTAL HEALTH AND WELLBEING

Our Positive Minds courses are all specifically developed to help you improve your emotional wellbeing, whilst learning something new, meeting people and having fun! Courses take place in community venues and provide the opportunity to identify and practise ways to cope and feel better. Our tutors all have empathy and experience in mental health and will support you to build your confidence.

BOOKING ON

To make sure the course is right for you we like to meet you first. You can contact us on **01254 507720** and let us know which course you are interested in and we will arrange an appointment for you. Or email us at **positive.minds@blackburn.gov.uk**

WHAT WILL HAPPEN WHEN I RING UP?

When you call, we will take some information about you and the course you would like to do. We will then arrange an appointment to meet one of our learning advisors. You can discuss with them what courses are appropriate for you, what you hope to gain from any course you undertake and any concerns you might have.

IS THERE AN ASSESSMENT?

No; however we will ask you to complete a Mood and Wellbeing Questionnaire when we first meet you and at regular intervals throughout the course. This helps us check if the Positive Minds courses are right for you and helps to assess what impact the course has on your mood and wellbeing.

WHAT HAPPENS IF POSITIVE MINDS ISN'T RIGHT FOR ME?

Your Learning Advisor will help you find another course that is more suitable and discuss any other support that may help you. Everything will be done in a confidential manner.

WHAT WILL HAPPEN AFTER THE COURSE?

Throughout the course you will be offered support you to think about your next steps. We also offer regular top up/ refresher sessions to all our learners after courses finish.

MOOD AND FOOD

Venue: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP
Starts: Monday 8th January 2018
Ends: Monday 15th January 2018
Times: 10am to 3pm
Tutor: Jan Horsley



We all know that food is vital for life. However it can also have a surprisingly large impact on our mood, feelings and emotions. Find out what foods can improve our mood and what to avoid on this fun and practical course. Make a tasty and healthy lunch to enjoy together each week.

UPCYCLING FURNITURE: CHALK PAINTING

Venue: Audley Neighbourhood Learning Centre, Pringle Street, Blackburn, BB1 1SF
Starts: Wednesday 10th January 2018
Ends: Friday 12th January 2018
(3 consecutive days Wednesday, Thursday, Friday)
Times: 9.30am to 2.30pm
Tutor: Lynette Banister



Learn how chalk painting can breathe new life into tired old furniture. Discover the therapeutic benefits of upcycling and producing something unique for your own home. Connect with others and explore techniques for wellbeing.

COOK, EAT AND UNWIND ON A BUDGET

Venue: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP
Starts: Wednesday 17th January 2018
Ends: Wednesday 21st February 2018
Times: 1.30pm to 4pm
Tutor: Gilly Kelly



It can be hard to prepare balanced meals when we feel anxious or stressed. It can quickly become overwhelming and sometimes it is hard to stay motivated. On this course we will help you find ways to cope better and feel less stressed. You will also learn practical ways to prepare delicious healthy food for less than £2 per person plus some great shortcuts and tips to make cooking a fun, relaxing and social activity.

CAKE DECORATING

Venue: Darwen Town Hall, Croft St, Darwen, Lancashire, BB3 1BQ
Starts: Friday 19th January 2018
Ends: Friday 23rd February 2018
Times: 10am to 12.30pm
Tutor: Gilly Kelly



On this practical and creative course you will discover the art of cake decoration and how to apply a range of techniques to a variety of cakes giving a professional look. We will also look at the benefits to our wellbeing of learning new skills and sharing with others.

CAPTURING MEMORIES: A CHANCE TO REMINISCE AND BE CREATIVE

Venue: Hopwood Court, 1 William Hopwood Street, Blackburn, BB1 1LX
Starts: Wednesday 24th January 2018
Ends: Wednesday 14th February 2018
Times: 1pm to 3.30pm
Tutor: Lynette Banister



This course is exclusively for those with a diagnosis of Dementia. Join us on this fun and practical course where we will explore together how creative arts can help us recall memories and events from the past to help us lift our mood. We will also explore strategies to help us recall and recollect important events and people.

MANAGE YOUR STRESS

Venue: Geddes Room, Blackburn Central Library, Town Hall St, Blackburn BB2 1AG
Starts: Wednesday 31st January 2018
Ends: Wednesday 7th March 2018
Times: 10.15am to 12.30pm
Tutor: Jo Corbett



On this course we will explore the main symptoms and causes of stress. We will then learn practical ways to deal with stress in our lives and gain control. We will also look at how we manage our time when we feel under pressure, how to tackle problems, and coping with change.

MAKE AND MEND THROUGH FABRIC CRAFTS

Venue: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP
Starts: Friday 2nd February 2018
Ends: Friday 16th March 2018
Times: 12.30pm to 3pm
Tutor: Jackie Wicks



Getting hands on, learning something new and being creative are all great ways to improve how we feel and cope better with day to day life. Our tutor will help you to explore ways to improve how we feel and think with the chance to practise a variety of classic techniques including crochet, knitting and sewing. We will then explore how to create and upcycle existing textiles as well as making a unique gift for others to enjoy. All equipment is provided.

