



Northamptonshire  
County Council

# Learn2b

SUMMER PROGRAMME 2019

June - July

[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)

[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)

01604 368023

## CONTENTS

<b>What is Learn2b?</b>	<b>2</b>
<b>Corby</b>	<b>3</b>
<b>Daventry</b>	<b>4</b>
<b>East Northants- Brigstock, Raunds &amp; Rushden</b>	<b>5 - 6</b>
<b>Kettering</b>	<b>7</b>
<b>Northampton</b>	<b>8 - 9</b>
<b>Towcester</b>	<b>10</b>
<b>Wellingborough</b>	<b>11 - 12</b>

## What is Learn2b?

*“Promoting positive mental health for all”*

Learn2b is a service which delivers free courses that aim to help learners improve their mental health and emotional wellbeing. Although many of our learners have been diagnosed with a mental health condition, many have not.

We understand that all of us can experience mental ill health at any point in our lives. During these times it can be hard to relax, things that had seemed easy before can become more difficult and we may find ourselves struggling to go about our everyday lives.

Our tutors have been selected specifically because of their own experiences of mental ill health, they are qualified in their subject matter and passionate about the principles of Learn2b. All of our staff work hard to provide a safe, welcoming environment that will help you to relax, unwind and recharge.

We can offer a wide range of support to help you attend our courses. If you would like to find out more about this support, or would like some guidance to help you find the right courses for you, please get in touch with us.

### Disclaimer

Please be aware that our courses are subject to changes and cancellations, sometimes at short notice.

**For further information and to enrol:**  
[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)  
**01604 368023**  
[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)

## Corby

Course: UKN5LA02 - **Advanced Mindfulness**

Venue: Kingswood Neighbourhood Centre

Time: 10:00 to 12:00

Dates: Every Friday from 14/06/2019 to 19/07/2019 (6 sessions)

Course: UKN2LA04 - **Learn2 Make A Reed Diffuser**

Venue: Kingswood Neighbourhood Centre

Time: 11:00 to 16:00

Dates: Tuesday 18/06/2019 (1 session)

Course: UKN2LA05 - **The Benefits of the Mind's Nose**

Venue: Kingswood Neighbourhood Centre

Time: 10:00 to 12:00

Dates: Every Tuesday from 02/07/2019 to 16/07/2019 (3 sessions)

Course: UKN2LA06 - **Learn2 Reduce Restlessness**

Venue: Kingswood Neighbourhood Centre

Time: 13:00 to 15:00

Dates: Tuesday 02/07/2019 (1 session)

Course: UKN2LA07 – **Learn2 Clear your Clutter**

Venue: Kingswood Neighbourhood Centre

Time: 13:00 to 15:00

Dates: Tuesday 09/07/2019 (1 session)

Course: UKN2LA08 - **Learn2 Meditate Using Colour**

Venue: Kingswood Neighbourhood Centre

Time: 13:00 to 15:00

Dates: Tuesday 16/07/2019 (1 session)

**For further information and to enrol:**

**[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)**

**01604 368023**

**[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)**

## Daventry

Course: UDM6LA04 - **Introduction to Mindfulness**

Venue: Daventry Methodist Church Rooms, Daventry

Time: 14:00 to 16:00

Dates: Every Saturday from 08/06/2019 to 15/06/2019 (2 sessions)

Course: UDM2LA02 - **Crazy Patchwork**

Venue: Daventry Methodist Church Rooms, Daventry

Time: 18:00 to 20:00

Dates: Every Tuesday from 18/06/2019 to 02/07/2019 (3 sessions)

Course: UDM6LA03 - **Challenging Ways of Thinking with NLP**

Venue: Daventry Methodist Church Rooms, Daventry

Time: 10:30 to 14:30

Dates: Saturday 29/06/2019 (1 session)

For further information and to enrol:  
[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)  
01604 368023  
[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)

## East Northants- Brigstock, Raunds & Rushden

Course: USQ2LA01 - **Introduction to Meditation**

Venue: Saxon Hall, Raunds

Time: 10:00 to 12:00

Dates: Every Tuesday from 04/06/2019 to 25/06/2019 (4 sessions)

Course: URH5LA01 - **5 Ways to Manage your Wellbeing**

Venue: Rushden Hall, Rushden

Time: 13:00 to 16:00

Dates: Friday 07/06/2019 (1 session)

