

1 in 4 OF US
WILL EXPERIENCE
MENTAL HEALTH
PROBLEMS
in our LIFETIMES.



Learning to be Well

with

Luton Adult Learning

Part of a Mental Health Research Project

What are mental health issues?

Poor mental health can affect the way you live your life, this can be caused by feelings of isolation, guilt, irritability, panic and stress. Common mild to moderate health conditions such as stress disorders, anxiety and depression can cause low self-esteem and confidence, this can lead to a lack of general interest in one's self. If you or someone you know is experiencing poor mental health right now then one of the following courses can help support your recovery process through learning.

Frequently asked questions:

Who is the Mental Health Research Project for?

The courses offered within the research project are for anyone in Luton who is over the age of 19 and experiencing mild to moderate mental health issues.

These issues may include: anxiety, low mood, lack of confidence, low self-esteem, feeling isolated, and stress. To access our courses you can self-refer or referrals can be via a GP, wellbeing services, carers, support/key workers.

Will there be any assessments?

Yes, prior to starting you will need to complete a short induction interview, a wellbeing assessment and an equalities questionnaire. During the course you will be required to complete the mood and equalities questionnaires.

What happens to the information I provide?

The information you provide will remain confidential, however this is a research program so your information will be shared with the funders, The Department of Education and their contractors purely for research purposes.

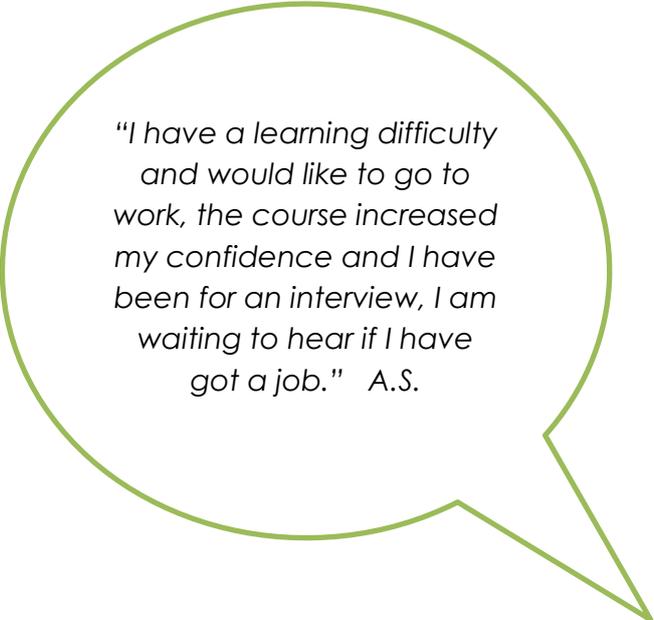
Do I need to discuss how I'm feeling?

No. The sessions are about community learning, and are designed to help reduce symptoms and help you develop self-help methods. They will encourage you to develop new skills and coping strategies.

Courses take place in a safe learning environment where you will meet like-minded people and sharing of positive ideas is actively encouraged. Sessions will encourage you to reflect on your situation and experiences. The courses are not designed to directly focus on or discuss your issues if you do not wish to.

What happens after the course?

You will have the opportunity to attend "top up sessions" once a month should you feel the need for further support. You will be offered access to other learning opportunities and access routes to volunteering. You will be asked to provide feedback on your course. You may be asked to provide a case study about your experience and time on the course.



"I have a learning difficulty and would like to go to work, the course increased my confidence and I have been for an interview, I am waiting to hear if I have got a job." A.S.



"The class gave me confidence and I enjoyed each class attended... I think I may have an artistic side after all!" M.M.

5 ways to well-being

Daily life can be stressful at times, learning positive methods to cope with these situations can be empowering and help you to discover your potential.

Keep Learning – Learning a new skill, finding a hobby or developing an interest can ignite a passion for lifelong learning and create aspirations for the future to put you on the road to fulfilling your potential.

Connect – Our courses provide opportunities to interact with others in a friendly, safe and supportive environment, building your confidence through a range of activities.

Give – Explore opportunities to help out with family, friends and the wider community. What can you do to give something back?

Take Notice - Be curious – be inquisitive – ask questions – look at what is going on around you and see how you can get involved.

Keep Active – Explore ways to become involved in physical activities that can help improve your wellbeing, look for physical activities that interest you, or even try something new.

