

Can I attend?

This project is open to anybody who is 19 years or over and lives in Dorset.

The courses are for people who consider themselves to have mild or moderate mental health difficulties. The courses may also be beneficial to people who are interested in exploring how to improve their own wellbeing or are involved in supporting other people.

People can self-select and do not need to be referred. If you are interested in attending please see registration details overleaf.

Skills & Learning Bournemouth, Dorset and Poole



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LIVING WELL

Courses for your wellbeing

Working to improve the wellbeing of local people across Dorset

**Skills & Learning Bournemouth,
Dorset and Poole**

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What is this all about?

'Living Well' is a project funded by the Department of Business, Innovation and Skills. The project aims to improve the wellbeing of people across Dorset, aged 19 years or over, who are experiencing mild to moderate mental health problems.

'Living Well' is delivered as a partnership project between Skills & Learning, Dorset Mental Health Forum and Dorset HealthCare. Additional partners from the third or voluntary sector are also involved in the delivery of courses.

Fundamental to 'Living Well' is working together with people who have lived experience of mental health difficulties and have an understanding of what can be helpful.

We aim to create the opportunity for a joined up approach to supporting the wellbeing of the people of Poole, Bournemouth and Dorset through a programme of courses.

Living Well Courses

Our courses offer you the opportunity to develop a greater understanding of yourself, your strengths, values and to find resources to support your wellbeing.

All courses within 'Living Well' are delivered and designed by people with lived experience of mental health problems together with Skills & Learning tutors and tutors from other organisations.

There are three key strands to the project:

Living Well Foundation – Courses exploring essential components to support your wellbeing and recovery.

Living Well Creative & Active – Workshops exploring creativity through a range of art and exercise forms.

Living Well Refresh – For those who already have completed some of the courses and would like to refresh some of their skills.

How do I enrol?

If you are over the age of 19 years and are struggling with your emotional wellbeing, or want to learn more about building on your personal resilience to stressful situations, these courses may be helpful to you.

If you are interested you will need to register.

You can apply online at www.skillsandlearningbdp.co.uk or you can call us on 01202 262300.

You will then be invited to an appointment with one of our admissions tutors who will help you identify your learning needs and which courses may be useful to attend.