

Courses to promote positive mental health and wellbeing

Autumn 2017

Little steps can make a big difference!



Learn • Inspire • Focus • Empower

What is mental health distress?

Common mild to moderate mental health conditions include stress disorders, anxiety and depression. Symptoms experienced can include feelings of loss of self-esteem and confidence, isolation, guilt, irritability, panic and a general lack of interest in self and others. If you or someone you know is experiencing poor mental health right now (or has done in the past) then Learn2b can help to support the recovery process through learning.

Learn2b is a community based programme which is delivered throughout Northamptonshire and offers a variety of courses to encourage self-help and recovery from times of poor mental health. All courses are designed to build (or re-build) confidence and develop coping strategies for everyday situations even if the symptoms are in the past.

Do I need a referral?

There are a variety of routes for referral and these include GP, practice nurse, carer, wellbeing advisors or navigators, family, friends and yourself. If you are unsure of whether Learn2b is right for you then please contact the team for an initial chat.

Learn2b tutors

It is important to know our Learn2b tutors and teaching staff are selected specifically because of their own lived experience with mental health illness. Each tutor is qualified to teach in their specialist area and passionate about the principles of Learn2b, offering support to each learner through a variety of teaching methods and creating a safe and welcoming environment to learn as a group and to promote self-help.



Contents

What is mental health distress?	2
Welcome	3
Choosing your course	4
Centre for Life	5 – 6
Wellbeing	6 – 8
Expression	9 – 10
Creativity	11 – 13
Motivation	14 – 15
How to book onto a course	16

How to enrol



Simply contact our dedicated Learn2b team who can talk you through the choice of courses available and help you select one that's right for you.



By telephone:
01604 368023



By email:
Learn2b@firstforwellbeing.co.uk



By online registration form at:
www.northamptonshire.gov.uk/learn2b

Welcome

The mood guide below is an indicator of the level of course that may be suitable for you at this particular time in your life. Read through the statements and tick the box that feels most true to you. When you have completed the grid see how many times you have ticked the same colour and use this as a guide to help you choose the course(s) that seem most suitable for you right now.

Remember this is only a guide and you are free to choose any course(s) within the brochure.

How do you feel?	No, not at all	Some of the time	Most of the time	All the time
1. I feel optimistic about my future				
2. I've been feeling useful				
3. I've been feeling relaxed				
4. I've been dealing with problems well				
5. I've been able to make up my own mind				

Signs of anxiety	No, not at all	Some of the time	Most of the time	All the time
1. I feel anxious or nervous when leaving my home				
2. I feel like I worry about almost everything				
3. My head is constantly chatting/arguing with me				
4. I feel fidgety, like I cannot settle or relax				
5. I suffer from panic attacks, palpitations and/or shortness of breath				

Signs of depression	No, not at all	Some of the time	Most of the time	All the time
1. I find fault in things/people that used to make me happy				
2. I feel sad				
3. I have trouble falling asleep or staying asleep				
4. I have a poor appetite or I feel I overeat				
5. I lack energy and feel life is a struggle				

We are here to support you

We appreciate that when feeling anxious it can be difficult to make the first step into something new – if we can help by arranging for somebody to meet you at the door or to call you before the course please let the team know. Confidentiality exists at all times.



Choosing your course

Our courses are designed to support recovery, build personal confidence, promote positive self-help and offer social interaction.

Explore new ways of coping with everyday situations whether at home or at work; mix and match the types of courses so that you really benefit from the journey of discovery as an individual.

	<p>On your marks... Ideal for those new to Learn2b. The blue courses offer creative expression, arts, crafts and physical activity sessions where there is an opportunity to talk about feelings and emotions in a safe environment without this being the main focus of the course.</p> <p>These are a gentle introduction to courses to help reduce anxiety/stress, improve self-esteem and gain confidence. When you are ready think about moving onto amber courses to continue building on these new skills.</p>
	<p>Get set... depending on how you are feeling and your areas of interest, look at the amber courses in wellbeing, creativity and expression to help build confidence and improve a sense of wellbeing. Continue with our motivation courses for a range of physical activities to encourage that 'feel good factor'.</p> <p>Think about introductory courses to develop self-help methods which will give you the tools to change the way you feel/think/behave. Then as you gain confidence move onto the next level (green).</p>
	<p>Go... you've already gained some confidence in a social setting, have a better understanding of how you feel and what makes you happy but may need to take the next step to promote longer periods of 'good times' with our green courses.</p>
	<p>We also offer red courses which are co-produced and delivered with partners and/or clinical mental health professionals together with learners with lived experience. They are designed to help with personal recovery and give individuals the opportunity to make and take decisions about their own lives – feel in control and make changes.</p> <p>These courses sit within our Centre for Life (Learn, Inspire, Focus, Empower).</p>

