



Wellbeing Education Network

confidence
progress
learn
hope
positive
recovery
inclusive
autonomy
future
peer
support
develop
resilience





The Wellbeing Education Network (WEN) is a partnership of mental health organisations, who work together to provide wellbeing courses across Northamptonshire.

'After a long few years, I feel I've learnt things to help me cope – things I wouldn't be able to access without this course – some of the coping skills will be with me forever. I know I can get better and deal with what comes a lot more positively'

Introduction to Mindfulness attendee

It has been challenging to speak in front of other people. However, as I realised that they often had similar feelings or experiences, it felt easier. The course has been very interesting and delivered with consideration.

Thank you

Anxiety Management attendee

Wonderfully supportive teacher. The group is so friendly. Often leave feeling very positive. I will recommend without hesitation

Art for Wellbeing attendee

Knitting for Wellbeing

Suitable for anyone wanting to learn or brush up on knitting techniques, whilst boosting wellbeing – knitting is as relaxing as yoga, brings down blood pressure and keeps the mind sharp.

Duration: 4 weeks

Session: 2 hours

Where: Kettering

When: Fridays 1pm

Starts: 10th January

WEA
Adult Learning Within Reach

Introduction to Mindfulness

A practical, informative course which will teach you ways to “listen to yourself” more effectively, allowing you to be more “in the moment” and appreciative of your life. It is suitable for all.

Duration: 8 weeks

Session: 1.5 hours



MENTAL HEALTH
NORTHANTS
COLLABORATION

Where:

W'boro

Corby

Kettering

When:

Tuesdays 10.00am

Tuesdays 1.00pm

Tuesdays 5.30pm

Starts: 10th March

“Men’s Shed”

Giving men the chance to get together to share and learn woodwork skills. Talk shoulder to shoulder, supporting one another's mental health and wellbeing.

Duration: 5 weeks

Session: 3 hours

Where: Wellingborough

When: Mondays 9.00am

Starts: TBC



Art for Wellbeing

An opportunity to enjoy art, to express and explore your individuality whilst having fun. There are no expectations that you will be artistically talented, everyone can achieve on this course.

Duration: 5 weeks

Session: 2 hours

Where: Kettering

When: Tuesdays 1.30pm

Starts: 28th January



MENTAL HEALTH
NORTHANTS
COLLABORATION

New Year- New You

Start 2020 getting to know yourself, to improve your wellbeing. This 2 week course will help you be self-aware. To understand what needs you have and how you feel affects the way you think and behave.

Duration: 2 weeks

Session: 1.5 hours

Where: Kettering

When: Tuesdays 10.00am or 5.30pm

Starts: 4th February



MENTAL HEALTH
NORTHANTS
COLLABORATION

Peer Support

Suitable for people who are managing their mental health. Join with others in a similar situation to yourself, to find and share strategies that work. With the opportunity to explore and access online wellbeing services.

Duration: on going

Session: 1.5 hours

Where: Kettering

When: Fridays 1pm



MENTAL HEALTH
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COLLABORATION

Managing Anxiety

In this course we will help you develop an understanding of your own anxiety and ways to improve your wellbeing in a safe and supportive environment.

Duration: 6 weeks

Session: 2 hours

Where: Corby

When: Tuesdays 10.00am

Starts: 25th February



MENTAL HEALTH
NORTHANTS
COLLABORATION

Digital Skills Drop-In Sessions

It's perfect for those without basic online skills, or for those looking to improve their existing digital knowledge. A chance to learn how to get the most out of online services or anything from sorting out spreadsheets, making your CV look amazing on the computer, spotting fake accounts to organising your emails

Duration: 5 weeks
Session: 1.5 hours



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|----------------|---------------|---------------|----------------|
| Where: | Corby | Kettering | Wellingborough |
| When: | Mondays 1pm | Tuesdays 1pm | Thursdays 1pm |
| Starts: | 24th February | 25th February | 27th February |

Who can attend a course?

If you live in Northamptonshire and you are experiencing a mental health problem or caring for someone who is, then you are welcome to access a WEN course.

Where can I find out more information?

Contact:

Avril Clarke, Wellbeing and Recovery Programme Coordinator
email: wellbeing@teamworktrust.co.uk
Tel: 07903 446402

How do I enrol?

Before attending a course it is important that you attend an enrolment appointment with our course coordinator. At this appointment we will discuss the courses that you might like to attend, and offer any support in choosing courses if you feel that you might like some guidance or support.

Where to find us:

Kettering
Teamwork

1 Stanier Close
Northfield Avenue
Kettering
NN16 9XW

Corby
Teamwork

Unit 0 St Marks Road
St James Industrial
Estate
Corby
NN18 8AN

Wellingborough
Teamwork

38a Oxford Street
Wellingborough
NN8 4JG