

# Keep learning...

## What is Learning for Wellbeing?

It is a range of courses designed to support people to improve their general wellbeing. So if you're feeling a little low, anxious, angry or stressed then one of these courses might be just what you need! The courses run in local venues across Telford and involve about 10hrs of learning spread over 4 to 7 weeks or so – depending on the course.

## Is there any other support?

**Yes.** If you enrol on a course you will also have the choice to get the support of a mentor, who can support you to get the most out of the course, before, during and afterwards. They will be there to give that extra helping hand if you need it and also to stay in touch with you after the course finishes to see how you're getting on.

Connect...

Be active...

Take notice...

Keep learning...

Give...



## Learning for wellbeing

How do I enrol on one of these courses?

It's easy! Just call  
**01952 382888** and  
ask to speak to  
a mentor about  
Learning for  
Wellbeing

## Contact us

For more information on Learning for Wellbeing:

t: 01952 382888

e: [jobbox@telford.gov.uk](mailto:jobbox@telford.gov.uk)

w: [www.telfordjobbox.co.uk](http://www.telfordjobbox.co.uk)

Five ways to wellbeing  
Telford

relate  
the relationship people



TELFORD COLLEGE  
of Arts and Technology



WLEA  
Workers' Educational Association

## Learning for wellbeing Telford

**Feeling low, stressed,  
anxious or angry?**

Try a **FREE Short course**  
designed to improve  
your wellbeing.



Telford & Wrekin  
COUNCIL

## What courses can I choose from?

### Conservation & Woodland Maintenance (5 week course – 2hrs per week)

This course, delivered from the visitor centre in Telford Town Park, will introduce you to a range of conservation and woodland maintenance activities. The exact activities may change due to the weather and time of year, but could include scrub clearance, bulb planting, hedgehog habitats, hedge laying and wildlife habitats. This course is perfect if you like to be active and have an interest in nature, wildlife and conservation.

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### Yoga for Wellbeing (5 week course – 2hrs per week)

Yoga for wellbeing is friendly and non-competitive. The focus of the classes is to improve your own physical, mental and spiritual well-being. This course will teach you techniques and tips to use in your everyday life to help you to relax and deal with stress and anxiety.

You will focus on conscious breathing exercises and postures that will help to improve lung capacity, flexibility and nervous / immune system function. You will learn about simple nutritional options that support the nervous system and find out more about what causes stress and how to manage it.

The course is suitable for all ages and abilities and postures and activities can be adapted to meet the needs of the individual. Beginners are very welcome.

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### Understanding Anger & Managing Conflict (5 week course – 2hrs per week)

This course will help you to understand your anger, or your response to it and how this can affect those around you. It will help you to see where your responses might be coming from and how to contain and manage it and express yourself appropriately. It will enable you to understand yourself and others and change the way you think and act when faced with situations likely to make you angry. The sessions will allow you to practice new techniques and skills in a controlled and supportive environment.

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### Craft for Wellbeing (5 week course – 2hrs per week)

This course will introduce you to the basics of craft with access to a variety of materials including paper, wood, metal and cloth partly dependent on the facilities at the venue you choose. You will be able to have some choice of the material you choose to work with and what you want to create, so it could be something that is meaningful, useful/practical or decorative – the possibilities are endless. Everyone has the ability to be creative so perhaps its time to explore what you can do! The course is designed to teach you skills as well as boost your confidence and self-esteem.

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## Learning for wellbeing Telford

### Clay Figure Sculpting (4 week course – 3hrs per week)

People have been sculpting with clay for thousands of years. This course will teach you the basics of working with and modelling clay to create figures and objects. Using air dried clay means that you don't need a kiln to make objects which will last.

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### Mental Health First Aid (4 week course – 3hrs per week)

Each week this course will look at different aspects of mental health including suicide, anxiety and depression and psychosis. The course will help you learn how to spot the early signs of a mental health problem and how to provide help on a first aid basis to help prevent someone from hurting themselves or others, recover faster, and guide someone towards the right support. This course is perfect for people who would like to learn more about mental health and how to support people who are experiencing problems.

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### Creative writing / Story Telling (5 week course – 2hrs per week)

This course will cover a wide range of writing techniques including story writing, Poetry and Drama. It will also prepare people to tell their story to other people in the group. Alongside of this we will be supporting the learners through wellbeing and resilience.

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