Dyslexia

We aim to offer an inclusive service. If you have concerns about dyslexia and how it might affect your learning with us, please call our admin team on:

01604 367119 where an informal chat about your concern can be arranged with our dyslexia support team or email: al-dyslexia@firstforwellbeing.co.uk

Our Dyslexia Support Service can:

- Provide information and advice
- Carry out screening and assessments, if appropriate
- Liaise with your tutor
- Discuss strategies to support your learning

We want you to get the most out of your course and will aim to support your learning.



Information, Advice and Guidance

While you are on your course you will receive information about what you could do next. We work in partnership with the National Careers Service and can offer free advice and guidance in order to support you to take your next steps in learning and work. Please ask your tutor for more information about this service

National Careers Service can help you

- Assess your skills
- Look for qualifications and training opportunities
- Explore your career ideas
- Develop your CV
- Improve your interview and presentation skills
- Progress in your current job
- Understand the local job market
- Find out about options to support your learning

For more information about how to access a National Careers Service provider, please email:

communitylearning@firstforwellbeing.co.uk
or telephone: **01604 367119**

Centre For Life

Learn about your own potential, achieve what you want in life. Be inspired by others self-told experience of personal recovery and be empowered to make the changes YOU want to make in your life.

Mind over food

When we experience depression, anxiety or feelings of stress our relationship with food can change. During this one day workshop we will explore using the technique of NLP* to identify changes we can make and apply strategies such as the 'like to dislike' model to address the balance between food and mood.

*Neuro-linguistic programming

Code:	ALMB01WZ
Start Date:	14/10/2017 – Saturday
Time/Weeks	10:00 – 15:00 1 week
Venue:	The Band Hall, Daneholme Close, Daventry
Code:	ALMB02WZ
Start Date:	28/10/2017 – Saturday
Time/Weeks	10:00 – 15:00 1 week
Venue:	St Andrews Church, Lindsay Street, Kettering
Code:	ALMB03WZ
Start Date:	01/11/2017 – Wednesday
Time/Weeks	10:00 – 15:00 1 week
Venue:	Moulton Community Centre, Sandy Hill, Moulton, Northampton
Code:	ALMB04WZ
Start Date:	18/11/2017 – Saturday
Time/Weeks	10:00 – 15:00 1 week
Venue:	Moulton Community Centre, Sandy Hill, Moulton, Northampton



Pathway2b

Are you unemployed and living with a mental health condition? This 8 week course will enable you to take the first step in helping you to investigate your own feelings, gain a level of control and find your own strengths and abilities. This course will be taught in a positive, caring and supportive environment by experienced and understanding staff. We know that any course aimed at the working environment can be intimidating which is why this is an ideal sideways step before making such a giant leap forward.

Code:	ALN901WZ
Start Date:	04/10/2017 – Wednesday
Time/Weeks	10:00 – 12:30 8 weeks
Venue:	Thompson Court, Silver Street, Wellingborough
Code:	ALN902WZ
Start Date:	11/10/2017 – Wednesday
Time/Weeks	10:00 – 12:30 8 weeks
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton

Positive me - first steps

This course is about understanding, creating and implementing positive intentions and goal setting. Over the three weeks we will be looking at negative self-talk and behaviours, identifying positive intentions and setting small step goals to look forward to the future.

Code:	ALQB01WZ
Start Date:	02/11/2017 – Thursday
Time/Weeks	13:00 – 15:00 3 weeks
Venue:	The Forum Library, Towcester
Code:	ALQB02WZ
Start Date:	23/11/2017 – Thursday
Time/Weeks	13:00 – 15:00 3 weeks
Venue:	Community Resource Centre, The Abbey, Daventry

Reduce feelings of anger

Anger can vary from mild irritation to intense fury and rage. Learn to identify how you experience anger - what does it look and feel like? How do you react? Explore how to reduce the feelings with a self-applied tapping and relaxation routine.

Code:	ALQG01WZ
Start Date:	12/10/2017 – Thursday
Time/Weeks	13:00 – 15:00 2 weeks
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton

“ UNDERSTAND the human you are. Then we can improve your SELF-ESTEEM. ”

Why sleep matters

Although stress and age-related sleep disturbances are just some of the many factors that can get in the way of a 'good-nights sleep' there are ways to lessen their effects and get the sleep you need.

