

HEALTH & WELLBEING

Our Health and Wellbeing area has something for everyone. From Complementary Therapies to Dementia Awareness, we've got the perfect mix. We also have a range of new courses & workshops such as Zentangling and the return of our popular Bake for Wellbeing.



ARTS & CRAFTS

Staff and tutor wonderful, friendly, helpful and understanding. Relaxed atmosphere, lovely people on the course.

UPCYCLING FURNITURE

3 DAY WORKSHOP

Upcycling is an easy way to save money and learn new creative skills at the same time. During this three day course you will be able to upcycle a small piece of your household furniture and transform it into something unique to be proud of.

During the course you will learn the art of applying furniture paint and wax and learn the art of decoupage. Relaxing and being creative go hand in hand with this course... Come and see for yourself.

Please bring along a small piece of household furniture to transform during your time with us.

Audley NLC	Wed/Thurs/Fri	9.30am – 3pm	29–31/05/2019	3 sessions
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1 DAY WORKSHOP

Our upcycling workshop will provide you with the opportunity to create new pieces out of your household items. Using creative ways to paint, apply decoupage and relax with us on this practical and fun workshop.

Please bring along with you any old and tired glass bottles, jars, picture frames, or any small household items that will be transformed for you to take home and enjoy.

Audley NLC	Wednesday	9.30am – 3.30pm	18/07/2019	1 session
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CLAY MODELLING **NEW COURSE**

Our new two-day workshop will help you to prepare a piece of work using cold clay. This will dry over the week and in the second session you can paint your art piece. A very relaxing workshop to show off your creativity.

Audley NLC	Wednesday	9.30am – 12.30pm	19 & 26/07/2019	2 days
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Bank Top NLC	Friday	9.30am – 12.30pm	05 & 12/07/2019	2 days
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COMPLEMENTARY THERAPIES & BEAUTY

Very informative - would like to do another course.

BEAUTY THERAPY – NAIL ART (SHELLAC NAILS)

Our introduction course to Nails will teach you the techniques on how to treat and take care of nails. We'll demonstrate the tools needed to be used to keep your nails in tip top shape. We'll introduce to you the five ways to wellbeing and how you can look to improve the look of your nails whilst improving your wellbeing.

Audley NLC	Tuesday	9.30am – 2.30pm	23/05/2019	4½ hours
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INTRODUCTION TO AROMATHERAPY

In this workshop you will learn how to prepare aromatherapy oils and perform a simple face massage. We will also explore the benefits and uses of aromatherapy oils for different skin types.

Darwen Town Hall	Tuesday	9.30am – 12.30pm	09/07/2019	3 hours
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Bank Top NLC	Wednesday	1pm – 4pm	10/07/2019	3 hours
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MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

INTRODUCTION TO HEAD MASSAGE

Indian Head Massage, also known as Champissage has been practiced for over 1000 years. Join us on this workshop which will give you an introduction to techniques for relaxing, revitalising and promoting mental alertness.

Darwen Town Hall	Thursday	9.30am – 12.30pm	05/06/2019	3 hours
Audley NLC	Thursday	9.30am – 12.30pm	13/06/2019	3 hours

INTRODUCTION TO REFLEXOLOGY

Reflexology involves the application of pressure to “reflex” points on the body. On this introductory course we’ll show you how to use reflexology on your family and friends or maybe you’re interested in a career within holistic therapies.

Darwen Town Hall	Monday	9.30am – 12.30pm	03/06/2019	3 hours
Audley NLC	Monday	9.30am – 12.30pm	10/06/2019	3 hours

INTRODUCTION TO REIKI

Learn how this ancient Japanese technique uses the power of touch to help balance your energy and help the body heal itself.

Bank Top NLC	Wednesday	9.30am – 12.30pm	15/05/2019	3 hours
Darwen Town Hall	Tuesday	9.30am – 12.30pm	11/06/2019	3 hours
Audley NLC	Tuesday	9.30am – 12.30pm	02/07/2019	3 hours

The tutors are very nice and supportive at all times. They have made me feel very comfortable and this did settle my nerves.

