This is an introduction for anyone wishing to engage in the mental health wellbeing and recovery programme. A chance to meet like minded people and explore the concept of mental wellbeing and the value of keeping well. We will also look at what it means to have a recovery from mental ill-health and how that journey can be started and achieved.

Course overview

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Key objectives

- Define mental wellbeing and the impact this has on our lives.
- Discuss the different experiences of mental health difficulties.
- Explore journeys of recovery and how this is different for everyone.
- Set goals to start supporting your wellbeing and/or recovery.

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These courses are free to access

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For further information about the courses or to discuss suitability please email hazel.newton2@essex.gov.uk or lorretta.wiltshire@essex.gov.uk.

Find these courses online at www.aclessex.com.
Follow us on Facebook and Twitter for latest updates.
Building Self-Confidence

**Course overview**

During this course, you will be able to learn strategies to help improve self confidence by working on communication skills and assertiveness, picking up tips and techniques from the teaching. You will also find out about positive thinking and goal setting to focus your new skills.

**Key objectives**

- Define self-confidence and discover your own confidence levels.
- Practice communication techniques.
- Describe assertive behaviours and practice saying no.
- Identify and challenge negative beliefs.

Improving Health & Wellbeing

**Course overview**

This course uses the five elements of wellbeing - Connect / Learn / Keep Active / Take Notice / Give - to explore strategies to keep ourselves physically and mentally well. By keeping a diary on and learning about sleep, physical activity and healthy eating you will be able to set goals to improve your health and wellbeing. This course will also explore mindfulness and relaxation.

**Key objectives**

- Identify the importance of sleep and sleeping patterns.
- List the benefits of physical activity and keep an activity log.
- Understand the reasons for healthy eating and learn how food affects mood.
- Discover mindfulness and relaxation techniques.

Improving Health & Wellbeing

**Course overview**

This course will enable you to take back control of your wellbeing and learn practical techniques to manage any anxieties. By learning about self-care, anxiety triggers and ways to self-monitor, you will start to build up a tool-box of strategies to use in times of need. This course will also explore therapeutic practices such as mood boards and grounding.

**Key objectives**

- List the benefits of taking back control and learn strategies to cope with anxiety.
- Identify your levels of self-care and list ways to keep well.
- Recognise your personal triggers and ways to deal with these.
- Create a personal recovery plan to log your tool-box of strategies.

Managing Anxiety

**Course overview**

This course will enable you to take back control of your wellbeing and learn practical techniques to manage any anxieties. By learning about self-care, anxiety triggers and ways to self-monitor, you will start to build up a tool-box of strategies to use in times of need. This course will also explore therapeutic practices such as mood boards and grounding.
Lifestyles

Course overview

Lifestyles will help you to explore strategies around everyday living so that you feel more confident about managing day to day. These will include, building routines, identifying how to de-clutter, practice organisational skills and take control of personal finances & budgeting.

By being on top of the key areas of your everyday life, you will be able to focus more on your personal wellbeing and the course will also look at how you can engage in the community by finding groups and activities of interest for you.

Key objectives

- Describe your current lifestyle using the ‘my life’ wheel and develop a daily, weekly and monthly routine.
- Define de-cluttering and hoarding and recognise a healthy living environment.
- Recognise income and expenditure patterns and produce budgets.

Next Steps

Course overview

What are your next steps?

Designed to help you move forwards after completing the previous courses, Next Steps will help guide you to opportunities and engagement in your local community.

This course will explore job searching, volunteering, education and community groups as potential avenues and the tutors will have local information to share with you.

Key objectives

- Create a vibrant and up to date CV to suit your needs.
- Identify your own requirements for working or volunteering and get help applying for positions.
- Research local learning opportunities to support your development.
- Explore your hobbies and interests and find local groups of interest.
This information is issued by Essex County Council, ACL

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Sign up to Keep Me Posted email updates on topics you want to hear about at: essex.gov.uk/keepmeposted

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Our courses will be delivered across all the centres below:

ACL Basildon
Churchill Avenue,
Broadmayne, Basildon,
SS14 3SG

ACL Chelmsford
Beeches Close,
Chelmsford,
CM1 2SB

ACL Brentwood
Bishops Hill, Rayleigh Road
Hutton, Brentwood,
CM13 1BD

ACL Clacton
St Osyth Road, Clacton,
CO15 3BN

ACL Colchester
Wilson Marriage,
Barrack Street
Colchester, CO1 2LR

ACL Harlow
The Harlow Centre,
Partridge Rd, Harlow,
Essex, CM18 6TE

ACL Maldon
Carmelite House
(above the library),
White Horse Lane,
Maldon, CM9 5FW

ACL Witham
Spinks Lane, Witham,
CM8 1EP

The Learning Shop
Main Road,
Dovercourt, Harwich,
CO12 4AJ