



## Hope & Wellbeing Pilot: January – March 2016

### Community Learning Mental Health Project (CLMHP)

Ealing Adult Learning (EAL) is working in partnership with West London Mental Health Trust (WLMHT), Ealing, Hammersmith and West London College, Ealing Libraries and other local providers to help adults aged 19+ and experiencing mild or moderate mental health issues, such as stress, anxiety, depression and sleep disorders, through an educational approach. Their aim is to enable the course participants to gain a better understanding of their experiences and develop practical skills to manage them effectively on a daily basis.

You may also work with or know someone who is struggling to cope and dealing with issues in their lives and would like to understand them better and help.

The courses vary from one-off workshops to those that run for a number of weeks, and include Mindfulness, Stress Management, Relaxation, Getting a Good Night's Sleep, Shared Reading for Wellbeing and Moving and Improving (please see pages 2 and 3 for course outlines).

We are happy to provide courses which are tailor-made to specific groups whenever we can in terms of the dates/times and venue.

**All the Hope & Wellbeing Pilot courses are FREE to course participants.**

We need a minimum of 8 participants to run a course; therefore, to register your interest or get further information, please email

**Ljiljana Colak, EAL Community Learning Co-ordinator,**

at [GEN-CRG-ALADMIN@ealing.gov.uk](mailto:GEN-CRG-ALADMIN@ealing.gov.uk) or [adultlearning@ealing.gov.uk](mailto:adultlearning@ealing.gov.uk) or

phone 0208 825 5577 to register your interest.

## **MOVING AND IMPROVING**

As well as offering many physical benefits, exercise is also one of the easiest and most effective ways of improving how you feel. Regular exercise can have a profound effect on all aspects of your emotional well-being. It can relieve stress, ease depression and anxiety, improve your memory, help you to sleep better and improve your overall mood. Come and try out taster exercise sessions and discover the benefits of physical activity on well-being.

## **MINDFULNESS**

This 3-session course will cover techniques that will help you step back from stressful circumstances and allow you to step back, take a different perspective and focus on what is truly important. The sessions will incorporate meditation, breathing work, self-acceptance and living in the present moment.

## **STRESS MANAGEMENT**

The focus of this 3-session course is on practical exercises that can help to identify common stressors and developing strategies for dealing with the problem areas.

## **RELAXATION**

Do you find it difficult to wind down? Would you like to learn some simple techniques to help you relax? If so, this 3-session course may offer some practical help. It is recognised that modern life is fast-paced and sometimes stressful, which can lead to health issues. You will learn a number of relaxation techniques to do quietly on your own and even when you are on the move.

## **GETTING A GOOD NIGHT'S SLEEP**

Do you wake up in the middle of the night or have difficulty getting to sleep? This workshop will look at the common causes of sleeping issues, improve your understanding of sleep and its importance and explore some practical issues that may help.

## **ASSERT YOURSELF**

Assertiveness is a communication skill that allows you to express your needs clearly and precisely, without resorting to aggression or feeling that your rights and needs are being undermined.

This taster session will cover the main components of assertive communication and behaviour.

## **RACE, ETHNICITY AND MENTAL HEALTH**

People from diverse ethnic and racial background can often be poorly served in terms of support for mental health. This course explores some of the wider issues relating to different cultural understandings around mental health and how these sometimes conflict with western medical practice.

## **SOCIAL MEDIA FOR MENTAL HEALTH SUPPORT**

This 3-session course aims to support the participants in accessing the social media as a means of staying well. There is a bewildering array of possibilities on-line and this course will help you to navigate your way through the maze. It is also an opportunity to brush up on your IT skills.

## **MANAGING ANXIETY**

The course will cover what anxiety is, including phobias and obsessive compulsive disorder and specific cognitive- behavioural and other techniques to manage anxiety more effectively.

## **MANAGING DEPRESSION**

In this 3-session course we will look at how to manage low mood better. The topics will include triggers and early warning signs of depression, communicating with family, friends and your GP; it will include an exercise in CBT, relaxation and mindfulness.

