



Positive Minds

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.

September to December 2024

Grow Your Wellbeing

Being outside and getting close to nature has been proven to be great for our wellbeing. This course provides connections with nature and the opportunity to explore horticulture. Each session will provide the opportunity to make a positive contribution to our local natural environment and recognise the impact this can have on our own wellbeing.

Course code	Venue	Day	Times	Date	Duration
105	Bank Top Neighbourhood Learning Centre	Wednesday	9.30am to 12.00pm	18/09/2024	5 weeks

Sleep and Relaxation

Do you struggle with sleep or being able to unwind? Would you like to meet others, share tips and learn techniques to reduce stress and sleep more? Join our tutor to explore what makes us feel stressed, methods that can help us relax and what we can do differently to improve our sleep.

Course code	Venue	Day	Times	Start Date	Duration
106	Audley Neighbourhood Learning Centre	Tuesday	9.30am to 12.00pm	24/09/2024	One-session workshop

Learn to Refocus: Walking Photography

Does your mind skip from one topic to another? On this course, you will learn strategies to improve focus and concentration through learning the basics of digital photography techniques. Come and spend time focusing on nature with our walking photography course.

Course code	Venue	Day	Times	Start Date	Duration
108	Audley Neighbourhood Learning Centre	Monday	1.00pm to 3.30pm	30/09/2024	6 weeks

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107	Bank Top Neighbourhood Learning Centre	Thursday	9.30am to 12.00pm	03/10/2024	One-session workshop

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 the basics of a few craft activities that you can use to help you relax.

Course code	Venue	Day	Times	Start Date	Duration
109	Audley Neighbourhood Learning Centre	Thursday	1.00pm to 3.30pm	14/11/2024	6 weeks

Cooking for Wellness

Learn how to prepare and cook tasty dishes that will nourish your mind and body. Learn how making healthy meals can have a positive benefit on your general wellbeing.

Course code	Venue	Day	Times	Start Date	Duration
110	Bank Top Neighbourhood Learning Centre	Friday	10.00am to 12.30pm	15/11/2024	5 weeks

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 call us on 01254 507720, or book through the Blackburn with Darwen Adult Learning website.

After your initial booking, one of our Learning Advisers will contact you to arrange a pre-course telephone appointment.