



## Bookings open now for our Brightside courses starting in January 2023

One in four of us experience mental health problems at some time in our lives. Brightside courses are designed for anyone experiencing mental health difficulties or emotional stress, e.g. suffering from anxiety, depression emotional or psychological, stress or isolation, low confidence and/or self-esteem.

**Are you feeling in need of something creative to support your mental health?**

**The courses below offer a friendly and informal environment to escape and focus on something different while giving your brain a break from your worries.**

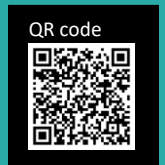
### Bolsover Adult Community Education Centre

#### Brightside - Cooking on a budget

Are you the effects of the cost of living crisis getting you down? Do you feel isolated or socially detached? Are you looking for new ideas to save money on food shopping without the brain work? Come and join us for cost effective, simple cooking sessions in a relaxed and friendly environment.

**Starts Monday 9 January, 2 hours a week for 6 weeks, 10am to 12noon.**

For more information and/or to book a place scan the QR code with your mobile phone.

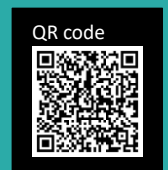


#### Brightside - Introduction to Digital Photography

Discover how photography can support mental wellbeing in a creative and collaborative environment.

**Starts Wednesday 11 January, 2 hours a week for 6 weeks, 1pm to 3pm.**

For more information and/or to book a place scan the QR code with your mobile phone.



If you need help booking onto one of the above courses at Bolsover email [bolsover.ace@derbyshire.gov.uk](mailto:bolsover.ace@derbyshire.gov.uk) or phone 01629537912

### Clay Cross Adult Community Education Centre

#### Brightside – Junk journaling

Would you like to learn how to make a journal? Junk journaling has become really popular in recent years. It is a way of exploring your own creativity and making themed journals that you can use for a range of things – photos, mementos, images, sketches, affirmations, poetry... the list is endless!

**Starts Tuesday 10 January, 2 hours a week for 6 weeks, 10am to 12noon**

For more information and/or to book a place scan the QR code with your mobile phone.

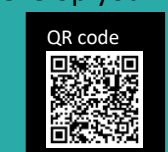


#### Brightside – Pottery

Explore using creativity to support your mental health. In this course you will have the chance to develop your skills working with clay whilst finding a calm place to nurture your mind.

**Starts Thursday 12 January, 2 hours a week for 6 weeks, 12.45pm to 2.45pm**

For more information and/or to book a place scan the QR code with your mobile phone.



If you need help booking onto one of the above courses for Clay Cross email [claycross.ace@derbyshire.gov.uk](mailto:claycross.ace@derbyshire.gov.uk) or phone 01629537108

