



**East Lancashire
Clinical Commissioning Group**
Led by clinicians, accountable to local people



Healthy Minds Academy

SUPPORT, ENCOURAGE, ENABLE



Welcome to HMA

Healthy Minds Academy provides training opportunities for recovery, continued well-being and individual development, which are relevant and accessible to everyone.



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We are a partnership of professional organisations in education and mental health, working together to provide a streamlined package tailored to your individual needs.

We offer a wide range of training courses and workshops which we provide in safe, supportive and friendly environments.

Our programme includes:

- Personal Development courses to enhance your skills for life and build your self-esteem
- Therapeutic Groups
- Well-being Programme, (Cognitive Behavioural Therapy), run by Psychological Well-being Practitioners.
- Practical courses aimed at improving your home and family life.
- Courses for learning and accredited courses which lead to achievement of recognised qualifications.

Design Your Own Plan

Your first step will be to meet one of our team of Advisors to create your own Personal Plan.

Our Personal Programme Advisors will support you throughout your programme of learning and development, meeting at regular intervals, to check how you are getting on and what you would like to do next.

Our Advisors have information and links to a wide range of services and training throughout East Lancashire and will be your one-stop shop to direct you to better health and well-being.

Your Journey with Healthy Minds Academy



Your first step will be to meet with a member of our Programme Support Team.

They will guide you through the registration and induction process and will discuss with you what you hope to get out of your learning.

Whether you are looking for self-development, learning or qualifications, our Personal Programme Advisors are there to help you decide on the right path of learning for you.

Welcome to the Healthy Minds Academy

1-1 Registration and Induction with Personal Programme Advisor to develop your learning and well-being plan.

1-1 Meetings and guidance with Personal Programme Advisor throughout your time at the Academy.

Support, Encourage, Enable

Therapeutic Support Groups

Understanding Mental Health

Groups for learning, personal development and fun

Psychological Well-being Workshops

Accredited Courses

Practical Groups: Money, Debt, Housing, Emp Supp

Moving on and beyond

How long you are with the Academy is up to you. Our Next Steps sessions are designed to give you the links and information to move on to your next goal, whether it be adult education, volunteering, employment or something else.

Hyndburn & Ribble Valley



Ribble Valley Hub @ De Lacy House
Station Road, Clitheroe BB7 2JT



The Zone
New Era, Paradise Street,
Accrington BB5 1PB



Accrington Central Library
St James Street, Accrington BB5 1NQ

Lancashire Women's Centre
21-23 Blackburn Road,
Accrington BB5 1HF

ACCROSS Employment Academy
Market Hall, Accrington BB5 1ER

ACCROSS @ The Waterside Centre
St James Court, Accrington
BB5 1NA

About Healthy Minds Academy



HMA is made up of a partnership of professional organisations, working together to bring you a streamlined & holistic package of training and learning for your health and well-being:

Accrington & Rossendale College

Accrington & Rossendale College are dedicated to providing community based courses which are completely free for anyone who is earning a low income, or unemployed, claiming a benefit and actively seeking work. These courses are held at a wide variety of easily accessible venues across East Lancashire. The Community Team at Accrington & Rossendale College work very hard to build partnerships with organisations in our local community and tailor qualifications to meet the needs of their organisations and the learners within them. Accrington & Rossendale College also work on a wide range of projects in and around the local area, this work is often in partnership with third and voluntary sector organisations and include local charities, council departments, housing associations and community groups. These projects are wide ranging and designed specifically to benefit people in the local community with the end result of helping them get back into employment.



Lancashire Adult Learning

Lancashire Adult Learning aims are twofold : to enable all adults in Lancashire to achieve success in learning so as to improve their skills for employment, the quality of their personal and family lives, and to enhance the social and economic well-being of their communities and also to support local employers and Lancashire's economy through provision of high-quality, responsive training.



Lancashire Women's Centres

Lancashire Women's Centres are project managing the Healthy Minds Academy, bringing together teams of professional organisations to deliver a holistic training package throughout East Lancashire. Lancashire Women's Centres offer a range of services and opportunities that help us to meet our aim to 'Support, Encourage and Enable' all women to get the best out of life for themselves and their families. We provide a 'One-Stop Shop' service for all women. We can support you from crisis into employment or training – and all the stops along the way. We support emotional well-being through group work, personal development courses and counselling. We deliver employment support and life skills training to make work more accessible. The centres provide a safe, non-judgemental and professional environment that is female only between the hours of 10am - 3pm.