Course: USQ6LA02 - **Challenging Ways of thinking with NLP**

Venue: Saxon Hall, Raunds

Time: 10:30 to 14:30

Dates: Saturday 08/06/2019 (1 session)

Course: UVB6LA03 - **Introduction to Art Journaling**

Venue: Brigstock Village Hall

Time: 10:30 to 14:30

Dates: Every Saturday from 08/06/2019 to 15/06/2019 (2 sessions)

Course: URH1LA01 - **Cupcake Flower Arrangement Workshop**

Venue: Rushden Hall, Rushden

Time: 13:00 to 16:00

Dates: Monday 17/06/2019 (1 session)

Course: UVB1LA01 - **Cup Cake Flower Arrangement Workshop**

Venue: Brigstock Village Hall

Time: 13:00 to 16:00

Dates: Monday 24/06/2019 (1 session)

**For further information and to enrol:**

**[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)**

**01604 368023**

**[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)**

Course: UVB7CA01 - **My Life in Words and Pictures**

Venue: Brigstock Village Hall

Time: 10:30 to 15:30

Dates: Sunday 14/07/2019 (1 session)

Course: UVB6LA06 - **Wellbeing Crafternoon**

Venue: Brigstock Village Hall

Time: 10:30 to 15:30

Dates: Saturday 20/07/2019 (1 session)

For further information and to enrol:  
[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)  
01604 368023  
[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)

## Kettering

Course: UCM2LA02 - **Crazy Patchwork**

Venue: Corn Market Hall

Time: 13:00 to 15:00

Dates: Every Tuesday from 11/06/2019 to 16/07/2019 (6 sessions)

Course: UCM3LA02 - **Mindfulness for Beginners**

Venue: Corn Market Hall

Time: 10:30 to 12:30

Dates: Every Wednesday from 05/06/2019 to 10/07/2019 (6 sessions)

Course: UCM1LA02 - **Singing For Wellbeing**

Venue: Corn Market Hall

Time: 10:00 to 12:00

Dates: Every Monday from 10/06/2019 to 15/07/2019 (6 sessions)

Course: UCM3LA04 - **Living with Long Term Health Conditions**

Venue: Corn Market Hall

Time: 13:30 to 15:30

Dates: Every Wednesday from 12/06/2019 to 17/07/2019 (6 sessions)

Course: UCM5LA03 - **The Power of Gratitude**

Venue: Corn Market Hall

Time: 10:00 to 12:00

Dates: Every Friday from 28/06/2019 to 19/07/2019 (4 sessions)

Course: UCM5LA04 - **Magic of Collage**

Venue: Corn Market Hall

Time: 13:00 to 16:00

Dates: Every Friday 28/06/2019 to 19/07/2019 (4 sessions)

**For further information and to enrol:**

[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)

**01604 368023**

[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)



## Northampton

Course: XLJ901WZ- **Plot 42- Allotment Project**

Venue: Moulton Community Centre (from 11:00 – 12:30) / Moulton Allotments (from 13:00 – 16:00) Time: 11:00 to 16:00

Dates: Every Friday from 03/05/2019 to 19/07/2019 (No session on 31/05)

Course: UFC3LA01- **Sing for Fun**

Venue: Delapre Community Rooms Time: 10:00 to 12:00

Dates: Every Wednesday from 05/06/2019 to 17/07/2019 (7 sessions)

Course: UKO3LA01 - **Sleep & Recovery**

Venue: Kingsthorpe Baptist Church Time: 10:00 to 12:00

Dates: Every Wednesday from 05/06/2019 to 12/06/2019 (2 sessions)

Course: UFC3LA03 - **Singing for Wellbeing Taster Session**

Venue: Far Cotton Recreation Centre Time: 13:00 to 15:00

Dates: Wednesday 05/06/2019 (1 session)

Course: UHH4LA03 - **Mindfulness for Beginners**

Venue: Hardingstone Village Hall Time: 11:00 to 13:00

Dates: Every Thursday from 06/06/2019 to 11/07/2019 (6 sessions)

Course: UMU2LA02 - **Menopause and Mental Wellbeing**

Venue: Moulton Community Centre Time: 14:00 to 16:00

Dates: Every Tuesday from 11/06/2019 to 16/07/2019 (6 sessions)

**For further information and to enrol:**

**[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)**

**01604 368023**

**[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)**

Course: UFC3LA04 - **The Magic of Collage**

Venue: Far Cotton Recreation Centre

Time: 13:00 to 15:00

Dates: Every Wednesday from 12/06/2019 to 10/07/2019 (5 sessions)

