

East Lancashire Recovery College

Courses May 2018

East Lancashire Recovery College

Stubbylee Hall,
Stubbylee Lane,
Bacup
OL13 0DD
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www.thegreenhouses.org

East Lancashire Recovery College
Proud to be working in partnership with:



Lancashire Wellbeing Service including:



Rossendale & Hyndburn CMHT



Experts by Experience

The Rossendale Methodist Circuit



Course title	Course description	Start dates	Course length
Dementia Friends / Dementia Awareness	This informative session introduces you to the issues of living with dementia and will equip you with the knowledge to become a Dementia Friend. Time will also be given to discuss how this can be used in a practical way within our own communities. Delivered by the chair of Dementia Friendly Rossendale.	Tuesday 15 th May delivered in the Events Space at The Greenhouses.	1 half day session in the afternoon. FREE
New Beginnings	A one day course designed to tackle the symptoms of depression, anxiety, low mood drawing on elements of CBT, Mindfulness, 5 Ways and giving us a toolkit for better mental wellbeing.	Thursday 31 st May 10am – 4pm	1 full day session. FREE
Literacy For The Terrified	Delivered at Stubblelee Community Greenhouses this is a drop in session to help you get to grips with literacy. Reading and writing for adults in a non-pressured and supportive environment.	Fridays throughout the year. Though there may be some flexibility on extra days. Please enquire for further details.	Fridays throughout the year. FREE

Build Your Confidence	Taken from the MindFit programme this course is for those who want to gain in confidence and build a brighter future. They will learn skills to manage negative thoughts more effectively and open doors to a brighter tomorrow.	Tuesday 24 th April 10am – 12:00	5 half day sessions over 5 weeks in the morning. Delivered by Lancashire Women’s Centre who are funded by ELCCG. FREE
Henna Painting mini-bite	An interesting taster into this ancient artform delivered by Lancashire Adult Learning.	Thursday 24 th May 1pm – 3pm.	1 Half day session. FREE
Understanding ADHD	Attention Deficit Hyperactivity Disorder is an often-misunderstood diagnosis. This is a two hour session delivered by the Adult ADHD Service for Lancashire Care NHS Foundation Trust for people who would like to find out more about this diagnosis in adults.	Wednesday 16 th May 1pm – 3pm	1 afternoon session delivered by Lancashire Care Foundation Trust. FREE

Live Well Feel Better	Life today can be very busy which means we don't always get the chance to look after ourselves the way we should. This can have a huge effect on our mental and physical wellbeing. This course will enable you to identify skills and knowledge to assist you in making improvements, gain a greater understanding of wellbeing and attain and maintain a more positive and healthy lifestyle.	Wednesday 25 th April 10am – 12:30	4 half day sessions delivered over 4 weeks by Lancashire Adult Learning. FREE
Art for Wellbeing	Sometimes it can be impossible to say what we need to say, to express all that we need to and to get out and let go of the things that hold us back. Using art as a medium for self-expression can open the door to a happier, more free self where difficult feelings and thoughts can be expressed safely.	Monday 16 th April 10am – 12pm in the Events Space at The Greenhouses.	9 half day sessions over 10 weeks delivered by Lancashire Adult Learning. FREE
Creative Writing	Learn how to unleash your creative side and develop your writing in an original style. You will learn the principles of writing in many styles and how to develop characters, establish a sense of place and time in your writing, use dialogues and experiment with writing genre.	Friday 29 th June 10am - 12	5 half day sessions over 5 weeks delivered by Lancashire Adult Learning. FREE

Mental Health Awareness	Gain a better understanding of this often misunderstood and often stigmatised range of illnesses. Mental ill health will affect us all at some point. Gain understanding, challenge stigma and know more.	Tuesday 12 th June 10:00 – 12:30	1 half day session delivered by Rossendale and Hyndburn Community Mental Health Team.
Myplace Environmental Job Club	Fun, interactive sessions to help with your CV writing skills, job search and an introduction to the Myplace project. Afterwards join us in the park to try out environment skills such as tree planting, woodland management, wildlife work and bush craft. Develop new skills, build confidence and make new friends in the great outdoors.	Wednesdays 10am – 2pm. Job club 16 th May, 6 th June, 18 th July. Environmental work every Wednesday throughout the year.	Full day sessions starting on 16 th May delivered by Myplace / Lancashire Wildlife Trust, LCFT and funded through the European Social Fund. FREE For further information please contact: Rebecca Witcombe on 01282 704605 or via email at rwitcombe@lancswt.org.uk
Digital Skills	This course is aimed at anyone who needs or wants to improve their digital skills or learn new skills. Learners are supported by tutors and volunteers to learn at their own pace.	Friday mornings 10am – 12:00 Starting on May 4th	Half day sessions delivered by Rossendale & Hyndburn CA / Reach IT.



Horticulture & skills based courses Delivered at Stubblee Community Greenhouses

<p>Blacksmithing</p>	<p>A thoroughly enjoyable demonstration in forging and hot metal work delivered by our mentors at Stubblee Community Greenhouses.</p>	<p>Adults: June 2nd 12:00 – 3:00pm, Families: June 3rd 11:00 am – 12:00 Or June 3rd 1:00 – 2:00pm FREE</p>
<p>Bicycle Recycle workshops: Grab Life by the Handle Bars</p>	<p>An opportunity to get to grips with the joys of bicycle refurbishment, maintenance and road skills with a qualified instructor from Go Velo. A great stress buster.</p>	<p>Friday sessions every week 10.00-3.00. FREE</p>
<p>Gardening For Wellbeing</p>	<p>A hands on 6 week course delivered in beautiful surroundings at Stubblee Community Greenhouses. Get well and stay well while sewing and growing. Steel toe capped boots / shoes must be worn and all weather clothing is advised.</p>	<p>A 6 session course delivered over 6 weeks starting on Friday 11th May 1:00 – 2:30pm FREE</p>
<p>Adult Bike Road Skills</p>	<p>It's never too late to learn to ride and once you've learned you never forget. This course delivered by our partners at Go Velo will help you gain confidence, gain skill, build health and find freedom. Grab life by the handlebars and ride on!</p>	<p>5 sessions over 5 weeks. On running courses starting on 2nd May 9:30am – 12:00. There are only 6 places on this course so please book early. Bikes are provided if required. FREE</p>

For more information about Stubblee Community Greenhouses and the Recovery College please go to: www.thegreenhouses.org