Burnley College

Burnley College offer a wide range of adult learning opportunities, well placed to help you secure your next big step. Adult programmes are designed to help you meet your goals, whilst providing outstanding support and career guidance. Our dedicated staff have a host of current industry skills, to ensure you get the most out of your studies.



WEA

(Workers' Educational Association) Founded in 1903, the Workers' Educational Association (WEA) is a charity and the UK's largest voluntary sector provider of adult education. Through curriculum themes of employability, health & well-being, community engagement and culture, the WEA gives students the confidence to learn new skills, live healthier lives, engage in society and broaden their horizons.



Support, Encourage, Enable



A rolling programme of personal development workshops, designed to give you an introduction to a wide range of subjects...

Individual Perceptions

"It is one of the commonest of mistakes to consider that the limit of our power of perception is also the limit of all there is to perceive."

C.W Leadbeater

Boost your Self-Esteem

"Wanting to be someone else is a waste of the person you are."

Marilyn Monroe

All about Assertiveness

"The basic difference between being assertive and being aggressive is how our words and behaviour affect the rights and well-being of others."

Sharon Anthony

Power of Positivity

"If you think you can, you can. And if you think you can't, you're right."

Mary Kay Ash

Values, Morals & What's important to you

"I am the only person in the world I should like to know thoroughly"

Oscar Wilde

Problem Solving

The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem

Goal Setting - Dream & Achieve

"Would you tell me, please, which way I ought to go from here?"
"That depends a good deal on where you want to get to," said the Cat.
"I don't much care where..." said Alice. "Then it doesn't matter which way you go," said the Cheshire Cat

Lewis Carroll

Expanding your Comfort Zones

"Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new."

Brian Tracy

Stress Management

Most folks are about as happy as they make up their minds to be."

Abraham Lincoln

Communication make it work for you

"The single biggest problem with communication is the illusion that it has taken place."

George Bernard Shaw

Support, Encourage, Enable is a rolling programme, which means that you can join the course at any time. The course runs in all our main locations throughout East Lancashire.

Well-being Programme



The Well-being Programme is a rolling programme developed and delivered by our Psychological Well-being Practitioners. The programme will introduce you to Cognitive Behavioural Therapy techniques, giving you the opportunity to try out techniques and evaluate their effectiveness for you.

What is CBT?

Cognitive Behavioural Therapy (CBT) aims to help you to change the way that you think, feel and behave. It is used as a treatment for various mental health and physical problems.

Medications Management

1 Session

Medication management is about educating you to get the best and most effective use of your medication.

Anxiety

2 Sessions

CBT can be useful to those who have only just started feeling anxious as well as those with longstanding anxiety problems.

Our PWP's use guided self-help techniques that place the onus on you to complete diary sheets and other interventions with their support and guidance. They will give you the education and information to help you deal with your anxiety and the tools to overcome specific issues.

Sleep Hygiene

2 Sessions

Lifestyle, particularly your sleeping habits, have a big impact on your quality of sleep. Addressing so-called 'sleep hygiene' should be the first step in any treatment of insomnia.

Sleep hygiene is a list of lifestyle dos and don'ts. It has proved to be effective in stopping insomnia from getting worse, and making it easier to benefit from further treatment.

Run over two sessions, this topic will help you look at your habits, how they may be impacting on your sleep and what to do to look after your sleep.

Depression

2 Sessions

Negative thinking can affect your mood, sense of self, behaviour, and even physical state. CBT can help you learn to recognise negative patterns of thought and replace them with healthier ways of thinking.

Behavioural Activation

2 Sessions

Behavioural activation focuses on encouraging you to approach activities that you may be avoiding and on the recurrent thoughts you have that stop you doing things. It's a great way of refocussing and making and achieving new goals for yourself.

Facing your Fears

2 Sessions

Almost everyone has an irrational fear or two—of mice, for example, or your annual dental check-up. For most people, these fears are minor. But, when fears become so severe that they cause tremendous anxiety and interfere with your normal life... it's time to face them and overcome them.

Workshops and Therapeutic Groups



Workshops

HMA run a range of one-off information workshops designed to give you a snapshot of knowledge about specific conditions and illnesses.

These workshops are open to anyone who feels they may benefit from an information overview.

Workshop topics include:



Ask your Personal Programme Advisor for workshop dates in your area.

Therapeutic groups

Therapeutic groups offer support and learning for people with specific needs. Ask your Personal Programme Advisor for dates and venues.



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Potential for another course.

