

# 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](mailto: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.

### GARDENING FOR WELLBEING

Join us in our hands on "beginners guide" of how to use gardening as a therapeutic activity to improve your wellbeing. Develop and learn new and exciting bite-sized skills and expert tips on seeds, planting and maintenance. Using a combination of the class room and the community garden to plan, plant and grow your way to success whilst exploring how gardening can lift our mood and help us de-stress.

Bank Top NLC	Monday	9.30am - 12pm	17.09.2018 - 22.10.2018	Lynette Banister	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	Tuesday	10am - 12.30pm	18.09.2018 - 23.10.2018	Chris Truckle	6 sessions
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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	Monday	12.30pm - 3.00pm	01.10.2018 - 05.11.2018	Julie Harris	6 sessions
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### POSITIVE THINKING FOR MIND AND BODY

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.

Audley NLC	Wednesday	1pm - 3.30pm	03.10.2018 - 24.10.2018	Lynette Banister	4 sessions
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### GET A BETTER NIGHT'S SLEEP

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.

Bank Top NLC	Monday	1pm - 3.30pm	08.10.2018 - 22.10.2018	Lynette Banister	3 sessions
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### COOK, EAT AND UNWIND ON A BUDGET

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.

Bank Top NLC	Thursday	2.30pm - 5pm	17.10.2018 - 21.11.2018	Gilly Kelly	6 sessions
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### RELAXATION FOR MIND AND BODY

This five week course introduces a mixed collection of meditation and relaxation exercises for mind and body that can help reduce stress and symptoms of low mood. Our experienced tutor will adapt the sessions to suit everyone and guide you through a range of techniques which you can easily use to help control your mood in your own home or when you are out and about. Each session will provide the opportunity to share ideas, strategies and experiences, check on progress and receive support from our tutor.

Bank Top NLC	Thursday	1pm - 3.30pm	01.11.2018 - 29.11.2018	Henry Ramsey	5 sessions
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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.*

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### MAKE AND MEND THROUGH FABRIC CRAFTS

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.

Darwen Town Hall	Monday	9.30am - 12pm	05.11.18 - 10.12.2018	Jackie Wicks	6 sessions
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### FIVE WAYS 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.

Darwen Town Hall	Monday	12.30 - 3pm	05.11.2018 - 10.12.2018	Chris Truckle	6 sessions
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### LIVING LIFE TO THE FULL

On this course you will work with both our experienced tutor and a colleague from Mind Matters to explore some of the reasons we can feel bad about ourselves and practice ways we can help ourselves to feel better. We will learn how to recognize which thoughts are bad and develop strategies for turning them into positives. We will also identify ways to overcome problems and improve our motivation



Audley NLC	Wednesday	1pm - 3pm	07.11.2018 - 05.12.2018	Chris Truckle	5 sessions
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Audley NLC	Wednesday	6pm - 8pm	07.11.2018 - 12.12.2018	Julie Harris	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	07.11.2018 - 05.12.2018	Jo Corbett	5 sessions
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### RELAXATION THROUGH CREATIVE ART

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.

Bank Top NLC	Thursday	10am - 12.30pm	08.11.2018 - 13.12.2018	Gilly Kelly	6 sessions
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