

POSITIVE MINDS

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 practice ways to cope and feel better. Our tutors all have empathy and experience in mental health and will support you to build your confidence.

Positive Minds

Learn for Wellbeing



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 in a confidential manner.

WHAT WILL HAPPEN AFTER THE COURSE?

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

FIVEWAYS TO WELLBEING

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..

Audley NLC	Friday	10am – 12.30pm	03/05/2019–07/06/2019	Chris Truckle	5 weeks
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FOOD FOR MOOD

Join us on this journey where we'll show you how to destress in the kitchen and to stay motivated through cooking. 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.

Bank Top NLC	Thursday	9.30am – 12.30pm	16/05/2019–13/06/2019	Paula Vickers	6 weeks
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RELAXATION THROUGH PAINTING AND DRAWING

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.

Bank Top NLC	Thursday	9.30am – 12pm	16/05/2019–13/06/2019	Julie Harris	6 sessions
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LEARN TO RE-FOCUS THROUGH DIGITAL PHOTOGRAPHY

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.

Audley NLC	Thursday	10am – 12.30pm	02/05/2019–13/06/2019	Chris Truckle	6 sessions
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WRITE FOR ME

Perhaps you have lots of thoughts and feelings buzzing around in your head, but you have never thought that writing about them might help? Maybe you are someone who has already had experience of the therapeutic benefit of writing? During this informal creative writing course we will explore different ways of expressing our thoughts and feelings through writing (spelling and grammar are not important – support is available). It doesn't matter if you are a complete beginner - we will learn together in a friendly and supportive way as we practise using different writing formats to help us cope with feelings such as lack of motivation, stress or low mood.

Bank Top NLC	Wednesday	10am – 12:30pm	22/05/2019–12/06/2019	Jo Corbett	4 weeks
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RELAXATION THROUGH CREATIVE ART

Being creative and learning new skills are excellent ways to boost our mind 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 sharing and exploring a range of strategies to help relax and unwind.

Darwen Town Hall	Friday	10pm – 12.30pm	17/05/2019–28/06/2019	Jackie Wicks	5 weeks
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ROUND MY WAY: LOCAL HISTORY **NEW COURSE**

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	Wednesday	9.30am – 12.30pm	15/05/2019–03/07/2019	Jan Horsley	6 weeks
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It helped me gain new skills, improve my concentration and awareness of surroundings. It helped me feel happier, I was really struggling emotionally before.