



## June/July Courses

Our short courses are free of charge and available to anyone over the age of 19 who wants to improve their mental wellbeing, reduce anxiety and depression or gain confidence.

Please Book on before attending a session by calling 01254 507720

Course Title	Venue	Start Day	Times	Length	Description
Write For Me	Blackburn Central Library	Tuesday June 7th	10:15am - 12:15pm	5 weeks	Join this informal creative writing course and explore how to express your thoughts and feelings through writing. Whether you are a complete beginner (good spelling and grammar not important) or have experienced the joy of writing before, we will all learn together in a friendly and supportive manner.
Glass painting	Audley Neighbourhood Learning Centre, Pringle St, Blackburn	Thursday June 9th	10am -12pm	6 weeks	Take some time out to learn designs and techniques on this creative course. Working with our experienced tutor you will get chance to express yourself through glass painting by upcycling everyday glass objects to produce unique and attractive creations.
Singing for fun	Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn	Thursday June 9th	1pm-3pm	6 weeks	Our informal singing sessions are a great way to connect with others through the joy of song. Our tutors will assist you to learn how to arrange songs and work in harmony to experience the uplifting benefits of singing with others whilst performing popular pieces.
Get started with Digital Photography	Darwen Town Hall	Monday June 13th	5:30pm- 7:30pm	6 weeks	Learn the basics of Digital Photography whilst exploring local areas and enjoying a walk. Discover how taking photographs can help us to focus and relax. Share your images with others inside and outside the classroom.
Positive steps to building confidence	Audley Neighbourhood Learning Centre, Pringle St, Blackburn	Tuesday June 14th	10am-12pm	6 weeks	Discover ways to improve your self-esteem and confidence. Learn about strategies to improve your wellbeing. Work as a group to explore and develop your confidence with our friendly and supportive tutors.
Cake Decorating	Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn	Tuesday June 14th	10am-12pm	6 weeks	Learn a variety of cake decoration techniques including buttercream and decorative sugar paste work whilst connecting with others on this relaxing and creative course. Enjoy the chance to share and taste your creations with friends and family.
Cook, Eat and Unwind	Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn	Tuesday June 14th	5:30pm-8pm	6 weeks	Learn how to cook a range of nutritious and tasty meals and then taste your creations together. Find out more about how foods and nutrients can affect our mood.
Fun with fabrics	Audley Neighbourhood Learning Centre, Pringle St, Blackburn	Wednesday June 15th	10am-12pm	6 weeks	An opportunity to try a range of different crafts based around fabrics. Crafts could include using a sewing machine, embroidery, toy making, fabric painting. Materials will be provided.
Fun with wool	Darwen Town Hall	Wednesday June 15th	1pm-3pm	6 weeks	An opportunity to try a range of different crafts based around wool including crochet, knitting, felting and pom poms. Choose from a range of designs and produce something for your or someone else's home. Enjoy a sociable and relaxed crafting session with the chance for a brew and a chat.
Scrapbook of my Life	Blackburn Central Library	Thursday June 16th	1pm-3pm	6 weeks	This creative course will provide an opportunity to increase self-esteem and build confidence through scrapbooking, by reflecting on your personal journey to this point in your life and working out what positive steps might be next. You will produce a unique unfinished scrapbook which you can use as a reflection tool and add to in the future as you progress.
Living Life to the Full	Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn	Monday 27th June	10am -12pm	4 weeks	Learn key life skills that will help you feel better, happier and more in control of your life. Receive easy to follow tips and skills to help you solve everyday problems such as getting out more, losing weight and improving relationships. Improve your motivation and have more energy.
Gentle Meditation and relaxation	Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn	Thursday June 30 <sup>th</sup>	10am -12pm	5 weeks	On this practical course we will take time to explore how gentle stretches and movements can be used to help us relax and unwind. We also practice and discuss some simple steps to reduce our stress levels and breathe correctly.

Contact the Positive Minds Team on 01254 507720 for a course brochure or to find out more call in to one of our drop-ins for a brew and a chat

Drop in Bank Top Neighbourhood Learning Centre : Weds 9 - 12.30

Drop in Audley & Queens Park Neighbourhood Learning Centre : Monday 1-4

[www.bwdlearning.org](http://www.bwdlearning.org)



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