



LEARNING OPPORTUNITIES FOR ADULTS EXPERIENCING MENTAL HEALTH DIFFICULTIES

The learning opportunities listed below are specifically designed for adults whose mental health difficulties prevent them from joining a class by themselves in a college.

Would you like to have the opportunity to regain or improve your self confidence and self esteem in a safe, supportive environment in a community location? You can usually join at any time in the year. Short courses on Confidence Building, Introduction to Volunteering, Making the Most of Your Skills and Preparation for Work held throughout the year. Please contact us for further information.

We will encourage you to recognise your achievements and progress at your own pace. We will support you to move on to other opportunities in learning, in the community or into employment - paid or voluntary.

The first step is to contact one of the people listed and they will talk with you about how we can best help you learn and plan what you would like to do. If you feel unable to make contact yourself ask someone else you trust to make the call for you.

Lynne Cawser 0116 286 6384 (Blaby, Oadby & Wigston and Harborough area)

Lyn McDermott 01530 265834 (Hinckley, Bosworth and North West Leicestershire)

Liz Coates 0116 267 0047 (North and South Charnwood, and Melton)

COURSE TITLE	LOCATION	DAY	TIME	NO WKS	START DATE	COURSE COST	COURSE CODE
Chrysalis Chi-Kung	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	22.4.10	FREE	BR143E489P
Chrysalis Complementary Therapies	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	22.4.10	FREE	BR143E494P
Chrysalis Computer Confidence	Leicester Forest East Parish Hall	Thu	13:00 - 15:00	11	24.9.09	FREE	BR143A096P
Chrysalis Computer Confidence	Leicester Forest East Parish Hall	Thu	13:00 - 15:00	11	7.1.10	FREE	BR143C096P
Chrysalis Computer Confidence	Leicester Forest East Parish Hall	Thu	13:00 - 15:00	11	22.4.10	FREE	BR143E096P
Chrysalis Confidence and You	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	24.9.09	FREE	BR143A490P
Chrysalis Confidence and You	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	22.4.10	FREE	BR143E490P
Chrysalis Creative Writing	Leicester Forest East Parish Hall	Thu	13:00 - 15:00	11	24.9.09	FREE	BR143A486P
Chrysalis Creative Writing	Leicester Forest East Parish Hall	Thu	13:00 - 15:00	11	7.1.10	FREE	BR143C486F
Chrysalis Creative Writing	Leicester Forest East Parish Hall	Thu	13:00 - 15:00	11	22.4.10	FREE	BR143E486F
Chrysalis Fabric Art	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	24.9.09	FREE	BR143A492P
Chrysalis Healthy Living	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	7.1.10	FREE	BR143C491P
Chrysalis Pilates	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	7.1.10	FREE	BR143C488P
Chrysalis Pottery	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	7.1.10	FREE	BR143C493P
Chrysalis Yoga	Leicester Forest East Parish Hall	Thu	09:45 - 13:00	11	24.9.09	FREE	BR143A487P
Herbs and Health in the Diet	Loughborough Epinal Way Allotments	Fri	10:30 - 14:30	30	13.11.09	FREE	LB143B450F
Horizons (Hinckley)	Hinckley John Cleveland Community College	Mon	13:00 - 15:00	11	7.9.09	FREE	JC143A111P
Horizons (Hinckley)	Hinckley John Cleveland Community College	Mon	13:00 - 15:00	5	11.1.10	FREE	JC143C605F
Horizons (North West Leicestershire)	Coalville Resource Centre	Wed	10:00 - 12:00	30	23.9.09	FREE	IB143A072P
Learning at the Moira Centre	Loughborough Moira Centre	Thu	10:00 - 12:00	30	1.10.09	FREE	LB143A059P
Learning for Well Being	Loughborough Moira Centre	Wed	10:00 - 12:00	30	30.9.09	FREE	LB143A476P
Learning Space in Syston	Thurmaston Roundhill Community College	Tue	10:00 - 12:00	30	29.9.09	FREE	RO143A523P
My Creative Writing	Loughborough Moira Centre	Fri	13:00 - 15:00	10	2.10.09	FREE	LB143A478P
Outlook Computer Confidence	Market Harborough Evangelical Church	Wed	13:00 - 15:45	11	23.9.09	FREE	WP143A630P
Outlook Confidence and You	Market Harborough Evangelical Church	Wed	13:00 - 15:45	11	6.1.10	FREE	WP143C632P
Outlook Creative Arts	Market Harborough Evangelical Church	Wed	13:00 - 15:45	11	23.9.09	FREE	WP143A629P
Outlook Creative Writing	Market Harborough Evangelical Church	Wed	13:00 - 15:45	11	6.1.10	FREE	WP143C631P
Outlook Creative Writing	Market Harborough Evangelical Church	Wed	13:00 - 15:45	11	21.4.10	FREE	WP143E633F
Outlook Healthy Living	Market Harborough Evangelical Church	Wed	13:00 - 15:45	11	21.4.10	FREE	WP143E634P
Pegasus Computer Confidence	Blaby Social Centre	Tue	13:00 - 15:45	11	22.9.09	FREE	CO143A564P
Pegasus Confidence and You	Blaby Social Centre	Tue	13:00 - 15:45	11	5.1.10	FREE	CO143C566P
Pegasus Fabric Arts	Blaby Social Centre	Tue	13:00 - 15:45	11	5.1.10	FREE	CO143C567P
Pegasus Healthy Living	Blaby Social Centre	Tue	13:00 - 15:45	11	20.4.10	FREE	CO143E568P
Pegasus Paper Arts	Blaby Social Centre	Tue	13:00 - 15:45	11	20.4.10	FREE	CO143E569P
Pegasus Pottery	Blaby Social Centre	Tue	13:00 - 15:45	11	22.9.09	FREE	CO143A565P
Personal Learning Time	Mountsorrel Library	Thu	13:00 - 15:00	10	1.10.09	FREE	QR143A497P

GoLearn! *is learning for ALL*

We offer a varied programme of courses for adults with learning disabilities. Courses for living and work involve learners in their community, encourage self advocacy and citizenship. We follow the principles of the 'Valuing People' report.

Learning takes place in local colleges, and different locations around the county including daytime and evening provision. We work closely with other services and offer good support. Choose a course to suit your needs.

If you have a disability that may affect your learning (such as mobility difficulties, a visual or hearing impairment or mental health problems) we will support you and make your learning experience a positive one. When you enrol, ask to be put in touch with the Learning Support Manager in your area and we can discuss your support needs.

We also have a range of courses for living and work for people with learning difficulties including:



Self Advocacy



Reading and Writing Skills



Computers



Home Skills



Art and Craft



Drama



Communication



Money and Number Skills



Science



Transport Skills



Work skills

Lynne Cawser, Learning Support Manager (South) 0116 286 6384
Lyn McDermott, Learning Support Manager (West) 01530 265 834
Liz Coates, Learning Support Manager (North) 0116 267 0047