Building your Confidence & Self-Esteem

Confidence & Transferable Skills

WEA

10 Week Course

This course is aimed at improving your self-esteem and your mental and physical health and well-being. It's about boosting your confidence and planning for the future.

- Identifying your personal fears and beginning to understand how you might manage them
- Setting and identifying goals and Communication Techniques
- Who are you? Values, needs and motivation

WOMEN ONLY

Venue	Day	Start Date	Times
Lancashire Women's Centre	Wednesday	23rd April 2014	13:00 – 15:00

Manage Your Emotions

WEA

5 Week Course

This course is designed for people who want to learn how to manage anger issues and become more assertive.

An overview of areas of work covered are as follows...

- Self-Analysis and use of a variety of analytical tools in the form of individual exercises to gain a better insight into yourself.
- Defining and exploring the effects of anger
- Setting and identifying goals and Communication Techniques
- Discovering support networks
- Comfort zone, coping strategies, assertiveness and positive self talk.

WOMEN ONLY

The course content is designed to be learner led and will be tailored according to the needs of the individuals on the course, in a safe, confidential and friendly environment.

Venue	Day	Start Date	Times
Lancashire Women's Centre	Wednesday	23rd April 2014	10:00 – 12:00

Believe in Yourself

LAL

8 Week Course

This course is designed to help you to develop your self-esteem and increase your levels of motivation.

Venue	Day	Start Date	Times
Accrington Library	Thursday	1st May 2014	9:30 – 11:30



Positive Steps

LAL

8 Week Course

This course is designed to help you to develop your self-confidence and give you the opportunity to overcome certain barriers and to achieve goals.

Venue	Day	Start Date	Times
The Zone, Accrington	Friday	2nd May 2014	10:00 – 12:00

Confidence in Action

WEA

5 Week Course

This course is designed for people who have already been on a confidence course either at LWC or elsewhere. Participants who have not previously been on a Confidence Building course may find the content too demanding. The course content will build on your learning and development achieved through the introductory course and will cover topic areas such as...

- Self-Analysis and use of a variety of analytical tools in the form of individual exercises to gain a better insight into yourself.
- Identifying your personal fears and beginning to understand how you might manage them
- Setting and identifying goals and Communication Techniques
- Exploring your comfort zone and finding out what can happen when we say 'yes'.
- Who are you? Values, needs and motivations

WOMEN ONLY

Venue	Day	Start Date	Times
Lancashire Women's Centre	Wednesday	4th June 2014	10:00 – 12:00

Practical Courses



Computers for Beginners (Level 1)

LWC

10 Week Course

Open to WOMEN over the age of 19 years.

Learn how to create documents in a variety of different styles using the different functions of Microsoft Office.

You will have the opportunity to progress to the Level 3 once you have completed the course.

WOMEN ONLY

Venue	Day	Start Date	Times
LWC Accrington	Wednesday	23rd April 2014	10:00 - 12:00

Computers for Beginners (Level 3)

LWC

10 Week Course

Open to WOMEN over the age of 19 years.

A follow-on course from the Level 1. Learners must already have basic skills and knowledge of the different functions of Microsoft Office.

WOMEN ONLY

Venue	Day	Start Date	Times
LWC Accrington	Wednesday	23rd April 2014	13:00 - 15:00

Creative Asian Crafts

LAL

10 Week Course

Learn the art of traditional henna painting, hand embroidery, beading and textiles as a beginner or at intermediate level. Learn new skills, start a new hobby and make new friends.

WOMEN ONLY

Venue	Day	Start Date	Times
LWC Accrington	Thursday	24th April 2014	13:00 - 15:00

Mini Makeover on a Budget

LAL

6 Week Course

Open to anyone over the age of 19 years

Learn to create that makeover look using just a few basic items.

Venue	Day	Start Date	Times
The Zone, Accrington	Tuesday	29th April 2014	13:00 - 15:00

Managing on a Budget

LAL

6 Week Course

Open to anyone over the age of 19 years

This course will help you to make the most of your money, helping you to manage what you have coming in and where and how it gets spent

Venue	Day	Start Date	Times
Accrington Library	Thursday	1st May 2014	13:00 - 15:00

Healthy Eating

LAL

8 Week Course

Open to anyone over the age of 19 years

Get creative in the kitchen and add variety to your weekly meals, making healthy dishes to match your budget

Venue	Day	Start Date	Times
The Zone, Accrington	Thursday	8th May 2014	13:00 - 15:00

Support, Encourage, Enable

LWC Accrington

10 Week Course

A rolling programme of personal development workshops, designed to give you an introduction to a wide range of subjects.

