

# Well-being Programme



**October 2023 to August 2024**

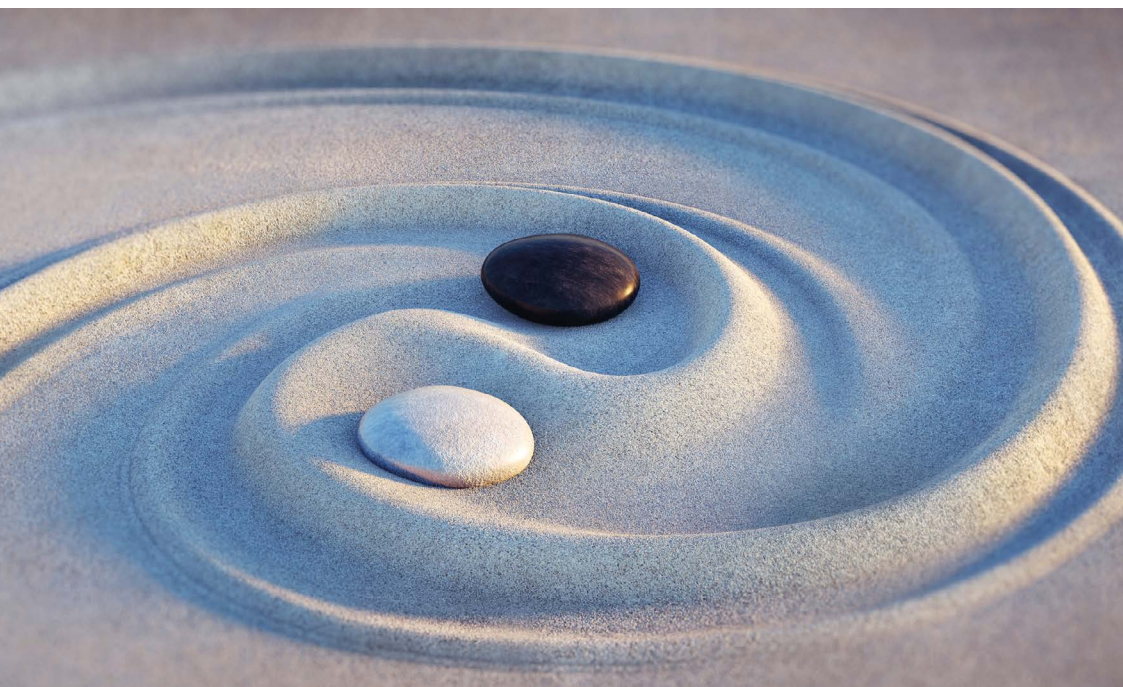
Course Title	Day	Date	Session Times	Cost
<b>How the brain works:</b> Learn where anger, anxiety and depression come from in the brain	Tuesday	3 October	7pm – 9.30pm	£20
	Monday	20 May	10am – 12.30pm	
<b>How to manage your emotions when change happens:</b> Protecting your well-being during periods of change	Friday	6 October	10am – 12.30pm	£20
	Tuesday	27 February	7pm – 9.30pm	
	Saturday	1 June	10am – 12.30pm	
<b>Personal development week:</b> This programme includes tips on how to deal with change, develop self-confidence, communication skills, time management, motivation, resilience, and setting personal goals	Monday to Friday	Monday 9 October induction	10am – 12 noon	£108 or free to eligible jobseekers
		Tuesday 10 October to Friday 13 October	9.30am – 2pm	
		Monday 22 January induction	10am – 12 noon	
		Tuesday 23 January to Friday 26 January	9.30am – 2pm	
		Monday 8 April induction	10am – 12 noon	
		Tuesday 9 April to Friday 12 April	9.30am – 2pm	
		Monday 15 July induction	10am – 12 noon	
		Tuesday 16 July to Friday 19 July	9.30am – 2pm	
<b>Paediatric first aid:</b> A short course covering the basic skills needed when dealing with minor accidents and illnesses	Monday	16 October	7pm – 9pm	£12
	Tuesday	16 January		
	Monday	20 May		
<b>Journaling for beginners:</b> Learn how journaling can calm the mind. Have fun writing about yourself and discover another aspect to the self-help toolkit!	Monday	16 October	7pm – 9.30pm	£20
	Saturday	10 February	10am – 12.30pm	
	Friday	10 May	10am – 12.30pm	
	Friday	14 June	10am – 12.30pm	

