



# Learning Well

KAE Partnership Community Learning Mental Health Pilot 2015-16

**‘Learning Well’ is a research pilot offering free courses to people who are over 19 and experiencing mild to moderate wellbeing issues such as: stress, anxiety and depression.**

**We ask that all learners help this research by completing wellbeing surveys. All reporting will be anonymous.**

## Course Overview

The courses that we offer will be arranged by demand so that we can have the right course at the best time in the best possible location. We make it as flexible as we can to ensure that the experience is as relaxing and convenient as possible for our learners.

Courses are constantly under review and development but those currently available are:

### **Art, Craft & Jewellery Making** 2hrs x 4/5wks

We offer various opportunities ranging from fine art to seasonal craft and jewellery making for you or loved ones. Explore for yourself or within a group environment how these activities can aid relaxation and build confidence.

In our General Craft courses you can learn from a wide range of crafting skills and techniques. Discover how to make cards for special occasions by hand, decorative boxes and more.

Our jewellery groups include bead and wire work with opportunities to mix other media such as glass or leather.

### **Walking and Photography** 2hrs x 4/5wks

Combine healthy and informative walks with opportunities to develop digital photography skills. This can also include Creative Writing for those who wish or just annotating photographs that will make up your Learner Folders. Explore how walking and noticing your environment can benefit wellbeing.

### **Practical ways to De-Stress – including Dance, Yoga, Massage, Art** 2hrs x 4/5wks

Explore a range of enjoyable, practical techniques to help manage everyday stress. Each week we will look at something different: giving you the option for further study or using what you learn to become part of your own lifestyle management.

For example: Our introduction to massage is suitable for any adult who is interested in learning how to massage family or friends to promote a feeling of well-being. It will cover the health and safety aspects of massage, including contra-indications to massage, and a small massage routine.





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## **Self-Esteem & Confidence** 2hrs x 4wks

In this course we will look at tools and techniques to build confidence and self-esteem. Learners will look at techniques and strategies for working with negative emotions. You will be able to build confidence in active communication skills, including listening, speaking and understanding, and gain an appreciation of how certain barriers may affect your confidence.

## **Returning to Work - Work Ready Skills** 2hrs x 4/5wks

This course is designed to support and motivate people to recognise the barriers to seeking employment; how to overcome these barriers and build on their confidence and transferable skills to make positive decisions about future employment. It will also look at the application process; completing application letters and building CVs.

A possible addition of Beginners IT sessions will enable learners to develop confidence in using information and communication technology for everyday use and for working towards gaining employment.

## **Gardening** 2hrs x 4wks

This course is designed to enhance learners' knowledge of gardening and their enjoyment of the garden. You will explore what the centre of your own gardens are used for & how to set priorities. You will also look at the elements that influence what plants will thrive in a garden and explain ways to change and improve growing conditions.

## **DIY Health & Safety** 2hrs x 3wks

This course will provide individuals with the knowledge to understand risks in the home environment and how to prevent situations where injuries or illness may occur.

Learners will also understand how Health and Safety is applicable in the home environment and recognise its importance.

## **Music for Wellbeing** 3hrs x 5wks (Delivered by MMK Mind)

The programme will introduce aspects of music as a therapeutic tool and its ability to increase wellbeing through its effect upon mood and cognition as well as the basics of music theory.

Participants will work towards producing a song, or songs, that they have written and recorded as a group with an option to perform it.

## **Creative Writing for Wellbeing** 3hrs x 3wks (Delivered by MMK Mind)

During this course you will focus on utilising existing skills and developing new ones individually and as a team, making the curriculum suitable for absolute beginners as well as those with some prior experience in creative writing, who wish to work with others and to increase their confidence. It will also involve presentations by interest groups and possible trips to inspirational venues.





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## **Coping with Life** 2.5hrs x 5wks (Delivered by MMK Mind)

Coping with Life helps individuals to recognise and challenge negative thought patterns and provide a more realistic helpful outlook. It is solution focused and encourages individuals to utilise coping strategies which can help reduce symptoms of anxiety and depression and lead to more positive outcomes.

## **Work & Wellbeing** 18 mixed sessions over 6wks (Delivered by MMK Mind)

An 18 session course over six weeks which combines CBT, to manage mental health and wellbeing; group team building to address confidence and self-esteem for work; and specific job skills training which includes CVs and interview practice. The targeted work information is in the area of social care, which includes the opportunity to gain work placements.

## **Confidence MOT** 2.5hrs x 1wks

Top-up session to support learners to re-engage their confidence at a time when it would be useful. Tailored to specific groups, this may follow on from skills gained during courses such as Returning to Work and will include some or all of the following:

- Discuss and listen to each other about personal issues impacting on self-esteem.
- Discuss and analyse how and why we are more likely to be our own critic.
- Recognise how labels we have been given or give ourselves can support or sabotage us.
- List positive skills and experiences we have to help recognise that we can change our attitudes.
- Look at strategies to help deal with negative emotions.

**To find out more, please talk to your Maidstone & Mid Kent or West Kent Mind centre staff or contact Learning Well on [learningwell@kent.gov.uk](mailto:learningwell@kent.gov.uk) or call 03000 421760**

