



Discovering the past around you

This course is all about finding out about the past where you live with our specialist community archaeologist. We will get out and about in Wakefield to explore the past where you live. This friendly and welcoming course will show you all kinds of ways used by archaeologists to unlock the puzzles of the past.

5 week course
Airedale Library
every Thursday 24 September
to 22 October 2015
Manygates Centre,
Manygates Lane, Sandal
Every Wednesday 11 November
to 9 December
All 10am - 12pm



History, health and wellbeing Using iPads

This course will introduce students to iPads and digital technology, using them to further and develop interests and skills within the group. It will include using the iPads to take notes, photos and videos..

4 week course
St George's Community Centre, Broadway, Lupset
every Thursday 6 August
to 27 August 2015
1:30pm - 3:45pm
and other dates to be confirmed
Workers' Education Association (WEA)

Bike maintenance

Practical basics of bicycle maintenance
Groundworks
Thornes Park Nursery, Thornes Road WF2 8QF
Tuesday 15 and Wednesday 16 September 2015
Tuesday 12 and Wednesday 13 January 2016
All 10am - 3pm

Exploring outdoors

Being outdoors can help improve mental and physical health, boost self-esteem and reduce social isolation.

Groundworks
Thornes Park Nursery, Thornes Road WF2 8QF
Tuesday 22 and Wednesday 23 September 2015
Tuesday 13 and Wednesday 14 October 2015

Self-help for life

Develop resilience and positive mental health through learning.

5 week course
Five Towns Centre, Castleford
every Tuesday 6 October to 10 November 2015
Manygates Centre, Sandal
every Thursday 7 January to 4 February, 2pm - 4pm
Workers' Education Association (WEA)

Make your experience count

Reflect on life experiences focussing on the positive events which have occurred and how you can use this in other situations.

5 week course
Five Towns Centre, Castleford
every Tuesday 29 September to
3 November 2015
Manygates Centre, Sandal
every Thursday 1 January
to 4 February 2016
All 2pm - 4pm 2016
Workers' Education Association (WEA)

Exploring women's creativity for wellbeing

A women only 5 week course delivered by a qualified art therapist. Explore how visual arts can be used to support and better understand your wellbeing. No previous experience necessary!

5 week course
The Studio, Westgate Studios, 19 Westgate
Every Monday 21 September to 19 October 2015
12:30 - 2:30pm
Tuesdays 6 to 20 October 2015
12:30pm to 2:30pm
Well Women Centre Further course to be held
2016 dates to be confirmed

Hands-on horticulture

Gardening can have a positive impact on physical and emotional wellbeing. Learn the basics of horticulture in this 'hands on' course.

Groundworks
Thornes Park Nursery, Thornes Road WF2 8QF
Tuesday 6 and Wednesday 7 October 2015
Tuesday 10 and Wednesday 11 November 2015
All 10am - 3pm

Passport to theatre

An opportunity for learners and volunteers to attend and gain an insight into 4 different performances
CATS - Tuesday 1 September 2015, 7:30pm
POLES APART - Wednesday 16 September 2015, 7:30pm
PANTO - Thursday 3 December 2015 6:00pm
SHAFTED - February 2016
 (final dates to be confirmed)
Theatre Royal Wakefield

Wellbeing health workshops

The project can also give you access to specialist mental health workshops which focus on specific disorders for example;

Elizabethan Gallery,
Wakefield 9:30 - 11am

Improving your sleep

Tuesday 18 August and
 Tuesday 29 September

Managing panic attacks

Tuesday 1 September

Assertiveness

Tuesday 15 September

Theatre Based Workshops

Five week course designed to develop confidence and social skills delivered by arts professionals
 Every Tuesday 23 February to 22 March
 6pm - 8pm
Theatre Royal Wakefield

Rightsteps, 3rd Floor Grosvenor House, 8-20
Union Street, Wakefield.

5:30pm - 7:30pm

Assertiveness -

Thursday 13 August

Managing Irritability -

Thursday 27 August

Workplace Stress -

Thursday 10 September

Relaxation and Mindfulness -

Thursday 24 September

Improving your sleep -

Thursday 8 October

Wakefield and 5 Towns Recovery College also offers educational courses to support mental health find out more at

www.wakefieldrecoverycollege.co.uk

Think Healthy. Think Learning.



www.wakefield.gov.uk

wakefieldcouncil
working for you

Think Healthy. Think Learning.

Do you feel depressed? Do you feel nervous, anxious or on edge? Is it hard to concentrate on things? Is it getting you down?

Wakefield Council is working with partner organisations to offer a number of FREE courses aimed at helping individuals aged 19 or over improve their wellbeing, try something new and gain confidence in a relaxed setting.

Who can I learn with?

Wakefield Council
Workers' Education Association (WEA)
Well Women Centre
Groundwork Wakefield
Theatre Royal Wakefield
Rightsteps

Where and when can I learn?

We offer courses in local venues to meet the needs of learners.



What can I do and where and when?

Creative ceramics

A creative hands-on programme learning how to create and glaze ceramics.

5 week course

Manygates Centre, Sandal

Every Monday 18 January

to 22 February

9:30am - 12pm

Wakefield Council

Drawing and painting

Enhance your creative skills and improve your wellbeing using different techniques and media

5 week course

Chesneys Centre, Featherstone

every Monday 21 September to 19 October 1pm-

3:30pm

Manygates Centre, Sandal

every Tuesday 3 November

to 1 December 6:30 - 9pm

Wakefield Council

Creative writing

(linking with walks in the community)

Explore the local environment and understand how to express this creatively in writing

Dates to be confirmed

Wakefield Council

Willow workshops

Creating artwork using willow

2 week course

Manygates Centre, Sandal

Thursday 18, 25 February and

Thursday 3, 10 March 2016

1pm - 3:30pm

Wakefield Council

Basic IT

Would you like to learn how to surf the Internet and shop online? If so this is the course for you

Dates to be confirmed

Wakefield Council

Basic maths

This course is aimed at helping you to budget your household income

Dates to be confirmed

Wakefield Council

Tai Chi

Involves slow, gentle movements, deep breathing, and meditation which helps reduce stress

5 week course

Manygates Centre, Sandal

every Wednesday

23 September to 21 October 2015 and

6 January to 3 February

2pm - 3pm

Wakefield Council



Think Healthy. Think Learning.

Section 1: Course Details (if known)

Course Title

Section 2: Learner Details

Title	First name	Family name
Date of birth	Male /Female	
Address:		
Postcode		
Daytime Telephone No:	Mobile No:	
Email address		

Centre/partner representative signature: (optional)

Date:

Return to: Business Support Team,
Wakefield Council, Adult Education Service, Manygates Lane Sandal WF2 7DQ
or email adultedbusiness@wakefield.gov.uk
Upon receipt of this form we will contact you to arrange a meeting to offer guidance and support and discuss the best programme of learning for you.
All information will be dealt with in confidence.