

WHAT IS WISEMINDS?

Wiseminds is a project which is being led by Kirklees College and its partners (see below) on behalf of the Kirklees Community Learning Trust. It offers a range of **short courses which are designed to improve the self-esteem and wellbeing of adults (19+) who are experiencing mild to moderate mental health problems.** It does this by providing an opportunity to:

- **Gain confidence** through learning something new
- **Connect with others** who have similar experiences
- **Learn techniques to self-manage** mental health and wellbeing
- Get support in **planning a future career or learning journey**
- Give something back by **volunteering as a 'Wiseminds buddy'**

Courses are delivered by all of the Wiseminds partners and participants can choose one or more from the following themes:

CREATIVE including Performance Art, Drawing and Painting

CULTURE including Local History and a range of visits to places of cultural interest

WELLBEING including Mindfulness and Confidence Building

PROGRESSION a chance to focus on what they would like to do next

WHO IS WISEMINDS FOR?

Wiseminds is for any adult (19+) who is experiencing mild to moderate mental health problems, these may include (but are not limited to) anxiety, depression and sleep disorders.

Wiseminds also invites applications from anyone who is experiencing low mood, whether this has been recognised as a mental health problem by a professional or not.

HOW DO I APPLY, OR SIGNPOST SOMEONE, TO WISEMINDS?

Enquiries can be made by calling **01484 437156** to speak to **Gillian Brook** or emailing wiseminds@kirkleescollege.ac.uk

All Wiseminds applicants will be invited to an informal information session (run by Support to Recovery) where they can find out more. Anyone that would like to access the project will have a one to one induction with a project advisor who will work with the applicant to plan their Wiseminds learning journey.

Find out more here <https://youtu.be/s3JePGR6j1Q>

WISEMINDS PARTNER ORGANISATIONS:

- Hoot
- Kirklees College
- Lifeline Kirklees
- Playing for Success Kirklees
- Purple Dog Training
- Proper Job Theatre Company
- Recovery College
- Support to Recovery
- Workers Educational Association