

Learning to be Well with Luton Adult Learning



Part of the Mental Health Research Project

Luton Adult Learning has been selected to take part in a nationwide mental health research project. The aim is to find out whether **short, part-time community learning courses can help people develop strategies to manage their mild to moderate mental health problems.**

The research project is now in its second year and we have continued to work with local partners to offer a range of community based sessions for people who are experiencing mild to moderate mental health issues such as anxiety, stress and low mood.

Courses run for 5 weeks – 3 hours a week, and are **free** to those who are eligible for the Research Pilot.

Courses currently on offer are:

<u>Course Title</u>	<u>Location</u>
Art for Wellbeing	Luton Adult Learning, Lea Manor
Discovering My Inner Strength	Various community locations
IT for Confidence and Personal Independence	NOAH Academy
Developing Motivation and Achieving Goals	NOAH Academy
Finding a Pathway to a Better Life Following a Relationship Breakdown	NOAH Academy
Improving Mental Health and Wellbeing for Carers	NOAH Academy
Find your Talent and Calling	NOAH Academy
Practical Problem Solving for Wellbeing	NOAH Academy
Go Lead, Go Stress Free (Luton Town Football Club)	Various community locations
Coping with Caring	Hope Church
Be the Better Me	Various community locations
<u>We are taking enquiries for</u>	
Improve your Mood with Food	
Sleeping Well; Developing Good Practices	
Mindfulness and Relaxation	
Healthy Lifestyles	

If you feel one of our courses could help you get involved in learning and you would like more information, **please call us on 01582 490033, text 0747600780 or alternatively email info@lutonac.l.ac.uk to arrange a call back.**

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