

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.

April to July 2022

Sleep, Stress and Relaxation

Our popular sleep, stress and relaxation course will provide you with opportunities to explore different strategies to improve your sleep, reduce stress and aid relaxation. We will cover ways we can help ourselves and feel better about getting a good night's sleep in order to boost our health and improve how we think and feel during the day.

Course code	Venue	Day	Times	Start Date	Duration
518	Audley Neighbourhood Learning Centre	Monday	10.00 am – 12.00 pm	25/04/2022	4 weeks

Let's Paint

Come and find out how painting can help to reduce stress and help you feel better. You will have the chance to explore a range of painting and drawing materials including acrylics and watercolours. You will learn techniques to create beautiful landscapes and still life paintings of your own. With regular breaks and the chance to chat there will be lots of opportunity to share ideas for relaxing and reducing anxiety.

Course code	Venue	Day	Times	Start Date	Duration
525	Bank Top Neighbourhood Learning Centre	Monday	12.30 pm – 3.00 pm	25/04/2022	4 weeks

Mindful Gardening

Take part in seasonal garden activities in our Community Garden and learn how to practice the Five Ways to Wellbeing in relation to gardening and plants. Connecting with Nature and fellow gardeners, being active whilst being mindful of any physical limitations, taking notice of seasonal changes in the garden, learning about new plants and giving seedlings/containers or crops to others.

Course code	Venue	Day	Times	Start Date	Duration
588	Bank Top Neighbourhood Learning Centre	Wednesday	10.00 am – 12.00 pm	04/05/2022	6 weeks

Grow Your Wellbeing

Being outside and getting close to nature has been proven to be great for our wellbeing. This course explores different ways in which we can connect with the natural world including spending time performing horticultural activities in our community garden, making feeders and homes for wildlife and learning more about local species. 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	Start Date	Duration
598	Bank Top Neighbourhood Learning Centre	Tuesday	10.00 am -12.00 pm	07/06/2022	6 weeks

Learn to Refocus: Walking Photography

Taking time to stop and observe nature can be helpful in improving our wellbeing. Our walking photography course will not only show you ways to take better photographs but also how taking a moment in nature can give us a different perspective. Using the Five Ways to Wellbeing to help us feel more connected to the world around us while taking time to pause and focus.

Course code	Venue	Day	Times	Start Date	Duration
599	Bank Top Neighbourhood Learning Centre	Tuesday	1.00 pm – 3.00 pm	07/06/2022	6 weeks

Write For Me –Therapeutic & Creative Writing

Do you have lots of thoughts and feelings flying around in your head? Have you thought that writing about them might help?

This informal creative writing course will help you explore different ways of expressing your thoughts and feelings through writing. It doesn't matter if you are a complete beginner, you will learn with others in a friendly and supportive way as you practise using different writing formats to help us cope with a range of feelings.

Course code	Venue	Day	Times	Start Date	Duration
600	Audley Neighbourhood Learning Centre	Wednesday	12.30 pm – 3.00 pm	08/06/2022	6 weeks

Creating More Confidence

Do you want to feel more confident in the things you do? Would you like to meet others who would also like to build their confidence? Come and meet like-minded people and learn some tips and techniques that can help build confidence in any situation. Each session will provide the opportunity to learn ways to build on your confidence, identify different ways to frame your experience and the chance to try these techniques.

Course code	Venue	Day	Times	Start Date	Duration
608	Audley Neighbourhood Learning Centre	Thursday	10.00 am -12.00 pm	16/06/2022	4 weeks

BOOKING ONTO A POSITIVE MINDS COURSE

To make sure your chosen course is right for you, we like to meet you first. You can contact us on 01254 507720 and let us know which course you are interested in, and we will arrange an appointment for you. Or you can email us at Positive.Minds@blackburn.gov.uk.

Life after COVID – Long COVID Recovery Peer Support Programme

Have you had COVID and are still living with the after effects? Would you like to meet others adjusting to life with Long COVID? We are working with Re:Fresh and a range of other support services to offer a bespoke short course that includes a range of techniques and discussions that may benefit your health and wellbeing while dealing with the after effects of COVID. (This is not a clinical programme, and is designed to work alongside any clinical interventions and advice from specialists.)

To book please contact 01254 588111 or email communitychampions@blackburn.gov.uk