Code:	ALQH03WZ
Start Date:	05/10/2017 – Thursday
Time/Weeks	10:30 – 12:30 1 week
Venue:	Bouverie Community Hub, Hardingstone, Northampton

Code:	ALQH01WZ
Start Date:	12/10/2017 – Thursday
Time/Weeks	10:30 – 12:30 1 week
Venue:	West Glebe Pavilion, Cottingham Road, Corby

Code:	ALQH02WZ
Start Date:	19/10/2017 – Thursday
Time/Weeks	10:30 – 12:30 1 week
Venue:	Daventry Methodist Church, Golding Close, Daventry

Wellbeing

Courses to help discover triggers that affect mental health. Introductory sessions can lead to longer courses – start by finding out about you as a person and then develop further strategies to help cope with everyday anxieties.

Connect with others through fragrance

Relax, unwind and share time with others on this one day workshop. Develop your own personal blend of fragranced oil and share a short hand massage routine to connect with others. Please bring a light lunch for a social break.

Code:	ALRH01WZ
Start Date:	17/10/2017 – Tuesday
Time/Weeks	10:00 – 16:00 1 week
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton

Code:	ALRH01WZ
Start Date:	11/11/2017 – Saturday
Time/Weeks	10:00 – 16:00 1 week
Venue:	Daventry Methodist Church, Golding Close, Daventry

Enhance wellbeing through fragrance

This brand new 6 week course will explore the effects of emotions and physiological changes that can take place when working with our sense of smell, in addition to looking at a variety of techniques to reduce restlessness, de-stress and relax. In week 6 you will create a personal home diffuser.

Code:	ALRH03WZ
Start Date:	31/10/2017 – Tuesday
Time/Weeks	10:00 – 12:00 6 weeks
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton

Let it flow

A certain amount of pressure can be quite helpful and motivating but if we have too much pressure for too long, we run the risk of a more severe stress reaction. This course will look at those risk factors, help you to prioritise any changes and introduce some strategies that will help in the management of reducing the feelings of stress. This is an ideal course if you are new to Learn2b.

Code:	ALQL05WZ
Start Date:	27/11/2017 – Monday
Time/Weeks	18:00 – 20:00 2 weeks
Venue:	Moulton Community Centre, Sandy Hill, Moulton, Northampton

Mindfulness for beginners

An ideal course to start your journey into mindfulness. Learning the basics of 'being in the moment' will give you some tools and techniques to help with your thoughts and feelings and may help you reduce stress and anxiety.

Code:	ALQA01WZ
Start Date:	03/10/2017 – Tuesday
Time/Weeks	10:30 – 12:30 3 weeks
Venue:	The Core, Corby Cube, George St, Corby

Code:	ALQA03WZ
Start Date:	31/10/2017 – Tuesday
Time/Weeks	10:30 – 12:30 3 weeks
Venue:	Victoria Centre, Palk Road, Wellingborough

Code:	ALQA02WZ
Start Date:	21/11/2017 – Tuesday
Time/Weeks	10:30 – 12:30 3 weeks
Venue:	Community Resource Centre, The Abbey, Daventry



Mindfulness – 6 wks

Over the 6 weeks you will explore different ways to develop an understanding of, and how to practise mindfulness in daily life. Mindfulness can help in reducing stress, anxiety and depression, as well as helping people manage a wide range of physical conditions, and for our general wellbeing.

Code:	ALQA12WZ
Start Date:	05/10/2017 – Thursday
Time/Weeks	18:30 – 20:30 6 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering

Code:	ALQA11WZ
Start Date:	05/10/2017 – Thursday
Time/Weeks	13:00 – 15:00 6 weeks
Venue:	Hardy Drive Community Hub, Hardingstone, Northampton

Code:	ALQA10WZ
Start Date:	05/10/2017 – Thursday
Time/Weeks	10:00 – 12:00 6 weeks
Venue:	Victoria Centre, Palk Road, Wellingborough

Mindfulness progression

Explore the benefits and develop a finer understanding of how mindfulness can be used in everyday situations to reduce stress and create a sense of calm. This is an ideal course for those that have previously completed a 6 or 8 week course and would like to learn more.

