

# Emotional health and wellbeing courses

For adults experiencing emotional health issues



**HILLINGDON**  
LONDON

[www.hillingdon.gov.uk/emotionalwellbeing](http://www.hillingdon.gov.uk/emotionalwellbeing)

# About our courses

**Do you struggle with anxiety, stress, sleep problems or low mood?  
Have you been thinking about improving your emotional health and wellbeing?**

Our range of free wellbeing courses can help you to help yourself. You can learn something new, meet new people, find ways to de-stress, increase self-esteem and find support on your journey to good emotional health.

Hillingdon Adult and Community Learning is offering adults (aged 19+), who are experiencing mild to moderate emotional health issues, **free** courses in three key areas:

**Family support**  
**Confidence building and self-help**  
**Lifestyle**

These courses may also be beneficial to people who support others and need time to explore how to improve their own wellbeing. Courses are taught in small groups, in a supportive and welcoming environment.

## **Please note**

If you are a learner that has already completed two or more courses on the Learn to be Well project, these courses may not be suitable for you. Please call  01895 556248 for information, advice and guidance on other courses. We can also provide contact details for other departments, agencies, voluntary organisations and community partners, who may also be able to help.

Learners will attend a guidance session with a wellbeing advisor who will support them throughout their course. As learners improve and gain more confidence, they can progress to other exciting opportunities within our adult learning provision and beyond...

# Locations

## **Brookfield Adult Learning Centre**

Park Road,  
Uxbridge, UB8 1NP

**Nearest bus:** U1/U2

**Nearest tube:** Uxbridge

@ brookfield@hae-acl.ac.uk

☎ 01895 556455

## **Ruislip Manor Adult Learning Centre**

Linden Avenue,  
Ruislip Manor, HA4 8TW

**Nearest bus:** 114/398/H13

**Nearest tube:** Ruislip Manor

@ ruislipmanor@hae-acl.ac.uk

☎ 01895 277347

## **Charville Library**

Bury Avenue,  
Hayes, UB4 8LF

**Nearest bus:** U7

## **Enrol at Harlington Adult Learning Centre:**

@ harlington@hae-acl.ac.uk

☎ 01895 556252

## **South Ruislip Adult Learning Centre**

Victoria Road,  
Ruislip, HA4 0JE

**Nearest bus:** 114/282

**Nearest train/tube:** South Ruislip

@ southruislip@hae-acl.ac.uk

☎ 01895 556248

## **Harlington Adult Learning Centre**

Harlington Community School,  
Pinkwell Lane, Hayes, UB3 1PB

**Nearest bus:** U4

**Nearest train:** Hayes and  
Harlington

@ harlington@hae-acl.ac.uk

☎ 01895 556252

## **Rural Activities Garden Centre**

West Drayton Road,  
Hillingdon, UB8 3JZ

**Nearest bus:** U4/A10

## **Enrol at Harlington Adult Learning Centre:**

@ harlington@hae-acl.ac.uk

☎ 01895 556252



## Family support

**How can you support your family? Our Family Support programmes are run to provide guidance for parents, carers, grandparents and anyone struggling with caring for children and young people.**

Our courses can help you:

- identify early signs of emotional problems
- learn strategies to support young people in building good emotional health
- protect children online
- identify further sources of support
- devise action plans to build a resilient family

If you want to promote good positive emotional health and wellbeing within your family, come and talk to us about the following range of courses on offer.



## Choose the right course for you

- Facilitating Resilience in Children and Young People
- Promoting Positive Emotional Health and Wellbeing in Young People
- Time to Talk (difficult conversations)
- Raising Awareness and Supporting Young People to Build Good Emotional Health
- Confident Parenting Toolkit



## Do you look after a family member?

If you're an unpaid carer, Hillingdon Carers can support you with a range of services to help you understand and manage your caring role. They can also provide you with opportunities to have a life outside of caring.

Call today for more information

**01895 811206**

[www.hillingdoncarers.org.uk](http://www.hillingdoncarers.org.uk)





## Confidence building and self-help

**Our range of self-help courses can support you in addressing feelings of low mood, stress and lack of motivation and will provide you with useful coping strategies.**

During our informal Tapping into Positive Emotional Health and Wellbeing course, you can explore alternative ways of expressing thoughts and feelings. There's also our stress busting course, which can help you develop a more mindful attitude and manage stress effectively.



Hillingdon Adult and Community Learning provides workshops and job search support in partnership with the National Careers Service and also works with Hillingdon's libraries to provide support in accessing the Universal Credit online service.

For more information, call  01895 556455.



## Choose the right course for you

- Managing Emotional Health and Wellbeing in the Workplace
- Mindfulness and Self-awareness
- Stress Busting and Relaxation
- Thinking and Living for the Present
- Building Resilience in Dealing with Setbacks
- Tapping into Positive Emotional Health and Wellbeing
- Emotional Intelligence and Communication Skills

### Meet Aleister

Aleister used to work in a demanding retail environment that resulted in him experiencing stress and anxiety. He visited Hillingdon Adult and Community Learning for a guidance session and decided to enrol onto the Stress Busting and Boosting Self-awareness course.



Aleister thoroughly enjoyed the course, which helped to improve his self-confidence and provided him with practical coping techniques. These have helped him deal with situations that would have previously been difficult and caused him anxiety.

