

## Feeling down, anxious, fed up, experiencing low mood or know someone who is?

Bury Adult Learning Service can offer a **FREE** course for people (19+) that are experiencing these conditions with the aim of helping to improve mental wellbeing.

COURSE	DAY	DATE	TIME	VENUE
<b>Introduction to Mindfulness</b> CMHB253 This very relaxing course will develop your understanding of how to use Mindfulness as a tool to support your wellbeing. Mindfulness can help with; negative thoughts, pain and defuse the stress which daily life can cause.	Tuesday	11/6/24-9/7/24	6.00-8.30pm	<b>Bury Adult Learning Centre</b> 18 Haymarket Street, Bury BL9 0AQ
<b>Art To Reduce Anxiety &amp; Stress</b> CMHB251 For many people art provides an opportunity to relax, which frees their creativity. Join us for a relaxing evening and explore different art techniques using them to produce pieces of art you will be proud of.	Tuesday	11/6/24 – 9/7/24	7.00-9.00pm	<b>Bury Adult Learning Centre</b> 18 Haymarket Street, Bury BL9 0AQ
<b>Self-Care Sanctuary</b> CMHB409 This course introduces you to the importance of self-care practice for living a healthier, happier and more productive life. Learn to make changes and develop and practice an array of holistic self-care actions to apply to a regular self-care routine.	Thursday	13/6/24 – 11/7/24	10.00-12.00pm	<b>Bury Adult Learning Centre</b> 18 Haymarket Street, Bury BL9 0AQ
<b>Improve Your Mood Through Food</b> CMHB406 Learn how to cook simple, healthy meals including looking at the theory behind food and how what we eat can affect how we feel. Develop an awareness of how to improve a healthier lifestyle by making healthier food choices. Also learn about the many opportunities for employment or self-employment within the catering sector.	Thursday	13/6/24-11/7/24	9.30 – 12.00pm	<b>Bury Adult Learning Centre</b> 18 Haymarket Street, Bury BL9 0AQ
<b>Bake Yourself Happy</b> CMHB426 On this creative course you will bake a variety of dishes along with a celebration cake and learn how to create some simple cake decorations. Come and experience how participating in a creative activity with others can be fun and help you relax. Also learn about the many opportunities for employment or self-employment within the catering sector.	Thursday	13/6/24-11/7/24	1.00 – 3.30pm	<b>Bury Adult Learning Centre</b> 18 Haymarket Street, Bury BL9 0AQ
<b>Keep Calm &amp; Budget</b> CMHB503 What is your relationship with money like? Does it stress you out? Do you just 'bury your head in the sand'? This course will provide you with some of the skills and tools needed to help take control of your money both practically and emotionally. It will help you learn to plan, take control and identify how you can save money and cope with changing circumstances, such as starting a new job.	Friday	14/6/24-12/7/24	9.30am-12.00pm	<b>Bury Adult Learning Centre</b> 18 Haymarket Street, Bury BL9 0AQ
<b>Creative Writing for Wellbeing</b> CMHB526 Undertaking a creative activity and learning a new skill can help improve our mental health, wellbeing and help us to relax. This creative course aims to give you the outlet to be able to express your thoughts and emotions and develop your writing skills to release your creative potential.	Friday	14/6/24-12/7/24	1.00 - 3.30pm	<b>Bury Adult Learning Centre</b> 18 Haymarket Street, Bury BL9 0AQ

If you want to know more about these courses and are experiencing a mild to moderate mental health condition, or you know of somebody who is, please contact Bury Adult Learning Service on 0161 253 5772.

**Individuals are asked to attend a pre-course meeting before enrolling onto a course.**

## **About our courses for improved mental health and wellbeing**

Our courses are all specifically developed for adults to help you improve your emotional wellbeing, whilst learning something new, meeting people and having fun! Courses take place at Bury Adult Learning Centre and community venues. The courses provide the opportunity to identify and practice ways to cope and feel better.

### **We offer**

- 1:1 meeting with a member of our team
- Qualified tutors with empathy and experience in mental health who will help you learn in a fun and relaxed manner
- Friendly, welcoming venues
- Support to build your confidence, learn something new, make friends and have some "time out"

### **Worried about attending?**

Attending a course for the first time can be difficult. Our tutors want to make you feel welcome. If you are worried about walking through the door for the first time, please tell us and we will make sure that someone is there to meet you outside.

### **How to enrol**

To make sure the course is right for you we like to meet you first. You can contact **Sue Scott on 0161 253 6830** and let her know which course you are interested in and she will arrange an appointment for you. Or email **s.scott@bury.gov.uk**

## **Frequently asked questions**

### **What will happen when I ring up?**

When you call we will take some information about you and the course you would like to do. We will then arrange an appointment. You can discuss with us what courses are appropriate for you, what you hope to gain from any course you undertake and any concerns you might have.

### **Is there an assessment?**

No; however we will ask you to complete a health and wellbeing questionnaire when we first meet you and at regular intervals throughout the course. This helps us check if the courses are right for you and helps to assess what impact the course has on your mood and wellbeing.

### **What happens if the courses aren't right for me?**

We will help you find another course that is more suitable and discuss any other support that may help you in a confidential manner.

### **What will happen after the course?**

Throughout the course your tutor and Sue will support you to think about your next steps.