

GoLearn!

Leicestershire Adult Learning Service



Better Mental Health



ARE YOU
experiencing
mental health
difficulties?

**WOULD
YOU LIKE TO**
improve your
mental health
by learning?

**WE CAN
HELP**

Call 0116 305 0820
FREEphone 0800 988 0308

leicestershire.gov.uk/GoLearn

 /LeicsGoLearn



Learning for Confidence and Better Mental Health courses are for adults experiencing, or recovering from, mental ill-health.

Courses aim to support you to improve your mental health and wellbeing through learning. We offer learning opportunities in friendly, supportive and safe groups with learning personalised to suit your needs. Our courses include topics such as mindfulness, personal wellbeing, communication and confidence building, all delivered using a variety of learning activities. Courses are once a week during term time – for a list of venues, days and times please see the table opposite. All of our mental health courses are FREE of charge.

“ I found the course useful in that it was held for a small group which made it more intimate and in turn made me more comfortable to speak up. ”



If you would like further information and/or would like to join a course, please call **0800 988 0308** or email **adultlearning@leics.gov.uk** and leave your contact details.

Please say you are interested in the Learning for Confidence and Better Mental Health courses. You will then receive a call back from a member of the team for an informal discussion about the course.

Learning for **Confidence** and **Better Mental Health**

Venue	Day	Time
Melton Library Wilton Road, Melton Mowbray, LE13 0UJ	Monday	1:00pm – 3:00pm
Wigston Magna Library Bull Head Street, Wigston Magna, LE18 1PA	Tuesday	1:00pm – 3:00pm
Loughborough Library Granby Street, Loughborough, LE11 3DZ	Wednesday	10:00am – 12:00pm
Symington Building Adam and Eve St, Market Harborough LE16 7AG	Wednesday	1:00pm – 3:00pm
Enderby Adult Learning Centre Townsend Road, Enderby, LE19 4PG	Thursday	10:00am – 12:00pm
Hinckley Library Lancaster Road, Hinckley LE10 0AT	Thursday	1:00pm – 3:00pm
Coalville Library High Street, Coalville, LE67 3EA	Friday	10:00am – 12:00pm
Roundhill Adult Learning Centre Roundhill Academy, Melton Road, Thurmaston, LE4 8GQ	Friday	10:00am – 12:00pm

Online Learning for Confidence and Better Mental Health courses are also available. Days and times vary, evening courses are available. Please contact us for more information.

We also offer a range of two-hour workshops, open to everyone, on specific topics which explore ways to improve or maintain your mental wellbeing. You can choose to enrol on either a face-to-face or online session. You can enrol on these courses directly at www.leics.gov.uk/golearn or by calling us on **FREEphone 0800 988 0308**.

5 Ways to Wellbeing

Full Cost **£FREE**
Reduced Cost **£FREE**

No. of weeks **1** Hours per week **2**

Classroom **✓** | Online **✓**

Venue: **County-wide**

Learn about the 5 key activities that research has shown can boost wellbeing and good mental health.

Journalling for Wellbeing

Full Cost **£FREE**
Reduced Cost **£FREE**

No. of weeks **1** Hours per week **2**

Classroom **✓** | Online **✓**

Venue: **County-wide**

Explore ways that keeping a journal (a more reflective type of diary) can be used as a mindful activity to problem solve and to manage stress and anxiety.

Understanding Motivation and Positivity

Full Cost **£FREE**
Reduced Cost **£FREE**

No. of weeks **1** Hours per week **2**

Classroom **✓** | Online **✓**

Venue: **County-wide**

Increase awareness of the traits of motivation and positivity, their impact on wellbeing and reflect on approaches that could support the development of these traits.

Introduction to Mindfulness

Full Cost **£FREE**
Reduced Cost **£FREE**

No. of weeks **1** Hours per week **2**

Classroom **✓** | Online **✓**

Venue: **County-wide**

Find out what mindfulness is, the benefits of mindfulness and learn some basic techniques for everyday use.

Introduction to Self-Care

Full Cost **£FREE**
Reduced Cost **£FREE**

No. of weeks **1** Hours per week **2**

Classroom **✓** | Online **✓**

Venue: **County-wide**

Understand the benefits of self-care and identify ways to incorporate self-care into everyday life.

Sleep and Wellbeing

Full Cost **£FREE**
Reduced Cost **£FREE**

No. of weeks **1** Hours per week **2**

Classroom **✓** | Online **✓**

Venue: **County-wide**

Discover the links between sleep and wellbeing, recognise healthy sleep habits and consider actions that may support improved sleep.