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<b>Movement for wellness:</b> Blending Pilates, therapeutic exercise, and stress management techniques, learn to listen to your body and build self-awareness, developing healthy movement patterns and stress management techniques	Wednesdays	18 October to 6 December (eight-week course)	6pm – 7pm	£48
		21 February to 27 March (six-week course)	6pm – 7pm	£36
		5 June to 10 July (six-week course)	6pm – 7pm	£36
<b>Oodles of doodles:</b> You will learn what 'doodling' is and how to apply this technique to personal journals, use it as an art form or as a means of stress relief	Tuesday	24 October	10am – 12 noon	£20
	Thursday	26 October	7pm – 9pm	
	Tuesday	25 June	10am – 12 noon	
	Thursday	27 June	7pm – 9pm	
<b>Creative writing for well-being:</b> Learn how to capture your thoughts and ideas into a piece of writing and free your mind	Mondays	30 October to 4 December	10am – 12 noon	£48
		19 February to 25 March		
		3 June to 8 July		
<b>Watercolour for beginners:</b> Learn basic watercolour techniques and complete a simple project	Saturdays	4 November to 25 November	10am – 1pm	£100
<b>Baby massage:</b> Learn a simple massage routine for your baby and discover the benefits of this relaxing activity	Tuesdays	7 November to 28 November	1pm – 2pm	£24
		6 February to 27 February		
		4 June to 25 June		
<b>Managing anxiety and depression:</b> Look at how the brain works and what causes anxiety and depression. Includes a free download offering solution focussed hypnotherapy techniques	Saturday	18 November	10am – 1pm	£24
	Friday	1 March		
<b>Change your habits, change your mind:</b> Look at habits and routines and how adapting these can improve your health and well-being	Monday	27 November	10am – 1pm	£24
	Saturday	27 January		
	Monday	12 February		



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<b>When work stops – what next:</b> About to retire or stop work and have no idea what to do with all that time? Let us help you to discover the things you want to do and how to plan them	Friday	1 December	10am – 12.30pm	£20
	Wednesday	26 June	7pm – 9.30pm	
	Saturday	13 July	10am – 12.30pm	
<b>Christmas cards in watercolour:</b> Learn basic watercolour techniques to paint a variety of seasonal greeting cards. Suitable for beginners or those who want to practise their skills	Thursday	7 December	7pm – 9pm	£20
	Saturday	9 December	10am – 12 noon	
<b>Clear the clutter from your life:</b> Learn how to meditate, journal, and become more aware of your thoughts, improving your well-being by becoming calmer and more focussed	Saturday	9 December	10am – 12.30pm	£20
	Thursday	7 March	7pm – 9.30pm	
	Monday	17 June	10am – 12.30pm	
<b>Five ways to well-being:</b> Learn how to improve your mental well-being using physical activity, being present, giving to others, plus learning and creativity	Wednesday	13 December	7pm – 9.30pm	£20
	Friday	23 February	10am – 12.30pm	
	Friday	19 April	10am – 12.30pm	

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<b>Live your life intentionally:</b> Do you sometimes feel like you are just drifting in life with no plan or direction? Learn how to set an intention for the year ahead to enhance your well-being	Saturday	13 January	10am – 12.30pm	£20
	Thursday	11 July	7pm – 9.30pm	
<b>Spa day for your mind:</b> Enjoy a few hours break to rest and relax your mind. Drift and dream using meditation, journalling, and mindfulness techniques	Tuesday	23 January	7pm – 9.30pm	£20
	Monday	8 April	10am – 12.30pm	
<b>Stop procrastinating, start doing:</b> We will look at why we procrastinate and what we can do to stop it and get on with what we need to do	Monday	29 January	10am – 12.30pm	£20
	Saturday	16 March	10am – 12.30pm	
	Tuesday	21 May	7pm – 9.30pm	
<b>Calming calligraphy:</b> Learn how the art of beautiful writing can be used as a mindful or stress relieving activity	Tuesday	30 January	10am – 12 noon	£20
	Thursday	1 February	7pm – 9pm	





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<b>Calligraphy for beginners:</b> Learn the basics of calligraphy including writing the Foundational alphabet and then complete a simple project using the techniques learnt	Saturdays	2 March to 23 March	10am – 1pm	£100
<b>Art journaling for beginners:</b> Learn a few simple art techniques to help you enjoy and improve your personal journal. If you have one, feel free to bring it along – although this is not essential	Tuesday	23 April	10am – 12 noon	£20
	Thursday	25 April	7pm – 9pm	
<b>Spring clean your life:</b> Look at ways we clutter our minds, homes and life and learn how to make it simpler and more productive	Wednesday	24 April	7pm – 9pm	£16
<b>Pen, ink, and wash:</b> Learn basic pen, ink and watercolour wash techniques and complete a simple project. Suitable for beginners	Thursdays	9 May to 30 May	7pm – 9pm	£68

Course Title	Day	Date	Session Times	Cost
<b>Stress less with watercolour:</b> Learn to use watercolour paint as a stress relieving medium. This is a free-painting session, no drawing, no rules, what will be, will be!	Tuesday	23 July	10am – 12 noon	£20
	Thursday	25 July	7pm – 9pm	
<b>Mixed media:</b> Learn how to combine different materials to produce a simple piece of art. Techniques will include collage, watercolour, pen, ink, and gouache	Tuesday Wednesday Thursday	6 August to 8 August	10am – 1pm	£80
For arts courses, equipment will be provided, and course fees include all materials				



**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 31.08.23) 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.