DEMENTIA



DEMENTIA FRIENDS AND MENTAL HEALTH AWARENESS

Dementia Friends is about learning more about dementia and the small ways you can help create a more Dementia friendly community. We will also explore mental health and wellbeing and look at some of the signs and symptoms of mental health.

Audley NLC	Tuesday	10am – 12pm	23/05/2019	2 hours
Audley NLC	Tuesday	1pm – 3pm	18/06/2019	2 hours

REMINISCENCE AND MEMORIES WORKSHOP

This short workshop will explore together how creative arts can help us recall memories and events from the past. We will also explore strategies to help us to recall and recollect important events and people.

Audley NLC	Tuesday	1pm – 3pm	28/05/2019	2 hours
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MEMORY WALKS **NEW COURSE**

Join us on our memory walks where we’ll visit either Bury or Clitheroe. You can reminisce about the days gone by when you visited the markets or it could be something for you to try. The group will meet at Blackburn Bus Station and take you over to either Bury or Clitheroe. If you don’t have a Nowcard, we’ll cover the cost of the bus journey to and from.



Connect Bury (Blackburn to Bury)	Thursday	9.30am – 4.45pm	06/06/2019	1 day
Connect Clitheroe (Blackburn to Clitheroe)	Tuesday	9.15am – 4.15pm	25/06/2019	1 day

*meet at Blackburn Bus Station

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

FOOD & WELLBEING

BAKE FOR WELLBEING

It's back! Our popular Bake for Wellbeing programme returns for the summer. Baking up treats in the kitchen can do more than just create delicious comforting food, but can have a therapeutic value that can help to ease depression and anxiety. Join us on the baking journey where we will give you a taster in everything from baking celebration cakes, chocolate craft and creating party dessert glasses which will help you create perfect treats and feel good at the same time.

SWEET SUCCESS – CELEBRATION CAKES (4 WEEK COURSE) **NEW COURSE**

On this 4 week course we'll teach you how to create the perfect celebration cakes from start to finish. You will practice making sponge bases, butter cream (and flavouring), colouring, piping techniques, cake design & presentation, colouring fondant, making fondant letters & flowers using cutters and moulds, covering & edging cake boards with fondant and ribbons and cutting, filling and decorating cakes.

Bank Top NLC	Wednesday	9.30am – 12.30pm	26/06/2019–24/07/2019	4 weeks
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*we have introduced a £2 charge per learner per week to help cover the cost of ingredients

SWEET SUCCESS – CELEBRATION CAKES (WORKSHOP)

On this workshop, we'll demonstrate to you how to create the perfect celebration cake. You also get to share a piece of cake with fellow learners at the end of the workshop!

Hopwood Court (William Hopwood Street)	Tuesday	10am – 12.30pm	25/06/2019	2½ hours
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*we have introduced a £1 charge per learner to help cover the cost of ingredients

SWEET SUCCESS – CLEVER CUPCAKES (4 WEEK COURSES) **NEW COURSE**

On this 4 week course you will learn the different sizes, cases, flavours and fillings. You will learn about the different toppings, develop piping skills and create simple decoration and how to create fondant toppings for themed cupcakes.

Bank Top NLC	Thursday	9.30am – 12.30pm	27/06/2019–25/07/2019	4 weeks
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*we have introduced a £2 charge per learner per week to help cover the cost of ingredients

SWEET SUCCESS – CLEVER CUPCAKES (WORKSHOP)

This demonstration workshop will give you hints and tips on how to create the perfect cupcake and the various choices you have to decorate them. You can go on to create your cupcakes to share with family, friends and at parties.

Bank Top NLC	Wednesday	9.30am – 12.30pm	01/05/2019	2½ hours
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Hopwood Court (William Hopwood Street)	Tuesday	10am – 12.30pm	09/07/2019	2½ hours
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Bank Top NLC	Thursday	1pm – 3.30pm	18/07/2019	2½ hours
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*we have introduced a £1 charge per learner to help cover the cost of ingredients

SWEET SUCCESS – CAKE POPS

Cake Pops go down well at parties so let us show you how to create the ideal little treats that you can make in your own home. This demonstration workshop will give you a good understanding of how to bake your cake pops and then choose the various toppings.