LEARN TO RE-FOCUS THROUGH DIGITAL PHOTOGRAPHY

Venue: Darwen Town Hall, Croft St, Darwen, Lancashire, BB3 1BQ
Starts: Monday 19th February 2018
Ends: Monday 26th March 2018
Times: 12.30pm to 3pm
Tutor: Chris Truckle



Digital photography can be a great way to enhance our mood, thoughts or feelings. It encourages us to take notice of the world around us, be creative and learn new skills. Taking photographs also encourages us to focus our attention on our subject, which can be an effective tool in reducing stress and anxiety. Each session will provide the opportunity for a short learning walk to capture the world around us digitally and express our feelings through photo editing.

RELAXATION THROUGH CREATIVE ART

Venue: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP
Starts: Tuesday 20th February 2018
Ends: Tuesday 27th March 2018
Times: 10am to 12.30pm
Tutor: Gilly Kelly



Being creative and learning new skills are excellent ways to boost our mood and improve how we feel. On this course you will get the opportunity to try out a range of art and craft techniques including glass painting, card making and stone painting. Each session provides the chance to socialise and explore how arts and crafts can be used to help improve how you feel as well as sharing and exploring a range of strategies to help relax and unwind.

FIVE WAYS TO WELLBEING

Venue: Audley Neighbourhood Learning Centre, Pringle Street, Blackburn BB1 1SF
Starts: Thursday 22nd February 2018
Ends: Thursday 22nd March 2018
Times: 10am to 12.30pm
Tutor: Denise Cottam



Sometimes small changes to our lifestyle and daily routine can have a surprisingly big impact on how we feel. The Five Ways to Wellbeing are proven to help us find ways to cope better with issues such as anxiety, stress and low mood. Our experienced tutors will help you to explore each of the five ways through simple activities which are easy to make part of our daily lives.

ROUND MY WAY: LOCAL HISTORY

Venue: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP
Starts: Monday 26th February 2018
Ends: Monday 26th March 2018
Times: 12.30 to 3pm
Tutor: Janice Horsley



Our local area is steeped in history and lore. Learning about our past can be a fascinating way to improve our sense of belonging in an area and to get the learning bug. Discover more about our heritage and some of the famous people past and present who were born and raised on our streets.

POSITIVE THINKING FOR MIND AND BODY

Venue: Geddes Room, Blackburn Central Library, Town Hall St, Blackburn BB2 1AG
Starts: Tuesday 27th February 2018
Ends: Tuesday 20th March 2018
Times: 1pm to 3.30pm
Tutor: Lynette Banister



Do you find it hard to keep positive? On this course we will explore how thinking more positively can impact on how we feel. We will practise techniques for positive thinking and explore how learning and curiosity can improve our mood and wellbeing. During the sessions we will also explore a range of strategies to help us cope when we are facing difficult situations.

COOK, EAT AND UNWIND ON A BUDGET

Venue: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP

Starts: Wednesday 28th February 2018

Ends: Wednesday 4th April 2018

Times: 2.30 to 5pm

Tutor: Gilly Kelly



It can be hard to prepare balanced meals when we feel anxious or stressed. It can quickly become overwhelming and sometimes it is hard to stay motivated. On this course we will help you find ways to cope better and feel less stressed. You will also learn practical ways to prepare delicious healthy food for less than £2 per person plus some great shortcuts and tips to make cooking a fun, relaxing and social activity.

RELAXATION THROUGH PAINTING AND DRAWING

Venue: Audley Neighbourhood Learning Centre, Pringle Street, Blackburn BB1 1SF

Starts: Wednesday 28th February 2018

Ends: Wednesday 4th April 2018

Times: 12.30 to 3pm

Tutor: Julie Harris



On this course we will find out together how painting and drawing can help to reduce stress and us feel better. You will have the chance to try out oil pastels, pencils, acrylics and other painting and drawing materials. With regular breaks and the chance to chat there will be lots of opportunity to share ideas for relaxing and reducing anxiety. All equipment is provided.

PEER SUPPORT AND VOLUNTEERING IN THE CLASSROOM

Venue: Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP

Starts: Wednesday 28th February 2018

Ends: Wednesday 11th April 2018

Times: 10am to 12.30pm

Tutor: Chris Truckle



Providing Peer Support to others in a similar situation can be both a rewarding and mutually beneficial experience. During this course we will explore how to provide effective support to others in a classroom environment and develop the key skills relevant to being a volunteer in an adult learning class. We will discuss ways to provide effective help and consider opportunities to support others in a safe and positive manner.

GET A BETTER NIGHT'S SLEEP

Venue: Geddes Room, Blackburn Central Library, Town Hall St, Blackburn BB2 1AG

Starts: Monday 5th March 2018

Ends: Monday 19th March 2018

Times: 1pm to 3.30pm

Tutor: Lynette Banister



A good night's sleep can have a huge impact on our health and wellbeing. On this course we will explore some of the self-help techniques and strategies which can help to improve our sleep and manage our mood. We will also discuss common sleep problems and identify solutions which are simple to implement. We will explore the sleep environment and practise techniques to help us get a restful night's sleep.