

## Course / Group title: Brightside Project

### Description of the course (including the number of sessions)

The Brightside project will use supported learning opportunities to help people across Derbyshire to manage their mild to moderate Mental Health difficulties. It is currently a yearlong project with a variety of practical skills delivered in an Adult Education setting. It will provide short practical courses and activities designed to develop skills in confidence building, relaxation and positive decision making.

### Dates & times

There are a variety of short courses running at different times during the term time. Please contact us below for more information.

### Venue

Adult Education Venue. Recently the sessions have been based in Fairfield and New Mills Adult Education venues.

### Benefits of attending the course

- Opportunities for individuals to attend short course which may include:  
Exploring an outdoor activity, creative expression, Mindful and healthy food, feeling good and rested
- Develop your confidence about what you learn
- Opportunities to progress your skills to further learning, social activities and other community activities
- Have fun learning new skills

### Available to :

Any person in Derbyshire who is experiencing mild to moderate mental health difficulties and feel they would benefit from a short skills based course and in particular:

- Young Adults (19-24)
- Men of all ages
- Older people (65+)
- Carers of Older people and people with disabilities.

### How to book a place:

For more information contact: 01629 536569

[brightside@derbyshire.gov.uk](mailto:brightside@derbyshire.gov.uk)

Or discuss with your mental health worker

To be included in which section : Keeping Well



@derbyshcft



DHCFT

[www.derbyshirehealthcareft.nhs.uk](http://www.derbyshirehealthcareft.nhs.uk)

