

**FREE
COURSES**


BRIGHT SIDE

**Taking steps towards feeling
positive through learning
new skills**



**Supporting mental health through learning something
new. Develop confidence in a friendly environment.**

Learn locally with Derbyshire County Council's
Adult Community Education Service
www.derbyshire.gov.uk/adulteducation

 **DERBYSHIRE**
County Council
Improving life for local people

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 are helping us to design the Bright Side project 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

For more information about
this exciting new project,
please contact

brightside@derbyshire.gov.uk
01629 536569

To get a copy in a community language, on audio tape or in large print, please call **01629 536569** or visit **www.derbyshire.gov.uk/adulteducation**

The details contained in this brochure are correct at the time of going to print. However we may have to make changes, giving advance notice wherever possible.