

Learning Opportunities for Adults Experiencing Mental Health Difficulties

The learning opportunities listed below are specifically designed for adults whose mental health difficulties prevent them from joining a class by themselves in a college.

Would you like to have the opportunity to regain or improve your self confidence and self esteem in a safe, supportive environment in a community location? You can usually join at any time in the year. Other opportunities will be available throughout the year.

The first step is to contact one of the people listed below and they will talk with you about how we can best help you learn and plan what you would like to do. If you feel unable to make contact yourself ask someone else you trust to make the call for you.

Lynne Cawser 0116 286 6384 (Blaby, Oadby & Wigston and Harborough areas)

Lyn McDermott 01530 265834 (Hinckley, Bosworth and North West Leicestershire areas)

Liz Coates 0116 2670047 (Charnwood and Melton areas)

COURSE NAME	LOCATION	DAY	TIME	NO. WKS	START DATE	COURSE COST	COURSE CODE
Chrysalis Computer Confidence	Leicester Forest East Parish Hall	Thu	13:00-15:00	36	25.09.2008	FREE	BR142A096P
Chrysalis Project	Leicester Forest East Parish Hall	Thu	09:45-11:45	36	25.09.2008	FREE	BR142A098P
Chrysalis Project	Leicester Forest East Parish Hall	Thu	09:45-11:45	36	25.09.2008	FREE	BR142A400P
Chrysalis Project	Leicester Forest East Parish Hall	Thu	09:45-11:45	36	25.09.2008	FREE	BR142A401P
Horizons (Hinckley)	Hinckley John Cleveland Community College	Mon	13:00-15:00	30	22.09.2008	FREE	JC142A111P
Horizons (North West Leicestershire)	Coalville Resource Centre	Wed	10:00-12:00	30	24.09.2008	FREE	IB142A072P
Learning in Shepshed	Shepshed Community Centre	Tue	10:00-12:00	36	23.09.2008	FREE	QR142A136P
Loughborough Moira project	Moira Centre	Thu	10:00-12:00	30	25.09.2008	FREE	LB142A446P
The Outlook Project	Market Harborough Evangelical Church	Wed	12:45-14:45	36	24.09.2008	FREE	WP142A198P
The Outlook Project	Market Harborough Evangelical Church	Wed	12:45-14:45	36	24.09.2008	FREE	WP142A389P
Shelthorpe Project	Shelthorpe Community Centre	Mon	10:00-12:00	30	22.09.2008	FREE	QR142A457P

Short courses on Confidence Building, Introduction to Volunteering, Making the Most of Your Skills and Preparation for Work held throughout the year. Please contact us for further information.

We will encourage you to recognise your achievements and progress at your own pace.

We will support you to move on to other opportunities in learning, in the community or into employment - paid or voluntary.