Venue	Day	Start Date	Times
De Lacy House, Clitheroe	Tuesday	22nd April 2014	13:00 - 15:00

Your Well-being

LWC Accrington

10 Week Course

A rolling programme of CBT workshops looking at a range of guided self-help techniques and topics

Venue	Day	Start Date	Times
De Lacy House, Clitheroe	Tuesday	22nd April 2014	10:00 - 12:00

Retail Knowledge (Level 1)

ACCROSS COLLEGE

5 Day Course

The Level 1 Award in Retail Knowledge provides learners with an overall understanding of working in the retail sector and explores the principles of retail through a range of units.

Venue	Day	Start Date	Times
De Lacy House, Clitheroe	Tuesday	29th April 2014	09:30 - 15:00

Substance Misuse (Level 1)

ACCROSS COLLEGE

1 Day Course

This qualification provides learners with a knowledge of substances which are commonly misused and why. It enables learners to recognise possible signs of substance misuse and raises awareness of the social and personal effects of substance misuse and of the perceptions and responses to it.

Venue	Day	Start Date	Times
De Lacy House, Clitheroe	Friday	16th May 2014	09:30 - 16:00

Adult Social Care (Level 1)

ACCROSS COLLEGE

3 Day Course

This course is an introduction to the adult social care sector, which will equip you with an awareness of the role and responsibilities of an adult care worker and the skills and attitudes needed to work in adult social care.

Venue	Day	Start Date	Times
De Lacy House, Clitheroe	Tuesday	27th May 2014	09:30 - 15:30

First Aid at Work

ACCROSS COLLEGE

1 Day Course

The content of this course provides basic life saving first aid and workplace health and safety regulations.

Venue	Day	Start Date	Times
De Lacy House, Clitheroe	Friday	30th May 2014	09:30 - 16:00

Customer Service (Level 2)

ACCROSS COLLEGE

4 Day Course

This course will provide you with an understanding of the importance of customer care, give you the knowledge of how to deal with complaints and how to promote your products and services.

Venue	Day	Start Date	Times
De Lacy House, Clitheroe	Wednesday	11th June 2014	09:30 - 15:00

Accredited Courses



Substance Misuse Level 2

ACCROSS COLLEGE

15 Week Course

Completely FREE for anyone unemployed in receipt of benefits and actively seeing work.

This qualification is 3 hours per session x 15 sessions.

The qualification aims to look at why people use drugs, signs and symptoms of drug use, improve understanding of surrounding issues and identify good examples of community involvement.

Venue	Day	Start Date	Times
The Waterside Centre	Wednesday	16th April 2014	10:00 - 13:00

NCFE Level 2 Award in Volunteering

LALSC

10 Week Course

Venue	Day	Start Date	Times
LWC Accrington	Tuesday	22nd April 2014	13:00 - 15:00

Mentoring Level 1

ACCROSS COLLEGE & THE WATERSIDE CENTRE

8 Week Course

Completely FREE for anyone unemployed, in receipt of benefits and actively seeing work.

This qualification allows learners to gain a deeper understanding of the role of mentor and develop the skills needed to become an effective mentor.

Delivery: 3 hrs per week for 8 weeks

Venue	Day	Start Date	Times
The Waterside Centre	Thursday	24th April 2014	9:30 - 12:30
Lancashire Women's Centre (ACCROSS)	Monday	12th May 2014	9:30 - 12:30



Youth Work Level 2

ACCROSS COLLEGE

12 Week Course

Completely FREE for anyone unemployed, in receipt of benefits and actively seeing work.

The aim of this qualification is to enable learners to:

- Develop the skills and knowledge needed to work with the young people in a Youth Work setting
- Develop the understanding of the principles of safe practice.

Delivery: 4 hrs per week over 12 weeks

Venue	Day	Start Date	Times
The Waterside Centre	Friday	25th April 2014	9:30 - 13:30

Customer Service Level 2

ACCROSS COLLEGE

4 Week Course

Aimed at individuals who are looking to work in a customer facing role.

This course provides you with an understanding of the importance of customer care and incorporates the following:

- Promoting your products and services
- Adapting Behaviour
- Resolving Complaints
- Effective Communication
- Identifying Customer Needs
- Teamworking

Venue	Day	Start Date	Times
The Waterside Centre	Monday	28th April 2014	9:30 - 15:30

Mental Health Awareness Level 1

ACCROSS COLLEGE & THE WATERSIDE CENTRE

5 Week Course

Completely FREE for anyone unemployed, in receipt of benefits and actively seeing work.