Code:	ALQA18WZ
Start Date:	23/11/2017 – Thursday
Time/Weeks	18:30 – 20:30 2 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering

Code:	ALQA17WZ
Start Date:	23/11/2017 – Thursday
Time/Weeks	13:00 – 15:00 3 weeks
Venue:	Hardy Drive Community Hub, Hardingstone, Northampton

Code:	ALQA16WZ
Start Date:	23/11/2017 – Thursday
Time/Weeks	10:00 – 12:00 3 weeks
Venue:	Victoria Centre, Palk Road, Wellingborough

Mindfulness special - festive stress reduction

The festive season can be a stressful time of year for anyone. Explore using mindfulness as both a coping strategy and a technique to experience life in the moment and take notice of your wellbeing each day.

Code:	ALQA25WZ	
Start Date:	14/12/2017 – Thursday	
Time/Weeks	10:30 – 14:30	1 week
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton	

My journey to wellbeing

We will all be at varying points in our lives - some with very clear direction and some with little or no direction at all. The journey to wellbeing will explore your starting point and work with you on a wellness action plan which you can add to as little or as much as you like. Identifying how the 5 ways to wellbeing can help you achieve your goals step by step and how to stay focussed when days are not so good.

Code:	ALRC03WZ	
Start Date:	07/10/2017 – Saturday	
Time/Weeks	13:00 – 16:00	2 weeks
Venue:	Moulton Community Centre, Sandy Hill, Moulton, Northampton	

Code:	ALRC04WZ	
Start Date:	09/10/2017 – Monday	
Time/Weeks	10:00 – 16:30	1 week
Venue:	Moulton Community Centre, Sandy Hill, Moulton, Northampton	

Code:	ALRC02WZ	
Start Date:	28/10/2017 – Saturday	
Time/Weeks	10:00 – 16:00	1 week
Venue:	Victoria Centre, Palk Road, Wellingborough	

Code:	ALRC01WZ	
Start Date:	04/11/2017 – Saturday	
Time/Weeks	13:00 – 16:00	2 weeks
Venue:	Hazelwood Neighbourhood Centre, Gainsborough Road, Corby	

Reducing restlessness

Restless feelings are the mind and body's way of putting you on alert. Whilst it is nature's way of self-defence it can be tiring and over-whelming especially when they are frequent and affect your daily life. Discover ways of taking control of anxiety-inducing situations.

Code:	ALQL02WZ	
Start Date:	07/11/2017 – Tuesday	
Time/Weeks	13:30 – 15:30	1 week
Venue:	Daventry Methodist Church, Golding Close, Daventry	

Code:	ALQL01WZ	
Start Date:	21/11/2017 – Tuesday	
Time/Weeks	13:30 – 15:30	1 week
Venue:	The Core, Corby Cube, George St, Corby	

Code:	ALQH01WZ	
Start Date:	05/12/2017 – Tuesday	
Time/Weeks	13:30 – 15:30	1 week
Venue:	St Andrews Church, Lindsay Street, Kettering	

The art of being mindful

Mindfulness can help in reducing stress, anxiety and depression as well as helping people manage a wide range of physical conditions, and for our general wellbeing. This workshop is an introduction to the usefulness of being mindful and ideas around how this can be used in everyday life situations.

Code:	ALQA21WZ	
Start Date:	02/10/2017 – Monday	
Time/Weeks	18:00 – 20:00	2 weeks
Venue:	Moulton Community Centre, Sandy Hill, Moulton, Northampton	

Code:	ALQA20WZ	
Start Date:	30/10/2017 – Monday	
Time/Weeks	18:00 – 20:00	2 weeks
Venue:	Victoria Centre, Palk Road, Wellingborough	

Code:	ALQA22WZ	
Start Date:	13/11/2017 – Monday	
Time/Weeks	18:00 – 20:00	2 weeks
Venue:	Eastfield Community Hub, Eastfield Close, Northampton	

Expression

Creative writing, singing and laughter are all excellent ways to reduce anxiety and naturally lift mood. These expressive techniques are good fun, free and social – giving you the opportunity to express your thoughts, feelings and emotions in a variety of ways in a safe, supportive environment.

Bang The Drum For Good Mental Health

Drumming is a universal language - it's accessible, interactive and physical. It is also the perfect way to reduce stress and work through a particular issue. There is no music to read, no theory to learn - just a whole lot of fun.

Code:	ALPA01WZ
Start Date:	06/10/2017 – Friday
Time/Weeks	10:00 – 12:00 3 weeks
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton

Future me

Learn how to create and use a vision board as a daily strategy for personal development and recovery. You will have chance to experiment with montage, collage, personal images and drawing.

