

Library based events



Due to Coronavirus (COVID-19) and in light of national guidance, all adult learning courses are cancelled until further notice.

Home > Residents > Education and schools > Adult Learning > **Wellbeing courses**

Wellbeing courses

Last Modified March 20, 2020



Our new course guide is now available. Please call 01253 478131 or 01253 478032 or email adult.learning@blackpool.gov.uk to request your free copy.

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 2019**.

Courses

Stress Management

Are you currently experiencing high levels of stress? Do you find it difficult to "switch off"? Stress can affect us all in different ways and most cases, it can give us some drive to enhance motivation and performance. It can occur everyday and has become an ingrained part of life. But when stress becomes overwhelming and unmanageable it can have a damaging impact. This course will provide an understanding of the physical and psychological effects of stress and explore simple techniques to manage and reduce stress, to promote positive wellbeing and overcome unhelpful thinking patterns.

- Course Code: HWB100
- Start Date: 30 March 2020

- When: Monday
- Time: 10.00 pm to 12.00 noon
- Location: Palatine Library and Learning Centre, St Anne's Road, Blackpool, FY4 2AP

Build your self confidence

This course gives you the opportunity to learn about and apply new skills and techniques to help build personal confidence whether in everyday life or when applying for jobs.

- Course Code: HWB099
- Start Date: 27 April 2020
- When: Monday
- Time: 10.00 am - 12.00 noon
- Location: Palatine Library and Learning Centre, St Anne's Road, Blackpool, FY4 2AP

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 patience 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.

↑ Back to top



Residents

Advice-and-support
Benefits
Blackpool-Illuminations
Council-tax
Education-and-schools

Business

Business-rates
Business-support-and-advice
Commercial-waste
Food-hygiene
Licensing-and-permits

Your Council

Blackpool-Council-jobs
Citizenship
Community-rights
Council-meetings
Creating-a-better-Blackpool

[Health-and-social-care](#)

[Housing](#)

[Libraries-arts-and-heritage](#)

[Life-events](#)

[Parking-roads-and-transport](#)

[Parks-and-community-facilities](#)

[Planning-environment-and-community](#)

[Sports-and-leisure](#)

[Waste-and-recycling](#)

[Residential-landlords](#)

[Working-with-the-council](#)

[Have-your-say](#)

[Statistics-and-research](#)

[The-Council](#)

[Transparency-and-open-data](#)

[Voting-and-elections](#)

[Your-councillors](#)