

# Derby Adult Learning Service

Learning Opportunities for Adults

## Blue Sky Derby

**Courses to help you improve your  
mental health and wellbeing**

January - March 2016



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# Derby Adult Learning Service

## Learning Opportunities for Adults

### Courses

We have a range of courses available specifically designed to support anyone who is currently experiencing stress, anxiety, depression or mental health difficulties. The aim of all of the courses is to help you to improve your mental wellbeing and reduce anxiety and stress.

Courses have been designed by qualified and experienced tutors and mental health professionals and are delivered in a safe and friendly environment.

### Which course to choose?

Before you enrol on a course we will arrange for you to meet with one of our tutors or peer mentors to discuss which course(s) are best for you

### Costs

Course costs will depend upon your individual circumstances but are free for most people currently experiencing mental health difficulties

### What to do next

For more information about the courses, or to arrange an introduction meeting, contact  
Derby Adult Learning Service

**Learner Helpline 01332 717900**

**Email: [blueskyderby@derbyals.org](mailto:blueskyderby@derbyals.org)**

**NB you cannot attend courses until you have enrolled  
via the introductory meeting  
Be Creative Courses**

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Join a creative course (art, drama or creative writing) to unlock your hidden talents and find out how being creative can have a positive effect on your wellbeing.

### **Creative Writing**

Come along and fire your imagination with creative writing. Discover how self-expression can result in an increased sense of wellbeing and satisfaction. Tutor: Mike Wilson

### **Drama**

Enhance your ability to express yourself physically and take on new parts in this six week course. Tutors: Helen Hutchinson and Alicia Vernon

### **Art**

Explore the therapeutic benefits of Art and discover how to express your inner self and make your mark on the world Tutor: Jane Livne.

## **Be Healthy Courses**

Find out how gentle exercise and a healthy lifestyle can have a positive effect on your wellbeing and help with relaxation and managing stress.

### **Food and Mood**

What we eat, or drink, can affect how we feel. These sessions will help you to explore barriers to good eating habits and identify ingredients and recipes that can "boost our mood". Tutor: Tina Hampton

### **Tai Chi**

Find out how gentle exercise can improve your balance and have a positive effect on your general wellbeing. Tutor: Elly Swanson

### **Gentle Exercise for Relaxation**

Learn how to increase suppleness and flexibility and reduce stress by carrying out meditation, visualisation and/or breathing techniques. Tutor: Angie Wilson

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## **Be Well Courses**

Designed to give people strategies and techniques to manage their wellbeing

### **Managing Depression (Three week course)**

Discover how to turn your vicious cycle into a virtuous cycle and recover hope.

Tutor: Alicia Vernon

### **Strategies for coping with Anxiety & Stress (Three week course)**

Learn why the dinosaurs had something to do with stress and how in the modern world we can manage anxiety. Tutor: Alicia Vernon

### **Ways to wellbeing**

Come for a friendly introduction to proven ways to increasing your wellbeing. Tutor: Kat Frakes

### **Working with Strengths**

Identify and value your own and others strengths as renewable energy for change.

Tutors: Mat Rawsthorne and Richard Wheway / Claire Shortland

### **Building Resilience**

“Put Your Own Oxygen Mask on First”. Practical ways to avoid burnout, and tools for dealing with difficult decisions, building willpower and mental toughness. Tutors: Mat Rawsthorne and Richard Wheway / Claire Shortland

### **Motivation**

Beating ‘stuckness’, getting started and keeping going. Tutors: Mat Rawsthorne and Richard Wheway / Claire Shortland

### **Teamwork**

Make a connection, build trust, repair relationships and learn to listen. Become the ‘most valuable player’ on your ‘team’. Tutors: Mat Rawsthorne and Richard Wheway / Claire Shortland

### **Peer Support**

Understanding co development and the role of peer support. Active listening. Dealing with difficult people in group situations. Dealing with other people’s distress safely.

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This course is designed to give you proven skills to help you move forward. If you are interested in gaining confidence in using any of the skills you learn to help other people, **we are looking for peer mentors** to help co-deliver sessions and support learners to get the most out of them.

### Course Venues

**Colvile Street Community Room**, Colvile Street (off Ashbourne Road)/ Shaw Green, Derby DE22 3HF

**Coniston Crescent Community Room**, off Stratford Road, Breadsall DE21 4DL

**Nottingham Road Community Fire Station**, Chaddesden, Derby DE21 6FP

**Rycote Centre**, Parker Street, Derby DE1 3HF

**Whitecross House Community Room**, Leyland Gardens, Derby DE1 3PL

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