



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.

February to August 2024

Art for Wellbeing

Using a variety of art techniques to aid relaxation and reduce stress, with the opportunity to try a range of paint, pastels and pencils to get creative, this course will help you to learn new ways to create pieces of art, find focus, and lose yourself in a world of creativity.

Course code	Venue	Day	Times	Start Date	Duration
314	Audley Neighbourhood Learning Centre	Tuesday	1.00pm to 3.30pm	20/02/2024	5 weeks

Cooking for Wellness

We've all heard the phrase "you are what you eat". Join our cooking course to find out how what we eat can affect how we feel and think. Learn how to prepare and cook dishes that will nourish your mind and body. Find out how making tasty meals can be of benefit to your general wellbeing.

Course code	Venue	Day	Times	Start Date	Duration
316	Bank Top Neighbourhood Learning Centre	Thursday	9.30am to 12.00pm	22/02/2024	4 weeks

Man with a Pan

Are you a man who is new to the kitchen? Have you recently had to take over cooking responsibilities, or have you just decided to venture into the kitchen to try something new? If so, this is the course for you. Our tutor will help you build your culinary confidence and improve your wellbeing as you learn to create tasty food that you can make at home.

Course code	Venue	Day	Times	Start Date	Duration
331	Bank Top Neighbourhood Learning Centre	Wednesday	9.30am to 12.00pm	24/04/2024	4 weeks (no session 08/05/2024)

Art for Wellbeing

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Course code	Venue	Day	Times	Start Date	Duration
321	Bank Top Neighbourhood Learning Centre	Friday	9.30am to 12.00pm	07/06/2024	6 weeks

Managing My Mental Health (Living Life to the Full)

This course covers mental health challenges like low mood, stress and the issues this can cause. You will have the chance to identify why you feel as you do, look at how to tackle problems, develop confidence, use calming strategies and find out how to deal with upsetting thoughts.

Course code	Venue	Day	Times	Start Date	Duration
320	Audley Neighbourhood Learning Centre	Tuesday	9.30am to 12.00pm	04/06/2024	5 weeks

Mindful Gardening

Take part in seasonal gardening activities at our Community Garden, and learn how to practise 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, while taking notice of seasonal changes in the garden, you will learn about new plants, and giving seedlings/containers or crops to others.

Course code	Venue	Day	Times	Date	Duration
322	Bank Top Neighbourhood Learning Centre	Tuesday	1.00pm to 3.00pm	23/07/2023	6 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, email us at Positive.Minds@blackburn.gov.uk, 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.