Code:	ALGA10WZ
Start Date:	05/11/2017 – Sunday
Time/Weeks	14:00 – 16:00 2 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering

Code:	ALGA11WZ
Start Date:	05/11/2017 – Sunday
Time/Weeks	10:30 – 12:30 2 weeks
Venue:	Bouverie Community Hub, Hardingstone, Northampton

Jigsaw of life

We all experience life changes and sometimes it can be a struggle to cope. During this course we will use images and words to combine them into a journal tool embracing the transition and nature of change.

Code:	ALGA04WZ
Start Date:	04/10/2017 – Wednesday
Time/Weeks	18:00 – 20:00 3 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering

Code:	ALGA03WZ
Start Date:	04/10/2017 – Wednesday
Time/Weeks	10:30 – 12:30 3 weeks
Venue:	Hemmingwell Skills Centre, Wellingborough

Music for wellbeing

Learn how listening to and creating music can have various positive effects on mood and mental health. Incorporating music into every day life can help elevate mood and motivation, aid relation and increase the 'feel-good factor' hormones in the brain. Learn how to put words to music, create jingles and explore musical memories.

Code:	ALPA03WZ
Start Date:	24/11/2017 – Friday
Time/Weeks	10:00 – 12:00 4 weeks
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton



Positive me - art

A fun and light session creating simple and effective positivity cards from a combination of collage and drawing/paint. A great way to recycle old birthday or celebration cards. Once created keep them handy to reinforce the 'positive you'.

Code:	ALGA02WZ	
Start Date:	03/10/2017 – Tuesday	
Time/Weeks	13:30 – 15:30	1 week
Venue:	St Peters Church, Midland Road, Rushden	

Code:	ALGA05WZ	
Start Date:	17/10/2017 – Tuesday	
Time/Weeks	13:30 – 15:30	1 week
Venue:	Bouverie Community Hub, Hardingstone, Northampton	

Sing it out

Group singing has a wonderful effect on stress, builds self esteem and is an aerobic activity that improves a greater intake of oxygen. Add to this making new friends and having fun, it has to be a perfect recipe for mental wellbeing. This is a very supportive course for anyone who has not tried singing before.

Code:	ALPA02WZ	
Start Date:	03/11/2017 – Friday	
Time/Weeks	10:00 – 12:00	3 weeks
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton	

Learn2b is perfect if you have been experiencing long periods of good times but then something knocks your confidence and you have a 'wobble'. No matter how long it is since you have worked with us, we will always have a welcome cup of coffee or tea waiting for you.

Writing for wellbeing

Not only can writing be enjoyable but it can be an amazing therapeutic tool. This course is about expression and not to check your level of literacy, so if you would like to join but need any additional support from our teaching staff then we can help. This course is ideal for anyone new to Learn2b.

Code:	ALK903WZ	
Start Date:	09/10/2017 – Monday	
Time/Weeks	10:00 – 14:30	1 week
Venue:	Bouverie Road Community Hub, Northampton	

Code:	ALK901WZ	
Start Date:	16/10/2017 – Monday	
Time/Weeks	10:00 – 14:30	1 week
Venue:	Victoria Centre, Palk Road, Wellingborough	



Creativity

Our creative courses are perfect for all learners – learning arts and crafts for the first time, re-discovering a hobby and/or developing skills. Being creative is an excellent way to be mindful, relax and focus on the task in hand. Creative courses help build confidence in a safe, social setting with opportunities to share ideas and make some new friends.

Art for the anxious

All forms of anxiety can be reduced through art and you will be surprised at how quickly your confidence will grow in this very supportive course. This is an ideal course if you are new to Learn2b.

Code:	ALGA06WZ	
Start Date:	31/10/2017 – Tuesday	
Time/Weeks	10:30 – 12:30	6 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering	

Art medicine

How to use creativity for mental wellbeing through exploration of different art forms. Creativity is well known for having impact on emotional states. During the session you will work on mandala, intuitive watercolour painting or self-letter creation combined with images.