"I improved my confidence and communication skills through this course and I made my first GP appointment last week - all by myself"
N.B.

"The course helped improve my confidence in the kitchen and meeting new people... I found the course helpful in improving my self – esteem" A.B.

"I need another course and need this to continue for longer – I met new people and made friends. I also learned different ways of improving my health – body and mind." L.B.

Discovering your potential

At **Luton Adult Learning** we are passionate about learning and its many benefits; such as reducing stress, building confidence and improving memory, mental health and wellbeing. Taking part in one of our courses helps with confidence building and our classes also provide a great opportunity to socialise with other like-minded individuals in a safe and supportive environment.

List of courses: All courses run for 5 weeks with 3 hours of learning per week.

<u>Course title</u>	<u>Location</u>	<u>Course title</u>	<u>Location</u>
Art for well being	Lea Manor	Coping With Caring	Hope Church
Discovering My Inner Strength	Various community locations	Be the better me	Various community locations
IT for Confidence and Personal Independence	NOAH Academy	Find your Talent and Calling	NOAH Academy
Developing Motivation and Achieving Goals	NOAH Academy	Proactive Problem Solving for wellbeing	NOAH Academy
Finding a Pathway to a Better Life Following a Relationship Breakdown	NOAH Academy	Build your confidence	Please contact us for location details
Improving Mental Health and Wellbeing for Carers	NOAH Academy	Improve your mood with food	Please contact us for location details
Go Lead – Go Stress free In conjunction with Luton Town Football Club	Stockwood Park	Improve your mood with flowers and colour	Please contact us for location details
Coping with Caring	Hope Church	Sleep Well - developing good sleeping practices -	Please contact us for location details

Please call 01582 490033 for more details and to arrange a pre-course interview.

Course information

Improve your mood with flowers and colour

Using the medium of flowers and colour this course aims to help people self-manage their poor mental health symptoms.

Overall wellbeing can be improved by developing existing skills, re-discovering an old passion or engaging in a new hobby, creating floral arrangements is an excellent way to relax and focus your attention. Week by week you will learn new skills and develop your confidence by sharing ideas with others. You will be able to take home your creations either to keep for yourself or share with friends and family.

Although this course is free learners will be required to purchase flower materials for each session.

A list of suggested materials will be provided each week by the tutor, some sundry items can be purchased from the tutor.

Art for wellbeing

This course uses art as a means of expressing your emotions, you will explore the use of painting, drawing and Zen doodles to improve mental wellbeing. By identifying sources of poor mental health you will be able to develop strategies to cope with these issues, art is a great way of uplifting your mood and expressing your creativity.

Although this course is free learners may be required to purchase an art journal and materials for this course

Improve your mood with food

Can your diet really change your mind? What does a balanced diet look like? How can good physical health support your mental health?

This course will help you to develop a greater understanding of the link between food and positive mental health. It will help you identify how food skills can provide the tools to improve diet and nutrition and also impact on people's self-esteem, confidence and overall mental wellbeing.

Sleep well developing good practices

Sleep is as important to our health as eating and drinking yet many of us have poor sleep routines. A lack of sleep can cause health problems, affect your mood and have a negative impact on relationships. This course helps you develop healthy sleeping patterns which can have a positive effect on your wellbeing, you will explore techniques and identify behaviour which will improve your sleep patterns.

'Sleep is the best meditation.' Dalai Lama

Be the better me

This course looks at improving your inner self by using positive affirmations and creating a vision, you will also focus on elements of tactful parenting. It will be positive and stimulating, whilst allowing you to enjoy time out for yourself outside of your everyday routine.

"Happiness depends upon ourselves" Aristotle.

Discovering my Inner strength

This course is designed to enable learners to identify what causes them to have low self-esteem and look at ways to build self – esteem and confidence.

It will help you recognise differences between good and poor wellbeing through group discussions and it is designed to help learners identify the different areas of their lives that require improvement. During the course we aim to help reinforce the learners' understanding between the difference in feeling tense & feeling relaxed through a range of practical exercises and group support and discussions.

IT for Confidence and Personal Independence

In today's fast moving society it seems you cannot do anything unless it is "online" and for some people the simple task of turning on a computer can be daunting and stressful, especially for those who experience anxiety or who struggle with low self-confidence.

