

These **FREE** courses are available for anyone experiencing mental health difficulties, or emotional or psychological distress. One in four of us go through this at some time in our lives. People can join Bright Side as an individual or through a support group.

The Bright Side courses are normally 12 hours long, spread over several weeks. They deliver a rich variety of practical and hands on skills, such as outdoor and creative activities, cookery and relaxation, all in a friendly setting.

Each programme will be adapted to the interests of each group and can offer a stepping stone onto other activities.

People with understanding and experience of mental health issues have helped us to develop Bright Side courses because they know how learning new skills can help. Additional support will be provided to help people to join in, enjoy themselves and move on.



**Bright Side in Bolsover…**

**Healthy Takeaways**

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Start Date | Venue |
| Friday | 09:30-11:30 | 14th September  | Bolsover |

**Book Folding and Paper Crafts**

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Start Date | Venue |
| Wednesday | 12:30-14:30 | 12th September  | Bolsover |

**Jewellery Making…Upcycling and Recycling**

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Start Date | Venue |
| Wednesday | 12:30-14:30 | 7th November  | Bolsover |

Bolsover Adult Education Centre (01629) 537912

Bolsover.ace@derbyshire.gov.uk

**Hunloke…**

**Art for All**

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Start Date | Venue |
| Tuesday | 13:00-15:00 | 11th September | Hunloke |

Hunloke Adult Education Centre (01629) 535002

Hunloke.ace@derbyshire.gov.uk

**Clay Cross…**

**Healthy Takeaways**

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Start Date | Venue |
| Monday | 10:00-12:00 | 10th September | Clay Cross |

**Pottery**

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Time | Start Date | Venue |
| Friday | 12:30-14:30 | 14th September | Clay Cross |

Clay Cross Adult Education Centre (01629) 537108

Claycross.ace@derbyshire.ace.uk

**Please call or email centres to book your place**