Code:	ALGA01WZ	
Start Date:	18/11/2017 – Saturday	
Time/Weeks	10:00 – 16:00	1 week
Venue:	The Forum Library, Towcester	

Colour your mood with flowers

Our response to colour and smell can be quite a powerful thing. Learn how to produce colourful, fragrant displays out of an inexpensive bunch of flowers. Please note: Resources will be provided for week one and you will be asked to bring a small selection of flowers/foilage the following weeks.*

Code:	ALJC01WZ	
Start Date:	02/10/2017 – Monday	
Time/Weeks	10:15 – 12:45	3 weeks
Venue:	Old Village Hall Community Centre, High Street, Corby	

Code:	ALJC02WZ	
Start Date:	03/10/2017 – Tuesday	
Time/Weeks	10:00 – 12:30	3 weeks
Venue:	Parsons Meade Community Hub, West Hunsbury, Northampton	

Code:	ALJC03WZ	
Start Date:	05/10/2017 – Thursday	
Time/Weeks	10:15 – 12:45	3 weeks
Venue:	Hemmingwell Skills Centre, Wellingborough	

Code:	ALJC04WZ	
Start Date:	30/10/2017 – Monday	
Time/Weeks	13:30 – 16:00	4 weeks
Venue:	Old Village Hall Community Centre, High Street, Corby	

Code:	ALJC05WZ	
Start Date:	31/10/2017 – Tuesday	
Time/Weeks	13:30 – 16:00	4 weeks
Venue:	Bouverie Community Hub, Hardingstone, Northampton	

Code:	ALJC06WZ	
Start Date:	02/11/2017 – Thursday	
Time/Weeks	13:30 – 15:30	4 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering	

*If by asking you to buy some flowers for the subsequent weeks you feel this is a barrier to you attending please have a confidential chat with us - we may be able to help.



Crafty relaxation

Taking time out to be creative has proven to be an ideal way to relax and refocus the mind - this course will give you the opportunity to put your worries aside and focus on something new. We will be using a variety of textiles and techniques to create a small piece of textile artwork to take home.

Code:	ALJD01WZ
Start Date:	02/10/2017 – Monday
Time/Weeks	13:00 – 15:00 3 weeks
Venue:	Victoria Centre, Palk Road, Wellingborough

Code:	ALJD02WZ
Start Date:	30/10/2017 – Monday
Time/Weeks	13:00 – 15:00 3 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering

Code:	ALJD03WZ
Start Date:	01/11/2017 – Wednesday
Time/Weeks	13:00 – 15:00 3 weeks
Venue:	St Peters Church, Midland Road, Rushden

Code:	ALJD04WZ
Start Date:	02/11/2017 – Thursday
Time/Weeks	10:00 – 12:30 3 weeks
Venue:	The Forum Library, Towcester

Code:	ALJD05WZ
Start Date:	23/11/2017 – Thursday
Time/Weeks	10:00 – 12:30 3 weeks
Venue:	Community Resource Centre, The Abbey, Daventry

Creative pick and mix

Take time out to relax and be creative in a safe, social environment. You will have an opportunity to work on a variety of art and different creative forms that can be used away from the classroom to benefit your mental wellbeing.

Code:	ALHA01WZ
Start Date:	04/11/2017 – Saturday
Time/Weeks	10:00 – 15:00 1 week
Venue:	Victoria Centre, Palk Road, Wellingborough

Code:	ALHA02WZ
Start Date:	11/11/2017 – Saturday
Time/Weeks	10:00 – 14:00 3 weeks
Venue:	Bouverie Community Hub, Hardingstone, Northampton

Code:	ALHA04WZ
Start Date:	02/12/2017 – Saturday
Time/Weeks	10:00 – 14:00 3 weeks
Venue:	Hazelwood Neighbourhood Centre, Gainsborough Road, Corby

Festive floral art

Using inexpensive flowers and foliage this one day workshop will give you the confidence to create a small floral arrangement that you can keep or give away as a festive gift. This time of year can stir negative emotions and we will look at using colour, fragrance and design in a positive way.

Code:	ALJC11WZ
Start Date:	04/12/2017 – Monday
Time/Weeks	13:30 – 15:30 1 week
Venue:	St Andrews Church, Lindsay Street, Kettering

Code:	ALJC12WZ*
Start Date:	05/12/2017 – Tuesday
Time/Weeks	10:30 – 12:30 1 week
Venue:	The Core, Corby Cube, George St, Corby

Code:	ALJC13WZ*
Start Date:	05/12/2017 – Tuesday
Time/Weeks	13:30 – 15:30 1 week
Venue:	The Forum Library, Towcester

Code:	ALJC14WZ*
Start Date:	07/12/2017 – Thursday
Time/Weeks	10:30 – 12:30 1 week
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton

Code:	ALJC15WZ*
Start Date:	07/12/2017 – Thursday
Time/Weeks	13:30 – 15:30 1 week
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton

*Please note that the afternoon session will be a direct repeat of the morning so we please ask that you do not book on both sessions.