Sometimes the very thought of using technology can be overwhelming, and the pressure felt in relation to this challenge can be immense – it can produce stressful symptoms such as sweats, nausea, sweaty palms and headaches.

If you can relate to these feelings, then this course is for you. Step by step, and working at your own pace in a small and supportive group we would like to help you to learn simple IT skills to make your life easier.

Without a doubt this course could be the turning point. We will support you so that you can learn to reduce barriers that affect your mental wellbeing. We want to guide you on a journey, transforming your experience of technology and harnessing it to simplify and enhance your life.

Developing Motivation and Achieving Goals

Everyone has goals and dreams, and things that they would like to achieve in their lives but for some these goals seem distant, overwhelming and unattainable. The task of reaching a goal, whether that be finding a job, overcoming an emotional barrier or developing relationships can create feelings of anxiety, stress or simply depression and resignation to 'the way things are'.

If you need help to develop your confidence and learn simple techniques to improve your positivity and motivation in order to reach your goals, this course is for you.

Finding a Pathway to a Better Life Following a Relationship Breakdown

Relationship breakdown, whether that be with a partner, relative or friend can significantly affect feelings of happiness, resilience and wellbeing. Carrying feelings of hurt and disappointment can cast a shadow over the rest of life, making it difficult to find enjoyment, rest, and to develop effective relationships with others. When this situation persists in the long term it can lead to depression, anxiety and low self-esteem.

If you are looking to learn simple techniques to help you to manage your emotions in regard to relationship breakdown, and find a new path forward then then this course is for you.

Improving Mental Health and Wellbeing for Carers

Caring for a friend, relative or neighbour who has a long term illness or disability can be rewarding, but can also take a huge toll on the person responsible, and can affect physical and mental wellbeing.

Carers often report that they feel tired, drained of energy and emotionally exhausted. The result of long term care duties can be feelings of depression, anxiety and restlessness along with isolation and a feeling that 'nobody understands'.

[Find your Talent and Calling](#)

It can be difficult to know which way to turn, or which path to take in life. Sometimes we can lose direction and forget who we are, what we are good at and what motivates us. For people struggling with anxiety, stress or depression finding a direction can feel like an overwhelming challenge, and can trigger further feelings of anxiety and low self-esteem.

If you need help to identify your personal strengths and passions to enable you to move forward, then this course is for you.

[Proactive Problem Solving for Wellbeing](#)

Sometimes an unexpected problem such as a late bill, last minute appointment or change in circumstance can hit us hard, leaving us feeling helpless, overwhelmed and unable to cope. For people struggling with stress, anxiety or depression the impact of these problems can be especially distressing.

[Go Lead Go Stress Free](#)

It may feel like the last thing you want to talk about. In fact, as many as one in four of us will experience a mental health problem this year. In other words, feeling stressed out is pretty common. It's bottling it up that causes the problem. Go lead is a 6 week sports programme aimed at helping adults understand how leadership skills can help you cope with day to day situations

Go lead will look at how you can use leadership skills to help cope with the stresses of day to day work life.

The course will combine 5 a side football activities (both active and walking) as well as classroom based sessions on subjects such as communication, what is a leader, working with others, improvising techniques and putting it all into practise.

[Coping with Caring](#)

A learning and support programme for friends and family of those living with dementia, this course aims to build on your experiences of this illness and help you understand the progression and effects of dementia. You will gain insight into the impact of behavioural and communication changes and also improve your confidence by developing your planning skills.

[Mindfulness and Relaxation](#)

Meditation, mindfulness and relaxation can help you learn to cope better with the stresses of life, helping you to relax and unwind.

[Healthy Lifestyles](#)

Try different ways to stay active and explore strategies to maintaining a healthy lifestyles and the benefits of these changes.

[Empowerment](#)

This will explore change and stress management, allowing you to refocus. It will improve confidence and motivate you in your next steps.

[Contact us for more information](#)

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 **[@lutonac](https://twitter.com/lutonac)**



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<p>Luton Adult Learning Lea Manor Campus Northwell Drive Luton, LU3 3TL Tel: 01582 490033</p>	<p>Monday – Thursday Tuesday & Thursday Evening Friday</p>	<p>9am – 5pm 6:30pm – 9pm <u>Term Time only</u> 9am – 4.30pm</p>