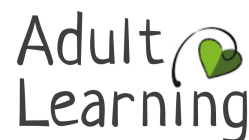


# Adult Learning - Course Information Sheet



## UKN2LA06 - Learn2 Reduce Restlessness

### Kingswood Neighbourhood Centre

Alberta Close

Corby

Northants

NN18 9HU

Room

Start Date: 02 July 2019

End Date: 02 July 2019

Start Time: 13:00

End Time: 15:00

Day: Tuesday

Weeks: 1

Tutor: Ms Marianne Martin

### Course description

Learn2b courses are free of charge to anyone who lives with (or has experienced) a mental health disorder. Diagnosis is not essential. Tutors, who are selected specifically because of their own experiences of mental health illness will support you through a variety of teaching and learning in a safe and welcoming environment. All tutors are qualified in subject matter and passionate about the principles of Learn2b. Feelings of restlessness and anxiety are the mind and body's way of putting you on alert and keeping you safe. However, when these feelings persist over time, it can be tiring and overwhelming. This course will introduce you to a number of techniques that can help you to manage these feelings and take back control.

### Course Outcomes

1. Identify and practice techniques to help reduce feelings of restlessness and anxiety

### How will the course be taught?

This course will consist of tutor-led discussion and practical input by learners.

### What do I need to bring?

A pen and notebook may be useful if you would like to make notes. You should bring reading glasses if you require them as there will be a little bit of paperwork to complete.

### Taking the first steps and staying safe

Please let us know if there is anything we can do to help and support you on this course. We understand that trying new things and meeting new people can be daunting. You can trust your tutor to make you feel really welcome, but we can also provide further support if this is your first time attending. One of the Learn2b team can meet you, help you settle in and assist you throughout the session. We want you to relax and gain as much as possible from our courses, we will go out of our way to ensure this happens.

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day.

For information on how to keep safe online go to Internet Safety for Adults and Take Five a national awareness campaign at [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/>. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

### Further Support or Next Steps

You will find out about further learning opportunities and careers advice and guidance as appropriate through this course. If you feel you need any further support to attend our courses please speak to your tutor or contact the Learn2b team by email at [Learn2b@firstforwellbeing.co.uk](mailto:Learn2b@firstforwellbeing.co.uk) or by phone on 01604 368023.

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**

