

Wellbeing courses at Kingston Adult Education

Community Learning at Kingston Adult Education offer a range of wellbeing courses to develop resilience skills and coping strategies.

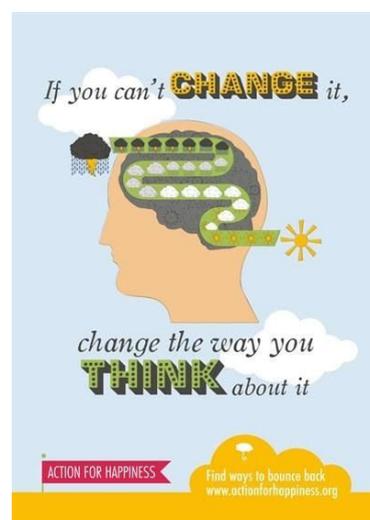
Background – (Research Project):

Five years ago, KAE took part in the Community Learning Mental Health Research project (CLMH) run by the Department of Education which aimed to assess the potential for adult and community learning courses to develop the tools, strategies and resilience to manage, and aid recovery from, mild to moderate mental health problems. Kingston Adult Education along with other Adult Education Centres, was selected to develop and deliver short, part-time courses for mild to moderate mental health problems such as anxiety and depression.

We, at KAE, worked closely with the charity Action for Happiness to develop a six week course called 'Practical ideas for happier living', based on the latest scientific research, to facilitate Learners to improve their mental health and physical wellbeing.

The Results at the end of the project, showed that 61% of Learners who started their course with clinically significant symptoms of anxiety and/or depression no longer had clinically significant symptoms at the end of their course. (If you would like to see a copy of the more detailed results, please contact: annette.brown@kingston.gov.uk)

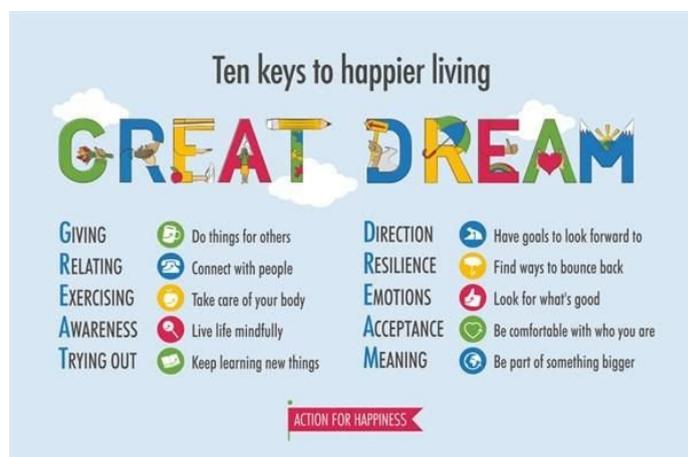
Since the beginning of the Project we have enrolled over 500 Learners on these courses, and whilst the project has now finished, because of the huge success and demand for these courses, we are continuing to offer the course, throughout the academic year. After completing the course, Learners are welcome to attend monthly Refresher courses where they have the opportunity to share their coping strategies, refresh their skills, as well as become part of our 'Happy social community' where they have made friendships, supporting each other and sometimes meeting up for walks and coffee. Other follow-on courses are available including: 'Food to Boost Your Mood', 'Relaxation and Meditation', 'Mindfulness through Art', 'Pilates for Wellbeing' and a KAE Community Choir is planned for the beginning of 2020.



Practical Ideas for happier living

(six weeks – 15 hours) Courses are held throughout the borough at various venues and are held during the day and evenings. We welcome approaches from organisations to offer to host the course and can also offer a course for a specific community/organisation (subject to a minimum of 8 Learners).

A pre-course enrolment/ information and guidance session is organised prior to the start of the course.



Cost of course: Free - as fully funded by the Mayor of London & Education and Skills Funding Agency (open to All - including non RBK residents)

Practical Ideas for happier living – Refresher course

These courses are a follow-up to the six week course and are held monthly, where Learners attend as and when they want to. More tips and strategies are taught in developing resilience, as well as Learners having the opportunity to share their own coping strategies and experiences.

Cost of course: Free - as fully funded by the Mayor of London & Education and Skills Funding Agency

Relaxation and Meditation This is a one hour session extending on the relaxation, meditation and mindfulness element previously learnt.

Cost of course: £5 per session per learner - as part funded by the Mayor of London & Education and Skills Funding Agency

Boost Your Mood with Food This five week course is designed to support learners in continuing their journey with 'Practical Ideas for Happier Living'. The course provides a great opportunity for learners to work together in a positive practical way, learning how they can improve their mental health through healthy eating and nutrition as well as enjoying the benefits of cooking and sharing food together.

Cost: £5 per session per learner - as part funded by the Mayor of London & Education and Skills Funding Agency

Mindfulness through Art Art is a natural way to practice mindfulness. The textures, colours and sounds of creating something can bring us into the moment. The course content will cover a variety of art techniques, paying particular attention to mindfulness. No experience or training is required to attend, just a willingness to take part.

Cost: £5 per session per learner - as part funded by the Mayor of London & Education and Skills Funding Agency

Accredited courses in Mental Health (OCN) KAE are offering the chance to take some accredited courses in managing mental health. These include: "AWareness of Mental Health and

Wellbeing' and 'Stress and Stress Management Techniques' for full list of courses please consult the prospectus or contact the Community Learning team.

Cost: Upon application

Support Your Child's Mental Health and Wellbeing A **NEW COURSE** designed for parents who are worried about their child's mental health or wellbeing.

This course will provide support and guidance within a confidential, safe environment. Parents will learn how to promote good mental health at home and develop strategies to help their child manage stress and anxiety, depression, low self-esteem and exam pressures etc

Cost: £5 per session per learner - as part funded by the Mayor of London & Education and Skills Funding Agency

WHAT OUR LEARNERS SAY...

Derek, a retired engineer from Surbiton who had been struggling with insomnia and had to rely on medication, was one of the learners who benefitted from our courses.

Derek said: "I can't praise the effect the course has had on me too highly. It enabled me to completely re-evaluate my attitude to life and resulted in a much more positive outlook and general enthusiasm to everyday living. I am now off all medication. I admit that I was fairly sceptical at the start of the course, but as a retired pensioner this course has inspired me with a "Joie De Vivre" and cheerfulness for everyday life."

Other learners have said:

"This course changed my life, pulled me out of a really low period"

"Fantastic course, I feel a lot more in control of my emotions. I'm a lot calmer and gentler with myself"

"I have now opened my 1-1.5 years of post"

"A mind-blowing, inspirational course"

**For further information and course dates and times, please contact the
Community Learning Team:**

Email: communitylearningkae@kingston.gov.uk

Telephone: 020 8547 6732