

Positive Minds

Courses for improved Mental Health and Wellbeing

Our Positive Minds Courses are specifically developed to help improve emotional wellbeing, whilst learning something new and meeting people. Courses take place in community venues and provide the opportunity to identify and practise ways to cope and feel better.

January to April 2023

Mindful Crafts

Learn the basics of a number of craft activities that you can use in a mindful way to help de-stress and relax. Over the sessions you will create some fantastic items and find out how these crafts give you the chance to use focused attention to escape daily stress.

| Course code | Venue | Day | Times | Start Date | Duration |
|-------------|--|-----------|------------------|------------|----------|
| 375 | Bank Top Neighbourhood Learning Centre | Wednesday | 1.00pm to 3.30pm | 11/01/2023 | 5 weeks |

Sleep, Stress and Relaxation

Our popular sleep, stress and relaxation course will provide you with opportunities to explore strategies to improve your sleep, reduce stress and aid relaxation. We will cover ways to help ourselves feel better about getting a good night's sleep, in order to boost our health and improve how we think and feel during the day.

| Course code | Venue | Day | Times | Start Date | Duration |
|-------------|--------------------------------------|--------|-------------------|------------|----------|
| 415 | Audley Neighbourhood Learning Centre | Monday | 9.30am to 12.00pm | 20/02/2023 | 4 weeks |

Grow Your Wellbeing

Being outside and getting close to nature has been proven to be great for our wellbeing. This course explores different ways in which we can connect with the natural world including spending time performing horticultural activities in our community garden, making feeders and homes for wildlife and learning more about local species. Each session will provide the opportunity to make a positive contribution to our local natural environment and recognise the impact this can have on our own wellbeing.

| Course code | Venue | Day | Times | Start Date | Duration |
|-------------|--|--------|--------------------|------------|----------|
| 412 | Bank Top Neighbourhood Learning Centre | Monday | 10.00am to 12.00pm | 20/02/2023 | 6 weeks |

Learn to Refocus: Walking Photography

Taking time to stop and observe nature can be helpful in improving our wellbeing. Our walking photography course will not only show you ways to take better photographs but also how taking a moment in nature can give us a different perspective. Using the Five Ways to Wellbeing to help us feel more connected to the world around us while taking time to pause and focus.

| Course code | Venue | Day | Times | Start Date | Duration |
|-------------|--|--------|------------------|------------|----------|
| 413 | Bank Top Neighbourhood Learning Centre | Monday | 1.00pm to 3.00pm | 20/02/2023 | 6 weeks |

Let's Paint

Come and find out how painting can help to reduce stress and anxiety. You will have the chance to explore a range of painting and drawing materials, including acrylics and watercolours. You will learn techniques to create beautiful landscapes and still life paintings of your own. With regular breaks and the chance to chat, there will be lots of opportunity to share ideas for relaxing and reducing anxiety.

| Course code | Venue | Day | Times | Start Date | Duration |
|-------------|--------------------------------------|---------|-------------------|------------|----------|
| 426 | Audley Neighbourhood Learning Centre | Tuesday | 9.30am to 12.00pm | 28/02/2023 | 5 weeks |

Living Life to the Full

This course covers mental health challenges like low mood, stress and the linked issues this can cause. You will have the chance to identify why you feel as you do, look at how to tackle problems, develop confidence, use calming strategies and identify how to deal with upsetting thoughts.

| Course code | Venue | Day | Times | Start Date | Duration |
|-------------|--|----------|------------------|------------|----------|
| 434 | Bank Top Neighbourhood Learning Centre | Thursday | 1.00pm to 3.30pm | 02/03/2023 | 5 weeks |

Cooking for Wellbeing

Learn how to prepare and cook dishes that can benefit you and your wellbeing. Discover how what we eat can affect the way we feel and how cooking tasty meals can improve your mental health.

| Course code | Venue | Day | Times | Start Date | Duration |
|-------------|--|--------|-------------------|------------|----------|
| 435 | Bank Top Neighbourhood Learning Centre | Friday | 9.30am to 12.30pm | 03/03/2023 | 5 weeks |

BOOKING ONTO A POSITIVE MINDS COURSE

To make sure your chosen 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 you can email us at Positive.Minds@blackburn.gov.uk.