Wellbeing courses

Choosing your course

All our well-being courses are designed to support recovery, build confidence and promote positive self-help while offering social interaction. Explore new ways of coping with everyday situations whether at home or at work and try some of our new taster workshops.

Most of our courses are free of charge and only available to Blackpool residents except where indicated and include any necessary resources etc. These courses are designed for anyone who wants to improve their physical and mental well-being.

You may self-refer or be referred by a GP, a carer or your well-being advisor. A family member or friend is free to support you on your first session. For your comfort, courses will commence with a ‘get to know’ both your tutor and the rest of the class and to determine if the course is the correct one for you.

We are here to support you

We know that when you feel anxious it can be difficult to make the first step into something new - if we can help by arranging for somebody to meet you at the door please let the team know. Confidentiality exists at all times.

Attending a course

Please contact 01253 478131 or 01253 478032 to book your place. Booking is essential.

Learners must be over the age of 19 on or before 1 August 2018.

Courses

Aromatherapy - Relax and de-stress

Learn how to unwind and de-stress by mastering the art of aromatherapy. On this course you will develop an understanding which focuses on learning about the therapeutic and healing practice of aromatherapy.

- Course Code: LH128
- Start Date: 8 April 2019
- When: Monday
- Time: 2.00 pm - 4.00 pm
- Location: @The Grange, Bathurst Avenue, Blackpool, FY3 7RW

Mindfulness taster sessions
Are you living with stress, pain or illness? Would you just like to know more about Mindfulness? Our Taster Session gives you an insight into mindfulness and how it can become part of your life. Even if you have done one of our courses before but haven’t been in contact for a while, you may want to attend a taster session again to ease your way back in. By the end of the session, you will have something to take away and use in daily life, and we can look at what the next steps are by looking at the courses we offer.

- Course Code: LH107
- Start Date: 8 April 2019 / 15 April 2019
- When: Monday
- Time: 10.00 am to 12.00 noon
- Location: Central Library, Queen Street, Blackpool, FY1 1PX

**Neuro-linguistic programming (NLP)**

This is a basic introduction to NLP, what it is and how it works. NLP is fantastic set of tools and techniques that can introduce you to new, positive and constructive ways to improve your life. You will learn about the core models of NLP, be introduced to some of the techniques to use and practice and get a chance to share over the course of how this works for you.

- Course Code: LH130
- Start Date: 9 April 2019
- When: Tuesday
- Time: 5.00 pm - 7.00 pm
- Location: @The Grange, Bathurst Avenue, Blackpool, FY3 7RW

**Relaxation, meditation and mindfulness**

This course outlines strategies and techniques for coping with and controlling pressure and reducing the impact on the individual. It will allow you to gain some ideas that may help improve your resilience and reduce anxiety.

- Course Code: LH129
- Start Date: 9 April 2019
- When: Tuesday
- Time: 2.00 pm - 4.00 noon
- Location: Palatine Library and Learning Centre, St Anne’s Road, Blackpool, FY4 2AP

**Frustration and anger management**

Do you find yourself worrying about personal problems and find them difficult to solve? Do you manage some situations better than others? Then this is the course for you. A course specifically designed to support individuals who have been identified as having issues with frustration and anger. You will gain strategy to recognise the signs of anger and to control or defuse this.

- Course Code: LH127
- Start Date: 23 April 2019
- When: Tuesday
- Time: 10.00 am to 12.00 noon
- Location: Palatine Library and Learning Centre, St Anne’s Road, Blackpool, FY4 2AP

**Build your self-esteem and confidence**

A healthy self-esteem is essential for growth and achieving success. Of all the judgments you make in life, none are as important as the one you make about yourself. On this course you will discover some techniques that can dramatically change how you feel about yourself, and how you approach the world to get the things that you want.

- Course Code: LH126
- Start Date: 25 April 2019
Learn to be assertive

This course provides practical guidance for anyone who needs to develop their assertiveness skills. You will gain the tools and techniques to make requests assertively, say ‘no’ to unreasonable demands, give and receive feedback, actively address problems and boost your confidence.

- Course Code: LH125
- Start Date: 8 May 2019
- When: Wednesday
- Time: 10.00 am to 12.00 noon
- Location: Central Library, Queen Street, Blackpool, FY1 1PX

Workplace well-being

1 in 6 people will be off work through mental health issues including stress, depression and anxiety. If we can be of help in your workplace contact the adult learning team on 01253 478131/01253 478032 who will be able to offer bespoke courses for your employees.

We can also provide resilience and relaxation training to combat people going off sick with a mental health issue.

If you would like some sessions for your workforce contact the adult learning team. Courses can be accommodated during the day or an evening.

Volunteering with Blackpool Council adult learning

Volunteering can be a very rewarding activity that will utilise and enhance your skills and experience. Volunteers are a valuable resource bringing with them enthusiasm, skills and experiences, flexibility, fresh ideas and new ways of working. Previous experience is not a necessity, but volunteers do need to have patients and empathy. Volunteering is a chance to meet new people and gain vocational experience if you are interested in a career as a Learning Support Assistant or in teaching adults.

Anyone who has good levels of reading, writing and counting can get involved. A regular time commitment is required, because consistency is important to our learners. Classes often take place in the evenings so full time workers are often still able to volunteer with us.

All volunteers are DBS checked and trained before being matched with a learner; you will receive continuous supervision and support. To ensure best practice we have a number of policies and procedures covering areas such as confidentiality and safeguarding.

Please contact adult.learning@blackpool.gov.uk.

If you have any ideas you wish to discuss, do not hesitate to contact us by calling 01253 478131/01253 478032 or email adult.learning@blackpool.gov.uk.