



Improving Mental Health and Wellbeing for Carers

NOAH Enterprise is working with **Luton Adult Learning** to deliver a Government funded mental health research project. The project is investigating whether short community learning courses help people to develop strategies to manage their mild to moderate mental health problems. Courses run for 5 weeks – 3 hours a week, and are **FREE** to those who are eligible.

- ◆ **Develop practical strategies such as relaxation and stress management techniques**
- ◆ **Meet new people and improve your mental health and wellbeing**
- ◆ **Identify practical steps that you can apply in a range of situations**
- ◆ **Help and guidance in a small and supportive group**
- ◆ **Develop your confidence and resilience**



Who is this course for?

Caring for a friend, relative or neighbour who has a long term illness or disability can be rewarding, but can also take a huge toll on the person responsible, and **can affect physical and mental wellbeing**.

Carers often report that they feel **tired, drained of energy and emotionally exhausted**. The result of long term care duties can be feelings of **depression, anxiety and restlessness** along with isolation and a feeling that 'nobody understands'.

If you need to learn simple techniques to help you to manage your emotions in regard to caring then this course is for you.

Step by step, and working at your own pace in a small and supportive group we would like to give you the **tools to develop your resilience, manage your mind-set, minimise stress and take control** in a practical and effective way.

Without a doubt this course could be the turning point. We will support you so that you can learn to **reduce barriers that affect your mental wellbeing**, and develop your confidence and self-belief to enable you to **move forward**.

When: Wednesday, 13:00 - 16:00

New courses due to start: 16/11/2016, 04/01/2017, 08/02/2017, 15/03/2017, 19/04/2017, 24/05/2017, 28/06/2017

Where: NOAH Academy, 20-22 High Town Road, Luton, LU2 0DD

After the course you may also be eligible to take part in a range of follow on activities to support your progress

Interested?

01582 726152 | academy@noahenterprise.org

NOAH Academy, 20-22 High Town Road, Luton LU2 0DD.

Charity Registration Number 1059672

Course information updated 17/10/2016