



Courses for improved Mental Health and Wellbeing

Our Positive Minds Courses are specifically developed to help improve emotional wellbeing, whilst learning something new and meeting people. Courses take place in community venues and provide the opportunity to identify and practise ways to cope and feel better. Our tutors all have empathy and experience in mental health and will support you to build your confidence.

February to July 2025

Grow Your Wellbeing

Connect with nature and enhance your health through hands-on gardening. Work in our community garden, discover the incredible health benefits of herbs, and start your own small herb garden for a windowsill or outdoor space. This course offers a nurturing blend of creativity, mindfulness and practical skills to help cultivate both plants and personal wellbeing.

Course code	Venue	Day	Times	Dates	Duration
345	Bank Top Neighbourhood Learning Centre	Tuesday	9.30am to 12.00pm	25/02/2025 to 18/03/2025	4 sessions

Mindful Crafts for Relaxation

Did you know that spending time being engaged on a task can help reduce racing thoughts and a busy mind? On this course you will learn a range of craft activities that you can use in a mindful way to help you relax.

Course code	Venue	Day	Times	Dates	Duration
204	Audley Neighbourhood Learning Centre	Friday	9.30am to 12.00pm	28/02/2025 to 28/03/2025	5 sessions

Sleep and Relaxation

Do you struggle with sleep or being able to unwind? Would you like to learn techniques to help you relax and sleep better? Join our tutor to explore methods to help us relax and get a good night's sleep.

Course code	Venue	Day	Times	Dates	Duration
194	Audley Neighbourhood Learning Centre	Monday	9.30am to 12.00pm	24/03/2025 and 31/03/2025	2 sessions

Simple Steps to Manage Wellbeing (new course for 2025)

This course focuses on the Five Ways to Wellbeing and offers you the chance to explore how to improve wellbeing by connecting with others and with the world around us, learning new skills, giving back, and taking notice. Each week we will offer tools to improve wellbeing, new activities, and ideas to try; and the opportunity to reflect on the things you try each week.

Course code	Venue	Day	Times	Dates	Duration
344	Audley Neighbourhood Learning Centre	Tuesday	1.00pm to 3.00pm	22/04/2025 to 20/05/2025	5 sessions

Art for Wellbeing

Discover how painting can nurture your creativity and enhance your mental health. Learn key principles, like colour theory and perspective, in a supportive, relaxing environment. You will have the opportunity to practise through still life painting and will receive your own sketchbook to continue exploring art through mindfulness and self-expression.

Course code	Venue	Day	Times	Dates	Duration
179	Bank Top Neighbourhood Learning Centre	Friday	12.30pm to 3.00pm	25/04/2025 to 23/05/2025	5 sessions

Learn to Refocus: Walking Photography

Come and spend time focusing on nature with our walking photography course. This course will help you to slow down, focus on the present moment, and find joy in small details. This course is designed to help you reduce stress, boost mindfulness, and build confidence in your creative abilities.

Course code	Venue	Day	Times	Start Date	Duration
193	Audley Neighbourhood Learning Centre	Monday	9.30am to 12.00pm	28/04/2025 to 19/05/2025	3 sessions*

* No session on 5 May (Bank Holiday)

Food 4 Mood (new course for 2025)

Food and mood are closely linked. The food we eat provides us with the energy and nutrients our brain needs to work well. Learn how to prepare and cook tasty dishes that will nourish your mind and have a positive benefit on your wellbeing.

Course code	Venue	Day	Times	Dates	Duration
127	Bank Top Neighbourhood Learning Centre	Wednesday	1.00pm to 3.00pm	30/04/2025 to 21/05/2025	4 sessions

Sleep and Relaxation

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Course code	Venue	Day	Times	Dates	Duration
069	Bank Top Neighbourhood Learning Centre	Wednesday	1.00pm to 3.30pm	11/06/2025 and 18/06/2025	2 sessions

Sleep and Relaxation

Do you struggle with sleep or being able to unwind? Would you like to learn techniques to help you relax and sleep better? Join our tutor to explore methods to help us relax and get a good night's sleep.

Course code	Venue	Day	Times	Dates	Duration
346	Darwen Community Helpers	Friday	12.45pm to 3.15pm	27/06/2025 and 04/07/2025	2 sessions

BOOKING ONTO A POSITIVE MINDS COURSE

To make sure your chosen course is right for you, we like to speak with you first. You can book through the Blackburn with Darwen Adult Learning website, or call 01254 507720, and one of Learning Advisers will contact you.