



“Learning to be Well”

with

Luton Adult Learning

Part of the Mental Health Research Project

Luton Adult Learning are part of a group of 60 education providers, who were successfully chosen from all local authorities in England to take part in the MHRP. The aim is to test out whether **short, part-time community learning courses help people develop strategies to manage their mild to moderate mental health problems.**

As part of the Research Project Luton Adult Learning are working with local partners to offer a range of community based sessions for people who are experiencing mild to moderate mental health issues such as anxiety, stress, low mood or sleeplessness lack of confidence.

Courses run for 5 weeks – 3 hours a week, and are free to those who (19+) are eligible for the Research Project.

Learn something new from a choice of creative, healthy or active topics

Courses currently on offer are:

Build your confidence through Drama	14-Nov-16	12-Dec-16	Monday	12.00 - 15.00	DR
Build your confidence through Drama	09-Jan-17	06-Feb-17	Monday	12.00 - 15.00	DR
Improve your mood with food	16-Nov-16	14-Dec-16	Wednesday	13.00 - 16.00	DR
Improve your mood with food	11-Jan-17	08-Feb-17	Wednesday	13.00 - 16.00	DR
Art for well being	16-Nov-16	14-Dec-16	Wednesday	9am - 12	DR
Art for well being	11-Jan-17	08-Feb-17	Wednesday	9am - 12	DR
Improve your mood with flowers and colour	17-Nov	15-Dec-16	Thursday	12.30 - 15.30	DR
Improve your mood with flowers and colour	12-Jan	09-Feb-17	Thursday	12.30 - 15.30	DR
Sleep Well - developing good sleeping practices -	09-Jan-17	06-Feb-17	Monday	9 am - 12	DR
Reduce your money worries - Money Management	20-Feb-17	27-Mar-17	Monday	9 am - 11.30	DR

More courses coming soon: If you feel one of our courses could help you reconnect and get involved in learning and you would like more information:

Please call 01582 490033, ask for Tracey or Zura - or email info@lutonacl.ac.uk

Drama Workshop is a means to reduce social isolation and to enhance self-esteem and confidence

This course is designed to help people better self-manage their mental health symptoms and the problems they feel they face such as low self-esteem, low confidence and social isolation.

We will look to develop and improve speaking, listening and communication skills, and look to improve presentation skills, reflective skills and confidence

Learners are encouraged to take part in the drama workshop exercises and engage actively in various aspects of the course.

Improve your mood with flowers and colour

Using the medium of flowers and links to colour this course aims to help people better self-manage their mental health symptoms the problems they feel they face because they have mental health problems.

The main focus for this course is to provide strategies to enable people to better deal with the social world low or fluctuating mood.

You can achieve this by developing existing skills, re-discovering a passion or engaging in a new hobby. Arts and crafts are an excellent way to relax, focus your attention and improve your mood and confidence by sharing ideas and a common interest in an activity

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

Being creative and using art as a means of expressing ourselves be that through images or words and taking part in activities exploring art techniques can help you cope when you experience times of low mood. Activities such as painting – drawing – creative writing – zendoodles can be engaging, inspiring, heartening, improving your mood, uplifting and enhancing life skills such as patience, confidence, self esteem

Exploring art techniques that can help those coping with poor mental health issues that may include low mood stress, anxiety or depression."

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

Improve you 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 links between food and positive mental health and wellbeing. 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.

Reduce your money worries

This course will offer you advice and let you explore ways to make your money go further. It will help you identify ways to self-manage your personal finances, reduce your stress and anxiety around financial issues. We will look at the financial jargon and look at key facts, to enable you to become confident with money and improve your financial situation.

Sleep well developing good practices

Sleep is as important to our health as eating, drinking and breathing. 'Sleep is the best meditation.' Dalai Lama – Yet many of us experience poor sleep routines. A lack of sleep can affect mood, interfere with relationships and cause health problems. Learning to prioritise sleep in our lives helps create healthy sleeping patterns, this in turn can have an overwhelming effect on our overall wellbeing. During this course you will share experiences and suggestions and explore techniques on ways to improve your sleep patterns.

Discovering my Inner strength - Building the foundations of good well-being, building self-esteem and confidence

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 them recognise difference between good and poor well-being;

Through group discussions and it is designed to help learners identify the different areas of their lives that require improvement enabling them to achieve good well-being.

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.

For more information on dates for this course please call 01582 490033 ask for Zura or Tracey



Visit our website: <http://www.luton.ac.uk/projects/project-name-2.html>

More courses coming soon.