

# Well-being Programme

Book before the  
end of April and  
bring a friend  
for free\*



**Spring to Autumn 2022**

\*offer only applies to course fees of £20 or under

Course Title	Day	Date	Session Times	Cost
<b>Pilates</b> A follow up course for those wishing to progress from complete beginner	Wednesdays	20 April to 25 May	6.15pm – 7.15pm	£30
<b>Create a mindful life</b> Discover how to bring mindfulness into your everyday life	Fridays	22 April to 6 May	10am – 1pm	£50
	Mondays	4 July to 18 July	6.30pm – 9.30pm	
<b>Baby massage</b> Learn simple massage routines for your baby and discover the benefits	Tuesdays	26 April to 17 May	1.30pm – 2.30pm	£15
		21 June to 12 July		
<b>Tulips in watercolour</b> Learn some basic watercolour techniques to create a simple watercolour painting – suitable for all levels	Thursday	28 April	10am – 1pm	£20
<b>Pen, ink and wash</b> Learn basic pen, ink and watercolour techniques to create a simple project – suitable for complete beginners	Thursdays	5 May to 26 May	10am – 1pm	£75
<b>Paediatric first aid</b> A short course providing a quick guide to many common childhood health issues	Thursday	19 May	7pm – 9pm	£6
	Wednesday	6 July		
<b>Stress less with watercolour</b> Discover the wonders of watercolour paint during this freestyle painting session and learn how it can be a stress relieving medium	Thursday	9 June	10am – 12 noon	£15
	Saturday	11 June		





Course Title	Day	Date	Session Times	Cost
<b>Well-being for life</b> Find out about how the power of good habits and routines can improve your well-being	Mondays	13 June to 27 June	7pm – 9pm	£35
	Friday	1 July	10am – 5pm	
<b>Beautiful borders</b> Learn how to use gouache paint to decorate greetings cards or use it just as a form of stress relief	Thursday	16 June	10am – 12 noon	£15
<b>Mind full or mindful?</b> Find out what mindfulness is during this introductory session and learn some techniques to bring balance to your life	Thursday	23 June	10am – 12 noon	£12
	Saturday	25 June		
<b>Calming calligraphy</b> Learn how the art of beautiful writing can be used as a mindful or stress-relieving activity	Thursday	30 June	10am – 12 noon	£15
<b>Getting motivated</b> Improve your motivation for work or personal reasons. You will explore what motivation is, why it is important and how to improve it to enhance well-being	Monday	18 July	10am – 12 noon	£12
<b>Building self-confidence</b> Learn what self-confidence is, identify what is stopping you from being self-confident and learn how to boost it	Wednesday	20 July	10am – 12 noon	£12

Course Title	Day	Date	Session Times	Cost
<b>When the going gets tough</b> Learn how to become more resilient and discover some techniques to help keep you going through difficult situations	Friday	22 July	10am – 12 noon	£12
<b>Greeting cards in watercolour</b> Learn basic watercolour techniques to make unique greeting cards – suitable for all levels	Tuesday	26 July	10am – 1pm	£20
<b>All that glitters is gold</b> Learn how to use gold leaf based on the calligraphy techniques used in ancient manuscripts – suitable for beginners	Thursday	28 July	10am – 1pm	£20
For arts courses, equipment will be provided and course fees include all materials. To bring a friend, please book your place online and then contact us to enrol your friend for free.				

### To book a course:

**Online:** [www.bracknell-forest.gov.uk/community-learning](http://www.bracknell-forest.gov.uk/community-learning)

**Phone:** 01344 354220

**Email:** [community.learning@bracknell-forest.gov.uk](mailto:community.learning@bracknell-forest.gov.uk)

**By post:** Bracknell Open Learning Centre, Rectory Lane, Bracknell, RG12 7GR

 [www.facebook.com/bracknelladultlearning](https://www.facebook.com/bracknelladultlearning)

### Terms and Conditions

Fees must be paid in advance and are not refundable unless we cancel a course. Some courses may be free to eligible jobseekers or those on low incomes. To access courses free of charge, please do not book online. Instead, please contact us to book an appointment.

Some of our courses are funded by the Education and Skills Funding Agency. So that we can receive this funding, you will need to complete an enrolment form and provide proof of ID. You must be 19 or over (at 31.08.2021) and have lived in the European Union for three years or more.

Should you require a copy of this leaflet in large print, please ask at the Bracknell Open Learning Centre or call 01344 354220.