This Qualification aims to:

- Raise awareness of the issues surrounding mental health difficulties
- Dispel some of, the myths and misconceptions frequently linked to mental health issues
- Develop learners knowledge of the rights of those with mental health issues

Delivery: 3 hrs per week for 5 weeks

Venue	Day	Start Date	Times
The Waterside Centre	Wednesday	30th April 2014	13:00 - 16:00
Lancashire Women's Centre (ACCROSS)	Thursday	8th May 2014	9:30 - 12:30



Adult Social Care Level 1

ACCROSS COLLEGE

3 Week Course

This course is an introduction to the adult social care sector, which will equip you with an awareness of the role and responsibilities of an adult social care worker and the skills and attitudes needed to work in adult care

Delivery: 4 hrs per week for 5 weeks

Venue	Day	Start Date	Times
The Waterside Centre	Tuesday	3rd June 2014	9:30 - 15:30

Business Administration

THE WATERSIDE CENTRE

4 Week Course

This course offers a realistic way of gaining underpinning knowledge required for a role in Business Administration. **Units of delivery include:** researching an aspect of business administration, working as a team, self and peer evaluation, setting targets.

3 hours per week

Venue	Day	Start Date	Times
The Waterside Centre	Tuesday	17th June 2014	9:30 - 13:00

First Aid at Work

ACCROSS COLLEGE

1 Day Course

The content of this course provides basic life saving first aid and workplace health and safety regulations.

Venue	Day	Start Date	Times
The Waterside Centre	Monday	28th April 2014	09:30 - 16:30

Courses at Accrington Market Hall

Accrington & Rossendale College have a range of courses based at our Employment Academy in the top floor of Accrington Market Hall.

- Level 1 Award in Understanding Employment, Business and Enterprise
- Level 2 Award in Food Safety in Catering
- Level 1 Award in Internet Safety for IT Users
- Level 1 Award in Managing Personal Finances
- Level 1 Award in Healthy Living

Learners can do any of the above courses on any of the dates below. All courses take a maximum of one day to complete and will involve an online test.

Available dates:

Tuesday May 13th Friday May 16th

Tuesday June 3rd Friday June 6th

Monday June 9th Friday June 13th

Tuesday June 24th Friday June 27th

Courses will start at 9:15am and end at 4:00pm



Completely **FREE** for anyone unemployed, in receipt of benefits and actively seeking work

**STARTING
SPRING
2014**



Market Hall, Peel Street, Accrington, BB5 1 ER.

For more details and to book a place please contact Richard Dwver on 01254 354423



Lancashire Women's Centres



Lancashire Women's Centres provides a One Stop Shop integrated Mental Health and well-being service for women and their families across Lancashire.

We have four female-only 'drop in' centres in Accrington, Burnley, Blackburn and Blackpool and a network of outreach centres across the Lancashire area.

LWC currently offer the following services:

Therapeutic Services

Counselling & Cognitive Behavioural Therapy, Relationship & Couple Counselling, Guided Self Help & Support Groups

Personal Development & Skills Based Courses

Group courses, giving you a chance to gain new skills & meet new people

Employment Support & Work Club

Help support you with getting back into work, looking for a job & creating a CV

Vision Project/Achieve Project/AVERT Programme

Working with Criminal Justice Agencies to support women at risk of offending or to reduce risk of reoffending

Access to IT & Training Facilities

Basic IT courses & training groups

Volunteering Opportunities

Opportunities for you to volunteer with us whilst gaining great skills and experience

Housing & Debt Advice

1-1 support

Mentoring Service

Support & advice for you to help reach target goals in your life



Accrington Centre: 21-23 Blackburn Rd, Accrington, BB5 1HF
Blackburn Centre: 25 Wellington St (St. John's), Blackburn, BB1 8AF
Burnley Centre: 4 Nicholas St, Burnley, BB11 2EU
Blackpool Centre: 162 Church St, Blackpool, FY1 3PS
Fax (All Centres): 01254 447875

Tel. 01254 871771
Tel. 01254 583032
Tel. 01282 429672
Tel. 01253 290007

Email: enquiries@womenscentre.org Website: www.womenscentre.org

Find us on at "The Women's Centre" or on @WomensCentred

Support, Encourage, Enable



Healthy Minds Academy

SUPPORT, ENCOURAGE, ENABLE

Developed by Lancashire Women's Centres for
East Lancashire Clinical Commissioning Group



This brochure has been developed in
partnership with Burnley College