Course: UMU7LA05 - **Beginners Crochet for Wellbeing**

Venue: Moulton Community Centre

Time: 11:00 to 13:00

Dates: Every Sunday from 16/06/2019 to 21/07/2019 (6 sessions)

Course: UMU7LA06 - **Crazy Patchwork**

Venue: Moulton Community Centre

Time: 13:30 to 15:30

Dates: Every Sunday from 16/06/2019 to 21/07/2019 (6 sessions)

Course: UKO3LA04 - **Body Balance, Flexibility and Stretching**

Venue: Kingsthorpe Baptist Church

Time: 10:00 to 12:00

Dates: Every Wednesday from 19/06/2019 to 17/07/2019 (5 sessions)

Course: UKO3LA05 - **Learn2b Fit - Circuits**

Venue: Kingsthorpe Baptist Church

Time: 13:00 to 15:00

Dates: Every Wednesday from 19/06/2019 to 17/07/2019 (5 sessions)

Course: UHH6LA02 - **Relax with Art**

Venue: Hardingstone Village Hall

Time: 14:00 to 16:00

Dates: Every Saturday from 22/06/2019 to 29/06/2019 (2 sessions)

Course: UMU7LA04 - **Mindful Moments**

Venue: Moulton Community Centre

Time: 11:00 to 15:30

Dates: Sunday 14/07/2019 (1 session)

**For further information and to enrol:**

**[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)**

**01604 368023**

**[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)**

## Towcester

Course: UTF1LA01 - **5 Ways to Manage your Wellbeing**

Venue: The Forum, Towcester

Time: 10:00 to 13:00

Dates: Monday 03/06/2019 (1 session)

Course: UTF6LA04 - **Beginners Crochet for Wellbeing**

Venue: The Forum, Towcester

Time: 14:00 to 16:00

Dates: Every Saturday from 08/06/2019 to 13/07/2019 (6 sessions)

Course: UTF1LA02 - **Learn2 Reduce Restlessness**

Venue: The Forum, Towcester

Time: 10:00 to 12:00

Dates: Monday 10/06/2019 (1 session)

Course: UTF1LA03 - **Learn2 Clear your Clutter**

Venue: The Forum, Towcester

Time: 13:00 to 15:00

Dates: Monday 10/06/2019 (1 session)

For further information and to enrol:  
[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)  
01604 368023  
[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)

## Wellingborough

Course: UWL6LA03 - **My Life in Words and Pictures**

Venue: Wellingborough Library

Time: 10:00 to 16:00

Dates: Saturday 01/06/2019 (1 session)

Course: UVC1LA03 - **Yoga**

Venue: Victoria Centre

Time: 10:30 to 12:30

Dates: Every Monday from 03/06/2019 to 24/06/2019 (4 sessions)

Course: UWM5LA01- **Glass Painting Workshop**

Venue: Wellingborough Museum

Time: 10:00 to 16:00

Dates: Friday 07/06/2019 (1 session)

Course: UWL1LA02 - **Cupcake Flower Arrangement Workshop**

Venue: Wellingborough Library

Time: 13:00 to 16:00

Dates: Monday 10/06/2019 (1 session)

Course: UVC5LA02 - **Apply Yourself with Applique**

Venue: Victoria Centre

Time: 10:00 to 12:00

Dates: Every Friday from 14/06/2019 to 19/07/2019 (6 sessions)

Course: UVC5LA03 - **Crazy Patchwork**

Venue: Victoria Centre

Time: 13:00 to 15:00

Dates: Every Friday from 14/06/2019 to 19/07/2019 (6 sessions)

**For further information and to enrol:**

**[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)**

**01604 368023**

**[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)**

Course: UWL5LA02 - **Advanced Mindfulness**

Venue: Wellingborough Library

Time: 14:00 to 16:00

Dates: Every Friday from 14/06/2019 to 19/07/2019 (6 sessions)

Course: UWL6LA04 - **Introduction to Art Journaling**

Venue: Wellingborough Library

Time: 10:00 to 13:00

Dates: Every Saturday from 06/07/2019 to 20/07/2019 (3 sessions)

#### **Disclaimer**

Please be aware that our courses are subject to changes and cancellations, sometimes at short notice.

**For further information and to enrol:**  
[Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)  
**01604 368023**  
[www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b)