

# East Lancashire Recovery College

Courses October 2017

**East Lancashire Recovery College**

Stubbylee Hall,  
Stubbylee Lane,  
Bacup

OL13 0DD

Tel.: 07933 812 890 (10am – 1.30pm)

Email: [elrc@stubbleecg.org](mailto:elrc@stubbleecg.org)

East Lancashire Recovery College  
Proud to be working in partnership with:



Lancashire Wellbeing Service including:



Rossendale & Hyndburn CMHT



Experts by Experience

The Rossendale Methodist Circuit

Course title	Course description	Start dates	Course length
<b>Mindfulness Awareness</b>	This well respected interactive and informative course gives you a chance to have an understanding of techniques to be 'in the moment' and how the use of them will benefit your everyday life.	6 afternoon sessions starting on 1 <sup>st</sup> November. 1pm – 3pm	6 half day sessions over six weeks in the afternoons. <b>FREE</b>
<b>The Mind Fit Programme starts here</b>	Delivered by LWC and funded by East Lancs CCG this programme of therapeutic courses is a carefully designed progression package of 5 week courses which lead to improved wellbeing. Starting with The Planner and The Journey.	10 afternoon sessions starting on 5 <sup>th</sup> October 1pm – 3pm	10 half day sessions delivered over five weeks. <b>FREE</b>
<b>Dementia Friends / Dementia Awareness</b>	This informative session introduces you to the issues of living with dementia and will equip you with the knowledge to become a Dementia Friend. Time will also be given to discuss how this can be used in a practical way within our own communities. Delivered by the chair of Dementia Friendly Rossendale.	An afternoon session on the 14 <sup>th</sup> November 1pm – 4pm	1 half day session in the morning. <b>FREE</b>

## New Beginnings

A one day course designed to tackle the symptoms of depression, anxiety, low mood drawing on elements of CBT, Mindfulness, 5 Ways and giving us a toolkit for better mental wellbeing.

A full day session on the 17<sup>th</sup> November  
10am – 4pm

1 full day session.  
**FREE**

## Positive Aspirations

This interactive drop-in session helps with meeting Job Centre requirements, writing CV's, applying for jobs, improving interview skills, improving IT skills including use of Universal Jobmatch and job websites. Delivered and supported by The Work Company in partnership with CGI and Red Rose Recovery.

Every Friday between 9:30am and 4pm.

All day open drop in sessions **FREE FOR MORE INFORMATION CONTACT BEN KELLY 07710 032704**

## Introduction to the Mental Health Act

Delivered by an Approved Mental Health Professional from Rossendale and Hyndburn CMHT this half day session will give you an insight into the Mental Health Act – its sections, powers and an individual's rights.

1 afternoon session on 10<sup>th</sup> November  
1pm – 4pm

1 afternoon session.  
**FREE**

## Literacy For The Terrified

Delivered at Stubblelee Community Greenhouses this is a drop in session to help you get to grips with literacy. Reading and writing for adults in a non-pressured and supportive environment.

Fridays throughout the year. Though there may be some flexibility on extra days. Please enquire for further details.

Fridays throughout the year. **FREE**

**Improve Your Confidence**

Improving your confidence will inspire, encourage, and empower you to achieve your greatest potential with a new found purpose and a heightened sense of enthusiasm. Feeling more confident will allow you to lead a more fulfilled life in whichever way you choose. Delivered in partnership with Lancashire Adult Learning.

Six half day sessions starting on 11<sup>th</sup> October 9:30am – 12:00pm

6 half day sessions. **FREE.**

**The Nightclub of Life**

The club of life in an idea used in narrative therapy to help people think about who supports them in keeping going with what is important to them: what REALLY matters to them. This workshop gives participants the opportunity to have a go at this by designing their own 'nightclub of life'. The skills learned will also be useful in helping other people.

Delivered in partnership with LCFT by Sarah who is a therapist who also teaches other therapists

November 6<sup>th</sup> 1pm – 4pm

1 half day. **FREE**

**Discover Your Confidence**

Delivered by Lancashire Adult Learning, this half day course will provide you with an overall insight into discovering confidence and the importance of it in our everyday lives and enable you to identify your own personal barriers whilst identifying skills and

4<sup>th</sup> October 9:30 am – 12:00pm

1 half day **FREE.**

strategies to help overcome such barriers to allow you to reach your desired goals.