Bank Top NLC	Thursday	10am – 12.30pm	02/05/2019	2½ hours
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Hopwood Court (William Hopwood Street)	Tuesday	10am – 12.30pm	18/06/2019	2½ hours
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Bank Top NLC	Friday	9.30am – 12pm	19/07/2019	2½ hours
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*we have introduced a £1 charge per learner to help cover the cost of ingredients

SWEET SUCCESS - CHOCOLATE CRAFT

We'll show you how to create simple chocolate treats that you can create in your own home. This workshop will allow you to see how the tutor creates simple treats which are perfect for a party.

Hopwood Court (William Hopwood Street)	Tuesday	10am – 12.30pm	02/07/2019	2 hours
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Bank Top NLC	Thursday	1pm – 3.30pm	11/07/2019	2 hours
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*we have introduced a £1 charge per learner to help cover the cost of ingredients

MOST COURSES ARE FREE

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SWEET SUCCESS – FIVE WAYS TO BAKING

Our 5 week programme will teach you how to create various great desserts all with more fruit fillings. We will also build in to this, the Five ways to wellbeing to help you improve your own wellbeing.

Bank Top NLC	Friday	9.30am – 12.30pm	14/06/2019–12/07/2019	5 weeks
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*we have introduced a £2 charge per learner per week to help cover the cost of ingredients

SWEET SUCCESS – PARTY DESSERT GLASSES

Party dessert glasses are great for any occasion. Through this demonstration we will show you how each element comes together and to show you all of the alternative fruit fillings you can have to create your perfect dessert.

Bank Top NLC	Thursday	1pm – 3.30pm	13/06/2019	2½ hours
Hopwood Court (William Hopwood Street)	Tuesday	10am – 12.30pm	16/07/2019	2½ hours

*we have introduced a £1 charge per learner to help cover the cost of ingredients

BREAD MAKING – ALL YOU “KNEAD” TO KNOW **NEW COURSE**

From how to choose your ingredients, kneading dough and waiting for it to rise; join us in sharing the therapeutic benefits of bread making.

Bank Top NLC	Monday	9.30am – 12.30pm	15/07/2019	3 hours
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*we have introduced a £1 charge per learner to help cover the cost of ingredients

GREEN COLLEGE: HEALTH, ENVIRONMENT, BOTANICAL ART & CRAFT

The healing power of plants and flowers has been known for centuries. As well as the benefits to health and the environment, plants and flowers play an important part in Arts & Crafts. Join us at our Green College where we will teach you how to improve your wellbeing through herbs, plants and also how to creative craft pieces such as crystallised flowers and floral button holes.

HERBS, HEALTH & HAPPINESS

Herbs can help us on our path to wellbeing. Identifying and finding different uses for herbs can be a great hobby. In this session you will learn the history of “Herb lore”, explore ways of using herbs and make a craft gift to take home.

Darwen Town Hall	Tuesday	1pm – 3pm	30/04/2019	2 hours
Audley NLC	Wednesday	1pm – 3pm	15/05/2019	2 hours
Bank Top NLC	Tuesday	1pm – 3pm	27/06/2019	2 hours

MAKE YOUR HOME A GREENER PLACE

Find out about ways to reduce your carbon footprint (and save money!) & discover cheap eco-friendly ways to clean. We will also explore innovative ideas for recycling and upcycling.

Darwen Town Hall	Tuesday	10am – 12pm	16/07/2019	2 hours
Audley NLC	Tuesday	1.30pm – 3.30pm	23/07/2019	2 hours
Bank Top NLC	Friday	10am – 12pm	26/07/2019	2 hours

FLORAL BUTTON HOLES **NEW COURSE**

Let us teach you how to create floral button holes, the perfect accessory for any event.

Audley NLC	Friday	10am – 12pm	12/07/2019	2 hours
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MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

HYDRATION: FLAVOURED WATERS, ICES AND TEAS **NEW COURSE**

Keeping hydrated is a key part of a healthy body. In this workshop we'll show you how to use fruit and vegetable to create flavoured waters, ices and speciality teas.

Bank Top NLC	Tuesday	1pm – 3pm	16/07/2019	2 hours
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UPCYCLING PLANT POTS **NEW COURSE**

We'll show you how to brighten up those terracotta plant pots with an array of different colours and designs. Show off your creativity and get ready for Summer!

