



# Community Learning Mental Health Research Project A FREE Short Course

Darlington Borough Council Learning & Skills service is part of a national research project to determine whether short adult education courses will benefit individuals with mild to moderate mental health issues.

We will be measuring the impact of attending a course on an individual's mental wellbeing using specific assessment tools.

It is hoped that this national research will prove that such courses have a positive impact on people's mental wellbeing and the evidence will help secure government funding for adult education courses in the future.

The project is open to anyone aged 19 years and over who has mild to moderate mental health conditions such as anxiety, stress and low mood.

Everyone who is interested will take part in a 1:1 meeting with a member of our staff who will discuss how you feel and ask you to complete three simple questionnaires to determine your eligibility for the research. You will discuss which particular course is appealing to you and will discuss a start date.

Most courses last 2-3 hours per week for a six-week period.

You will only be eligible to attend one course, so careful selection will be part of the discussion in order that you attend the course most appropriate for your needs.

We repeat the short questionnaires during your programme of learning to see how this will impact on your mental health, and optional top up sessions will be available.

The course you could choose will be one of these:

## SHINE to help you with anxiety, stress and low mood

**Monday 9am-1pm, at Evolution, Church Row**

**Starts 16 January and runs for five weeks**

Designed to improve your confidence and self-esteem to enable you to be your best and help you 'shine' more in everyday life. We will explore comfort zones, confidence, self-esteem, mindfulness and living well (healthy eating, sleep etc.)

## Laugh Away Your Stress

**Tuesday 9am-12:30pm, at Evolution, Church Row**

**Starts 17 January and runs for six weeks**

This course is designed to help you understand stress, your personal stress triggers and how laughter, yoga and other strategies can help. You will learn relaxation exercises, and each session will provide the opportunity to share ideas, strategies and experiences, check on progress and receive support from your tutor.

## Write For Me

**Monday 9am-12:30pm at Crown Street Library ICT room**

**Starts 16 January and runs for six weeks**

Join this informal and therapeutic creative writing course and explore how to express your thoughts and feelings through writing. Discover how writing can help us express ourselves and cope better. Whether you are a complete beginner (good spelling and grammar not important) or have experienced the joy of writing before, we will all learn together in a friendly and supportive manner.

## Re-focus with Digital Photography

**Wednesday 1:30-5pm at The Coleridge Centre ICT room**

**Starts 18 January 2017 and runs for six weeks**

This informal and therapeutic course will include in-depth demonstration of techniques, explanations as to the function and hands-on instruction with your own camera, as well as providing an opportunity to share activities that help you recognise and manage your symptoms. Sessions will often include field trips to local points of interest in order to make practical use of your new skills.

During the course you will need to bring a digital camera plus any accessories you may wish to use. It is highly recommended that you bring your manual and spare, fully charged batteries and a spare empty memory card.

## Create Wellbeing

**Monday 12:30-4pm – at The Bridge Centre for Visual Arts, Yarm Road**

**Starts 16 January and runs for six weeks. Tutor – Petra Lloyd**

Creativity can be good for you. Gain confidence and develop new skills, make new friends and learn something fun in a relaxed atmosphere. Explore ideas and techniques with ceramics, textiles, printing, drawing and painting.

## Rejuvenate with Upcycled Art

**Tuesday 5pm-8:30pm – Scrap Studio Arts in Borough Road Nursery**

**Starts 17 January 2017 and runs for six weeks**

**Tutor – Yvonne Preston**

Working with recycled or upcycled materials, you can transform and create whatever you wish through the use of collage, painting, printing, sewing, modelling etc. or get creative and work on your own project. A great opportunity to express yourself in a hands-on, friendly environment.

## Learning & Skills



## What happens at my first meeting?

At your first agreed meeting, you will be given a self-assessment to complete which will give us an indication of your mental wellbeing. We will discuss your aspirations and any barriers you are facing and provide information, advice and guidance for your next steps. If all of this sounds interesting and appealing and you want to book your 1:1 chat, or you want to talk with someone to find out more about the project and the courses, please call us now on 01325 405601 or email us [l&s@darlington.gov.uk](mailto:l&s@darlington.gov.uk)

## How to enrol?

If you are aged over 19 years and feel you have a mild to moderate mental health condition please call us on 01325 405601 or email [l&s@darlington.gov.uk](mailto:l&s@darlington.gov.uk) and we will arrange your 1:1 chat. If you are reading this and know a family member or a friend you would like to refer, please discuss this with them and ask them to get in touch with us.