<b>Health and Safety Taster</b>	An introduction to Health and Safety in the Workplace delivered by LAL.	One half day session 2 <sup>nd</sup> October 1:20 – 4pm	1 half day session <b>FREE</b>
<b>Safe Handling</b>	An interactive half day course following on from the Health and Safety taster.	One afternoon session 23 <sup>rd</sup> October 1:30 – 4pm	1 half day session. <b>FREE</b>
<b>Introduction to Microwave Cooking</b>	Why confine your microwave to reheating coffee or tea when you could be cooking a chicken casserole or making a tasty stew in just ten minutes. Microwave cooking retains the nutritional value of food better than any other cooking method. In fact some microwave meals are recommended due to their ability to hold onto ingredients essential nutritional values.	October 3 <sup>rd</sup> 9:30 – 12:00	Half day session <b>FREE</b>
<b>Creative Microwave Cooking</b>	Let the countdown begin. Whether you're pressed for time or just looking to try new recipes, give the oven a night off and try cooking dinner in the microwave. You'll be surprised at the yummy and filling dishes that you can make start-to-finish without heating up the kitchen. From tasty risotto to chocolate peanut mug	10 <sup>th</sup> October 9:30 – 12:00	Half day session <b>FREE</b>

cake Mix the ingredients, press start, and enjoy a glass of wine as you watch the timer countdown to dinner time.

So, if you want to be more adventures with your microwave then this course is for you.

<p><b>Women Only Self-Defence</b></p>	<p>This 10 week course aims to improve confidence and self-esteem through learning self-defence techniques, boxing and elements of mindfulness. These sessions are delivered in a fun, interactive and non-judgemental way in partnership with Rossendale Leisure Trust.</p>	<p>October 2<sup>nd</sup> 11am – 12 noon. Please arrive 10 minutes prior to the start of the session, wear clothes that you can move easily in. Trainers should be worn.</p>	<p>10 sessions delivered over 10 weeks. <b>FREE</b> delivered in the events space at Stubblelee Community Greenhouses.</p>
<p><b>Self-Defence for all</b></p>	<p>This session is delivered in a fun, interactive and non-judgemental way in partnership with Rossendale Leisure Trust. Giving you basic self-defence techniques,</p>	<p>October 12<sup>th</sup> 10am – 1pm. Please arrive 10 minutes prior to the start of the session, wear clothes that you can move easily in. Trainers should be worn.</p>	<p>1 morning session. <b>FREE</b> delivered in the events space at Stubblelee Community Greenhouses.</p>



## Horticulture & skills based courses Delivered at Stubblee Community Greenhouses

<p><b>Blacksmithing</b></p>	<p>A thoroughly enjoyable course in forging and hot metal work. All protective equipment is supplied apart from steel toe-capped boots which must be worn. Bring a packed lunch or food can be bought from our on-site café on the day.</p>	<p><b>Three session course: 19<sup>th</sup> October, 2<sup>nd</sup> and 16<sup>th</sup> November 10am – 3pm. Free</b></p>
<p><b>Traditional Woodwork</b></p>	<p>A fascinating, traditional approach to using hand tools for wood work, whittling and bodging. Steel toe-capped boots must be worn. Bring a packed lunch or food can be bought from our on-site café on the day.</p>	<p><b>Three session course: 26<sup>th</sup> October, 9<sup>th</sup> and 23<sup>rd</sup> November 10am – 3pm. Free</b></p>
<p><b>Gardening for Well-being</b></p>	<p>An interactive course which will detail the enormous benefits of gardening to alleviate low mood, anxiety and depression set in our beautiful tranquil grounds. Bring a packed lunch or food can be bought from our on-site café on the day.</p>	<p><b>Three session course: 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> October 10am – 3pm. FREE</b></p>
<p><b>Bicycle Recycle workshops: Grab Life by the Handle Bars</b></p>	<p>An opportunity to get to grips with the joys of bicycle refurbishment, maintenance and road skills with a qualified instructor from Go Velo. A great stress buster.</p>	<p><b>Friday sessions every week 10.00-3.00. FREE</b></p>



## **The Stables Cafe Stubblee Park OL13 0DD**

### **Stables Café opening times:**

**Wednesday 10 - 4**

**Thursday 10 - 4**

**Friday 10 - 4**

**Saturday 10 - 4**

**Sunday 12 - 4**



### **Phone numbers for orders and bookings:**

**(collection only)**

**01706 872111**

**07791245755**

Stubblee Community Greenhouses, growing good stories and rebuilding lives.

Stubblee Lane, Bacup. OL13 0DD 01706 8721111

Stubblee Greenhouses provides a positive, therapeutic environment offering a wide range of skills, activities and training for participants to discover a new identity and achieve a higher level of well-being. Our holistic approach encourages high levels of respect, raises self-esteem and provides a listening ear in confidence when it is most needed. Participate, volunteer and grow.