Focus on felt

This is a fun, social and very practical course using ready wool fibres, soap and water, then needle felt techniques to create a piece of textile art to take home. Crafting carries great therapeutic benefits so this is ideal to enhance mental wellbeing.

Code:	ALJB01WZ
Start Date:	12/10/2017 – Thursday
Time/Weeks	10:00 – 12:30 2 weeks
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton



Positive me - floral art

Flowers and foliage are part of our home, garden and everyday landscape. Not only will you learn how to create small floral arrangements but also mix mediums to create floral pictures as a positive reminder of your journey.

Code:	ALJC23WZ
Start Date:	30/10/2017 – Monday
Time/Weeks	10:15 – 12:45 4 weeks
Venue:	Old Village Hall Community Centre, High Street, Corby

Code:	ALJC20WZ
Start Date:	02/10/2017 – Monday
Time/Weeks	13:30 – 16:00 3 weeks
Venue:	Old Village Hall Community Centre, High Street, Corby

Code:	ALJC24WZ
Start Date:	31/10/2017 – Tuesday
Time/Weeks	10:30 – 12:30 4 weeks
Venue:	Bouverie Community Hub, Hardingstone, Northampton

Code:	ALJC21WZ
Start Date:	03/10/2017 – Tuesday
Time/Weeks	13:30 – 15:30 3 weeks
Venue:	Eden Close Community Hub, Northampton

Code:	ALJC22WZ
Start Date:	05/10/2017 – Thursday
Time/Weeks	13:30 – 15:30 3 weeks
Venue:	Hemmingwell Skills Centre, Wellingborough

Putting things into perspective

Like they say 'every picture tells a story'. In this new six week course you will have time-out to discover and enjoy the 'creative-you' and develop artistic skills which may lead to re-defining your personal identity in a more positive way. This course is recommended for those that have worked with Learn2b previously and who may now be ready to move on in terms of their art skills; although everyone is welcome.

Code:	ALQB15WZ
Start Date:	31/10/2017 – Tuesday
Time/Weeks	13:30 – 15:30 6 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering

Opportunity to use your new found art talent and confidence.

If you are interested in working with us on a new Learn2b collaborative art project then please get in contact with us. The project will take place over 6 weeks in Northampton each Wednesday from 31st October 2017. Email to register your interest or find out more: sue.bennett@firstforwellbeing.co.uk

Motivation

Meaningful activities can help reduce stress and improve resilience. There is a strong link between mental and physical wellbeing and any level of regular physical activity will help fight off frustrations and ignite the 'feel good factor'. All of our courses are suited for any level of fitness, ability and mobility. For all courses below please dress appropriately for the activity.

Food for thought

Eating can be a multi-sensory experience - sight, smell, taste, touch and hearing are all important and being aware of this enables us to be aware of how our body and mind responds to food. Learn how to delay emotional cravings to eat and to manage negative thoughts and feelings.

Code:	ALMB10WZ
Start Date:	02/12/2017 – Saturday
Time/Weeks	14:00 – 17:00 2 weeks
Venue:	St Andrews Church, Lindsay Street, Kettering

Learn2b fit

All of the exercises used in this course are safe, effective and fun to do. Enabling everyone to join in, the exercises relate to everyday living and can be adapted to suit all levels of ability. You will learn how to improve fitness, mobility and strength in addition to building confidence and self esteem.

Code:	ALLA01WZ
Start Date:	02/10/2017 – Monday
Time/Weeks	16:30 – 18:30 3 weeks
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton

Code:	ALLA02WZ
Start Date:	04/10/2017 – Wednesday
Time/Weeks	13:30 – 15:30 3 weeks
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton

Mindful movement combo day

This one day workshop is an opportunity to learn a range of gentle coping strategies and relaxation techniques to really 'be' in the moment and allow yourself to unwind. With mindful movement your body learns (or re-learns) how to move optimally with ease. Gently working the body and invigorating the mind.

Code:	ALQA30WZ
Start Date:	07/10/2017 – Saturday
Time/Weeks	10:00 – 15:00 1 week
Venue:	The Friends Quaker Meeting House, Wellington Street, Northampton

Nutrition for body and mind

When most people think of boosting their brain power, they think of learning something new or engaging in thought-provoking debate. As it turns out, one of the best ways to improve your mental health is through your stomach. Learn which foods help keep serotonin levels balanced and how making subtle changes could boost your memory function.

