



# New Leaf College @ Letchworth

To enrol [www.newleafcollege.co.uk](http://www.newleafcollege.co.uk) or 01442 864966

<b>Letchworth</b>	<b>Letchworth Centre for Healthy Living, Hitchin Road, Letchworth, SG6 3NA</b>
<b>Tuesday 21st, 28th November 1.30-4.30pm</b>	<p><b>Caring for Someone with a Long Term Illness or Disability</b></p> <p><b>6 hours over 2 sessions</b></p> <p>Caring can cover lots of aspects. Supporting someone with a long term illness or disability can be emotionally and physically tiring. This course looks at your emotional wellbeing, the changes in your relationship with the person you care for and offers an understanding of the various policies that aim to support carers.</p>
<b>Thursday 2nd, 9th, 16th &amp; 23rd November 1.30-4.30pm</b>	<p><b>Coping with pressures of daily living</b></p> <p><b>12 hours over 4 sessions</b></p> <p>Have you even wondered what '<i>resilience</i>' means? This course you will help you review your ability to cope under pressure and how it can be used to 'right yourself'. You will identify what has worked for you in the past and think about new ways to improve your psychological strength to cope with stress and hardship.</p>
<b>Monday 4th December 10am-1pm</b>	<p><b>Learning for Wellbeing</b></p> <p><b>3 hours over 1 session</b></p> <p>This <b>NEW</b> course helps you to see how you can improve your wellbeing; whether it's your happiness, self-esteem or your lifestyle choices. Through understanding the importance of learning and wellbeing for your physical and mental health, you will be able to apply these key aspects to your everyday life.</p>
<b>Tuesday 5th, 12th December 1.30-4.30pm</b>	<p><b>Life Skills</b></p> <p><b>6 hours over 2 session</b></p> <p>Do you sometimes feel you lack confidence or the skill to take control of your life? This course helps you to reflect on your own situation and celebrates self-esteem as a foundation to understand the importance of positive self-discipline, finance planning, time management and personal boundaries</p>
<b>Monday 4th December 1.30-4.30pm</b>	<p><b>Living With a Long-Term Physical Health Need</b></p> <p><b>3 hours over 1 session</b></p> <p>This course provides you with an understanding of how living with a long term physical health need may impact on your emotional wellbeing. During this course you will learn about the effect physical symptoms can have on your life. It will help you develop your skills and confidence to support managing your wellbeing.</p>
<b>Tuesday 14th November 1.30-4.30pm</b>	<p><b>Sleeping Well</b></p> <p><b>3 hours over 1 session</b></p> <p>Good quality sleep is crucial for living a healthy lifestyle. This course looks at the different stages of sleep and the physiological and psychological benefits sleep has on how you function. You will explore how small steps in your everyday routines can help you get a better night's sleep to keep you healthy.</p>
<b>Thursday 30th No- vember &amp; 7th, 14th December 1.30-4.30pm</b>	<p><b>Understanding Self-Management</b></p> <p><b>9 hours over 3 sessions</b></p> <p>This course gives you an opportunity to gain knowledge and skills for good health and wellbeing. You'll be supported to set goals, recognise your strengths and make positive changes. By helping you to review what you might do when things are challenging you'll learn how you can gain control.</p>
<b>Wednesday 29th November 7-10pm</b>	<p><b>Using Creativity for Wellbeing</b></p> <p><b>3 hours over 1 session</b></p> <p>Do you think you aren't creative? Come and see how creative thinking improves your wellbeing and problem solving abilities. This short course looks at creativity and what it may mean to you and provides creative exercises to improve your wellbeing.</p>