He said: “I would definitely recommend joining one of the wellbeing courses when experiencing anxiety or stress at work or from life in general. I’ve also enrolled onto the Grow your Mind and Problem Solving course, so I can learn how to stop reflecting on past events that stifle some of my decision making.”



## Lifestyle

**Whether you want to develop your skills, create a healthier work life balance or even gain a new hobby, our lifestyle courses can help you find therapeutic diversions in a busy life. Learning something new with other people may help you find new ways to focus on something positive, boost your mood and increase self-esteem.**



Our yoga and meditation courses allow you to practice ways to release tension, improve posture and increase your ability to relax with breathing techniques. Art and craft courses can help you try a range of new techniques, start a new hobby and provide you with a great sense of achievement. Our Lifestyle courses also give you the chance to socialise, share experiences, relax, unwind and improve how you feel.

## Choose the right course for you

- Journey to Self-discovery with Yoga and Relaxation
- Garden Therapy – Get Lost in the Garden
- Therapeutic Art – Drawing Techniques
- Therapeutic Art – Watercolour Painting
- Food to Make you Feel Good
- Creative Writing for Emotional Wellbeing

### Meet Lorette

When Lorette was a young teenager, her nan passed away and she witnessed a disturbing accident. She was referred for counselling and prescribed antidepressants. At the time, she didn't find counselling beneficial and didn't complete her education. She tried to work in many different jobs, but none lasted because of her feelings of anxiety and depression.



In November 2016, Jobcentre Plus recommended a wellbeing course to her. She attended a guidance session with a wellbeing advisor and enrolled onto Relax with Painting Landscapes.

Before the class started, Lorette felt anxious and nervous but by the end of the first session, she felt more confident and relaxed. After the second class, she bought her own set of paints and brushes. She attended every class and met new people. She felt her anxiety reduce and her confidence increase.

She said: "I thoroughly enjoyed my six-week course. My tutor and the wellbeing advisor supported and encouraged me, and my self-esteem and confidence has grown. I would recommend a wellbeing course to others who are struggling."

Lorette now attends the Hatha Yoga and Drawing and Painting courses.



Hillingdon Adult Community Learning is working in conjunction with Hillingdon Libraries to promote

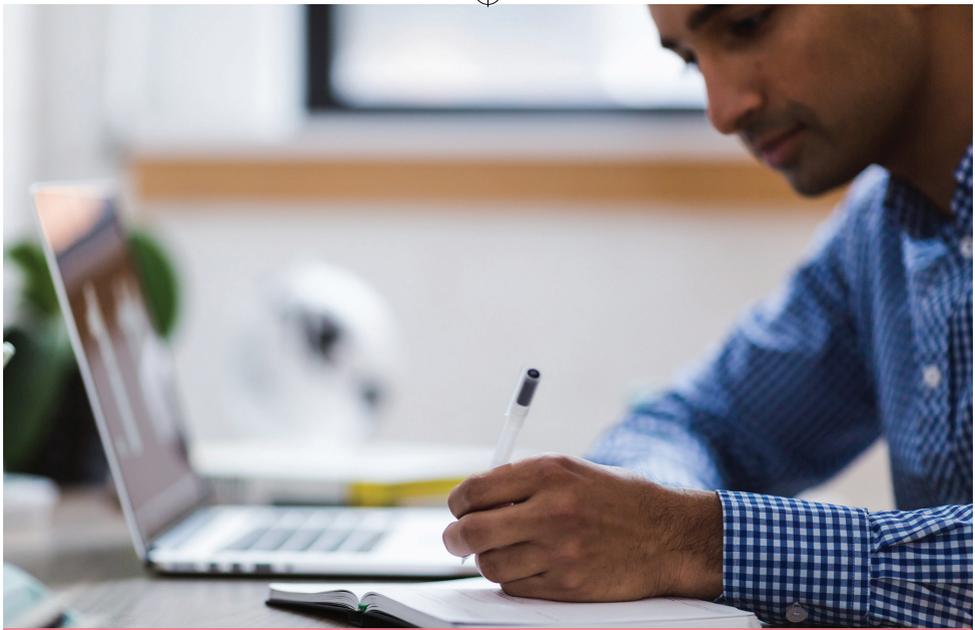
# READING WELL

Manage your own wellbeing with self-help books about:

- long-term conditions
- young people's mental health
- dementia
- common mental health conditions

Endorsed by health professionals and supported by all public libraries.

Find out more online at  [reading-well.org.uk](http://reading-well.org.uk)



## Enrolling on a course

Emotional health and wellbeing courses are open to Hillingdon residents aged 19 and over, living with anxiety, depression, sleeplessness and low moods.

To find out if you qualify for a course, please contact us to arrange an appointment at your local adult learning centre, where you will complete a mood and wellbeing questionnaire and have an informal chat with a wellbeing advisor about your needs and suitable courses.

To arrange an appointment convenient to you, please email us at [@emotionalwellbeing@hae-acl.ac.uk](mailto:emotionalwellbeing@hae-acl.ac.uk) or call us on [01895 556248](tel:01895556248).

If you participated in the Learn to be Well programme previously and attended two or more courses, come and talk to us for advice and guidance on other courses that might be suitable for you.

Whether you want to increase your independence, relax and unwind, gain qualifications or change your career, widen your knowledge and let your experience grow through other adult learning courses.



Visit  [www.hillingdon.gov.uk/adultlearning](http://www.hillingdon.gov.uk/adultlearning)  
and find a course that's right for you.