

## CONTACT US:

If you think that you would like to know more or to book your 1:1 please call:

Gillian on **01484 437156**

OR

Email [wiseminds@kirkleescollege.ac.uk](mailto:wiseminds@kirkleescollege.ac.uk)

More learner comments:

'Absolutely amazing!

I feel optimistic, happier and I really enjoyed meeting new people. I learnt from the other people on the course, shared my skills with them and improved my communication skills. I'm looking forward to the future and putting this positive mind set into practice.'

'Although I had to step out of my comfort zone, this challenged me and I feel like I can go further with this by going on more courses or even volunteering'

Could this be a comment from you in a few weeks?

"Before attending these courses I felt that I had no direction and didn't think that I had anything positive to look forward to"



Find us on Facebook

NB: This 2nd year research is for anyone 19+ living in Kirklees. Applicants cannot have been part of year 1 research or attended community learning classes in the last 12 months.



# WISEMINDS

learning for wellbeing >

GENERALLY QUITE WELL?

FEEL LOW?

STRUGGLE TO SLEEP / SLEEP TOO MUCH?

LIVE WITH ANXIETY?

If you said 'yes' to one of these...

**Join our research project at Wiseminds -** community learning for improved mood, well-being and mental health.



**One in four** of us live with low mood, poor well-being or mental ill-health at one time or another.

You will know someone who does.

Give them (or you) a chance to benefit from this research and have a more positive outlook on life, well-being and mental health.

## HERE'S THE DEAL

Our courses run between 3 and 6 weeks in venues across Kirklees.

To join Wiseminds there will be a personal 1:1 with a Learning Advisor.

The 1:1 will be a chance to discuss how you feel, what you like to do, your goals or future plans and your support network.

You will agree a plan with your Learning Advisor and then take part in tick-box research questions about your mood and well-being.

Your scores from these will decide if you are OK to join our Wiseminds research.

We want to measure how you feel before, during and after your course.

Once you agree to share your information with the Department for Education you're good to go!

You can then choose a course.

Once your course has finished we want to:

- Stay in touch with you at our coffee mornings
- Get regular feedback on how you feel
- Make sure you have strategies for managing your mental wellbeing

**WISEMINDS** is for adults 19+ who want to improve their mood and well-being including those who live with mild to moderate:

- Depression
- Anxiety
- Sleep Disorders

The research looks at the impact of community learning on mood, well-being and mental health.

## FEEDBACK

Read some of the learner feedback from year 1 below

I'm now focused on what I can do rather than what I can't do.

I feel much happier knowing that meeting new people and having fun is possible.

I've gained loads of confidence from the course, even my friends and family have commented on how much happier and brighter I am.

## COURSES

**These courses are FREE as part of our research.**

Here is an example of the types of classes we run:

- Creative writing
- Cake decorating
- Tai Chi
- Literacy
- Drawing
- Watercolour
- 5 ways to wellbeing
- Gardening
- Maths
- ICT
- English
- First aid for the family
- Confidence
- Volunteering skills

If you don't meet the criteria for this research don't worry. We can signpost you to opportunities in our community where you can meet new people, learn new things and start to feel more positive.