Code:	ALMB15WZ
Start Date:	01/11/2017 – Wednesday
Time/Weeks	13:30 – 15:30 3 weeks
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton



Positive me - balanced nutrition

When most people think of boosting their brain power, they think of learning something new or engaging in thought-provoking debate. As it turns out, one of the best ways to improve your mental health is through your stomach. Learn which foods help keep serotonin levels balanced and how making subtle changes could boost your memory function.

Code:	ALMB20WZ
Start Date:	02/11/2017 – Thursday
Time/Weeks	13:00 – 15:00 6 weeks
Venue:	Leicester Street Community Hub, Northampton

Positive me - yoga

Not only can we reduce the feelings of stress by using yoga but we can also improve our feelings of positivity through challenging our attitudes towards everyday situations. When we feel positive it ignites the 'feel-good factor' which results in us being more productive, and can help us feel more peaceful and healthier in both the mind and the body.

Code:	ALLE03WZ
Start Date:	02/11/2017 – Thursday
Time/Weeks	10:30 – 12:30 6 weeks
Venue:	Leicester Street Community Hub, Northampton

Sport leaders level 2

Gain a qualification in a safe, supported environment with like-minded people. A nationally recognised qualification that will enable you to lead safe, purposeful and enjoyable sport/physical activity. You will learn all the leadership skills needed including organisation, planning, communication and teamwork. Ideal if you enjoyed sport or activity in the past and want to re-build your confidence. All assessments are carried out on-course with lots of support.

Code:	ALLG01WZ
Start Date:	04/10/2017 – Wednesday
Time/Weeks	10:00 – 14:30 10 weeks
Venue:	Hazelwood Neighbourhood Centre, Gainsborough Road, Corby

Take a seat and relax

We all know the effects of anxiety and stress on the body if we don't exercise. By using seated yoga you can access the inner strength that helps face the challenges of everyday life; learn how the 'complete breath' can help when feeling stressed.

Code:	ALLE01WZ
Start Date:	02/10/2017 – Monday
Time/Weeks	13:00 – 14:30 6 weeks
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton

Yoga for mental wellbeing

We all know the effects of anxiety and stress on the body if we don't exercise. By using yoga you can access the inner strength that helps face the challenges of everyday life; learn the 'complete breath' to use as a tool and how it can help when feeling stressed.

Code:	ALLE02WZ
Start Date:	02/10/2017 – Monday
Time/Weeks	10:30 – 12:30 6 weeks
Venue:	Far Cotton Recreation Centre, Towcester Rd, Northampton

Here 4U

The **Here 4U** support network includes our peer support group and opportunities for people who feel they need some guidance and reassurance before embarking on a full Learn2b course. A limited number of 1:1's will be available to discuss ways of using learning and education to promote positive mental health for those that feel particularly anxious about group settings. For further information please contact: Learn2b@firstforwellbeing.co.uk



How to book onto a course

There are a couple of options available to you:



Email:
Learn2b@firstforwellbeing.co.uk

One of the quickest ways to register for a course is to email and let us know the following details:

- Name and address
- Date of birth
- Contact telephone numbers
(also include a mobile number so that we can use our text messaging service to advise of any changes or confirmation of your course)
- Email address
- Course name and code as it is shown in the brochure
- Mental health condition (even if diagnosed in the past)
- Any additional support needs (dyslexia support, disabled access or equipment etc.)

We know how daunting attending sessions for the first time can be so if you feel we can help please tell us so we can arrange for one of our Learn2b team to meet you and help you settle in.



L2B Enrolment Line:
01604 368023

Our enrolment team is available from 9am to 5pm daily Monday to Friday.



Visit the Adult Learning Service Website:

www.northamptonshire.gov.uk/learn2b
where you will find the online enrolment form.

Minimum Numbers and Cancellations

The provision of these courses is dependent upon enrolments and attendance. From time to time it is necessary to close a course due to low attendance and if this is the case we will always contact you to advise and/or offer an alternative.

We understand that situations can change and some days are better than others – if you feel you cannot make a session please do let us know as this has an impact on the tutors' planning and preparation of the course. Although we do not charge any fees for the provision, there are costs incurred that we have to cover.

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This brochure is also available in other formats – please contact us for a copy.



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