

**Are you stressed or anxious?**

**Have you lost interest in things you usually enjoy?**

**Are you struggling to cope?**

**Our Learning for Wellbeing project may be the answer!**

Oxfordshire Adult Learning (OAL) is offering a programme of courses called Learning for Wellbeing aimed at people 19+ in Oxfordshire with mild to moderate mental health difficulties (such as low mood, low confidence, low self-esteem, stress, anxiety and depression).

The courses are specifically designed to help participants better manage the mental health symptoms that they experience.

These courses are part of a national research project funded by the Department for Education to investigate the effect of adult learning on personal wellbeing. Please see the website for more details of this research [www.mhfe.org.uk](http://www.mhfe.org.uk).

**How can I find out more?**

Contact Julie Bennett, Project Manager via email:

[Julie.bennett@abingdon-witney.ac.uk](mailto:Julie.bennett@abingdon-witney.ac.uk), or call: 01235 216 322 or on her mobile: 0777 194 6132.

## Refresher workshop – 5 Ways to Wellbeing

A free half-day workshop for anyone who has taken part in a Learning for Wellbeing course or is planning to take part in one and would like to learn some extra tips and techniques to help you manage your own wellbeing more effectively.

The techniques will be based around the ‘5 Ways to Wellbeing’ – connect, be active, take notice, keep learning and give.

### Course overviews:

#### Yoga and complementary therapies for deep relaxation

Yoga is simple and easy to practise and can be adapted to any condition of health and all shapes and sizes. Anyone can do it and it is fun and good for the body and the mind. The therapies you will learn are also easy to practise and good for the body and mind.

#### Build your confidence/Build your self-esteem

This short course aims to give you strategies to develop your self-confidence and self-esteem. In a friendly and relaxed environment, you will explore why you may feel down or have low confidence/low self-esteem.

You will share experiences and strategies to help you to cope better and you will put these strategies into practice.

#### Lift your mood through running

A short course for people with no or little running experience or for those who have not run for a long time. This course will take place half in the classroom and half outdoors at a nearby park. We will gradually develop from walking to doing some sustained running outdoors and see how exercise and activity really can lift the mood and help us to relax.



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[www.abingdon-witney.ac.uk/part-time-courses](http://www.abingdon-witney.ac.uk/part-time-courses)

**Oxfordshire  
Adult  
Learning**

PROVIDED BY ABINGDON & WITNEY COLLEGE



| Course title   | Start date  | End date | Start time | End time | Venue                                       |
|--|---|----------|------------|----------|---|
| ZCXN230P<br><b>Meditation and yoga for depression</b>  | Saturday<br>10/06/17                                | 15/07    | 10:00      | 12:30    | Oxford Adult Learning, Cowley               |
| UCGN002P<br><b>Yoga and complementary therapies for deep relaxation</b>                          | Thursday<br>Intro session 18/05 and<br>8/06 – 29/06 | 29/06    | 13:00      | 15:30    | Grove Adult Learning Centre                 |
| UCXN001P<br><b>Develop your confidence and self-esteem through event planning &amp; teamwork</b> | Tuesday<br>18/04/17                                 | 30/05/17 | 17:30      | 20:00    | Oxford Adult Learning, Cowley               |
| UCXN005P<br><b>Lift your mood through running</b>  | Friday<br>28/04/17                                  | 02/06/17 | 10:00      | 12:30    | Oxford Adult Learning, Cowley               |
| UCXN007P<br><b>Build your resilience toolkit – meeting life's challenges</b>                     | Wednesday<br>03/05/17                               | 07/06/17 | 17:30      | 20:00    | OCVA, Oxford                                |
| UCKN001P<br><b>Motion and stillness – for stress and anxiety</b>                                 | Monday<br>08/05/17                                  | 19/06/17 | 19:00      | 21:30    | Kidlington Adult Learning                   |
| UCWN009P<br><b>Develop your confidence and self-esteem</b>                                       | Monday<br>15/05/17                                  | 26/06/17 | 18:00      | 20:30    | Witney Campus                               |
| UCXN305P<br><b>Building your resilience toolkit – meeting life's challenges</b>                  | Friday<br>28/04/17                                  | 02/06/17 | 10:00      | 12:30    | Oxford Adult Learning, Cowley               |
| UCXN007P<br><b>Yoga for wellbeing</b>  | Monday<br>12/06/17                                  | 17/07/17 | 18:00      | 20:30    | Abingdon Campus                             |
| UCXN014P<br><b>Building your resilience toolkit – meeting life's challenges</b>                  | Friday<br>28/04/17                                  | 02/06/17 | 13:30      | 16:00    | Community Media Group Offices, Greater Leys |

### **Building your resilience toolkit – meeting life's challenges**

This course will include gentle movement, deep relaxation, mindful approaches, music, writing or drawing. In a relaxed, friendly and supportive environment, we will share experiences and strategies within this area to help us better self-manage life's challenges.



### **Develop your confidence and self-esteem - through event planning and teamwork**

This short course intends to look at your strengths and weaknesses as a fundamental resource, then combine them with others' unique resources to plan, organize and deliver a small event. The process of organizing an event can be challenging but the sense of achieving this through team work is very rewarding indeed and helps to build confidence and self-esteem.

### **Motion and Stillness for stress and anxiety**

This short course will include movement for relaxation, breathing techniques, meditation, presence and reflection. We will explore sensations through movement such as physical tension, holding patterns, habitual movement patterning and postural alignment. We will explore all of the above techniques and others which can be used to support individuals coping with stress and anxiety.

### **Meditation and Yoga for Depression**

The aim of this course is to provide people who suffer from depression with basic and simple tools to help to manage low mood. Through simple theory, practice and discussion, we will explore yoga and meditation, and how both can help us to experience a relief from overthinking, negative thoughts and emotions that foster depression.

## **What should I do next?**

Contact Julie Bennett, Project Manager via email:

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