Bank Top NLC	Wednesday	1pm – 3.30pm	05/06/2019	2½ hours
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BOTANICAL ART: ZENTANGLING **NEW COURSE**

Zentangling is the art of drawing images using structured patterns. With a focus on flowers and plants, we're sure this workshop will help you to relax and bring out the artist in you. Beginners most welcome!

Audley NLC	Wednesday	9.30am – 12.30pm	12/06/2019	3 hours
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CRYSTALISED FLOWERS **NEW COURSE**

If you're looking to learn how you can use flowers for displays for art pieces, around the home or for event's your holding then this is the perfect workshop. We'll show you how to make those flowers last a long time!

Bank Top NLC	Wednesday	1pm – 3pm	03/07/2019	2 hours
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HEALTH

This was really good time make us happy and relax, got good knowledge. Thank you for everything.

STEP INTO SUMMER: LEARNING WALKS FOR WELLBEING & DIGITAL PHOTOGRAPHY

An exciting course where you will be walking with a qualified walk leader to help improve your health through walking and also develop your digital photography skills. You will take part in planned walks around Blackburn, increasing your stamina and be given tasks to complete by using our digital cameras at the same time. What better way to improve your health and wellbeing and learn a new skill at the same time.

Audley NLC	Monday	10am – 12pm	03/06/2019–24/06/2019	4 Sessions
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STRESS AWARENESS **NEW COURSE**

Learn how to spot stress and how to deal with it. You'll come away being able to identify triggers and the impact of stress can have on your body and your daily life.

Audley NLC	Monday	1pm – 3pm	10/06/2019	2 hours
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CANCER SCREENING CHAMPIONS **NEW COURSE**

If you're looking to become a cancer screening champion this is the workshop for you. We'll equip you with the knowledge you need to tell people why early diagnosis can be beneficial.

Audley NLC	Wednesday	1pm – 3pm	26/06/2019	2 hours
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Bank Top NLC	Thursday	10.30am – 12.30pm	04/07/2019	2 hours
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RELAXATION FOR MIND AND BODY **NEW COURSE**

Your body and mind need adequate amounts of both rest and relaxation. This workshop shows you how relaxing your mind and body can relieve stress, anxiety or depression.

Audley NLC	Wednesday	1pm – 3.30pm	12/06/2019	2½ hours
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MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

MENTAL HEALTH FIRST AID



MENTAL HEALTH FIRST AID

One in four people in the UK will experience at least one diagnosable mental health issue in any one year (Health & Social Care Information Centre, 2009). Mental Health First Aid (MHFA) is the mental health equivalent of physical first aid. MHFA training provides participants with the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support. We will be offering the Full qualification and also half-day sessions that provide a more general awareness of Mental Health First Aid.

MHFA CHAMPIONS - 1 DAY	Darwen Town Hall	Thursday	9.30am – 3.30pm	09/05/2019	6 hours
MHFA AWARENESS - HALF DAY	Audley NLC	Tuesday	9am – 2pm	14/05/2019	5 hours
MHFA FULL ACCREDITATION	Top Bank NLC	Tues/Wed/Thurs	9.30am – 3.30pm	19–21/06/2019	3 days
MHFA AWARENESS - HALF DAY	Audley NLC	Monday	9am – 2pm	11/07/2019	5 hours

*Fees may apply. Please check when booking.

Super venue. Great tutors with a great deal of knowledge. This course could benefit so many people! Thanks.

WIDER WELLBEING COURSES



PEER SUPPORT AND VOLUNTEERING

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 develop the key skills relevant to being a volunteer in a Peer Support environment. We will discuss ways to provide effective help and consider opportunities to support others in a safe and positive manner.

Blackburn Central Library	Tuesday	1pm – 3.30pm	11/06/2019–16/07/2019	6 weeks
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ROUND MY WAY: LOCAL HISTORY

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.

Bank Top NLC	Monday	9.30am – 12.30pm	10/06/2019–15/07/2019	6 weeks
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COOK AND EAT **NEW COURSE**

Join us on this culinary experience where we will teach you how to simply cook favourite dishes and then enjoy them with the rest of the group straight away.

Bank Top NLC	Tuesday	9.30am – 12.30pm	23/07/2019	3 hours
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