

WELLBEING PROJECT

Wellbeing through Learning

Are you experiencing stress, low mood or difficulty sleeping?



We can offer you a free short course as a part of our research project

020 8439 8943
wellbeing@racc.ac.uk
www.racc.ac.uk/wellbeing
Parkshot, Richmond, TW9 2RE

What is the Wellbeing Project?

The Wellbeing Project is a research project offering free short courses to help improve your wellbeing through learning.

Who is the Wellbeing Project for?

Adults who are experiencing stress, low mood, social isolation or going through life transitions such as redundancy, retirement, parenthood and would like to feel stronger and more positive.

What do we expect from you?

In order to take part in a course we will ask you to complete Mood and Wellbeing questionnaires at regular intervals.

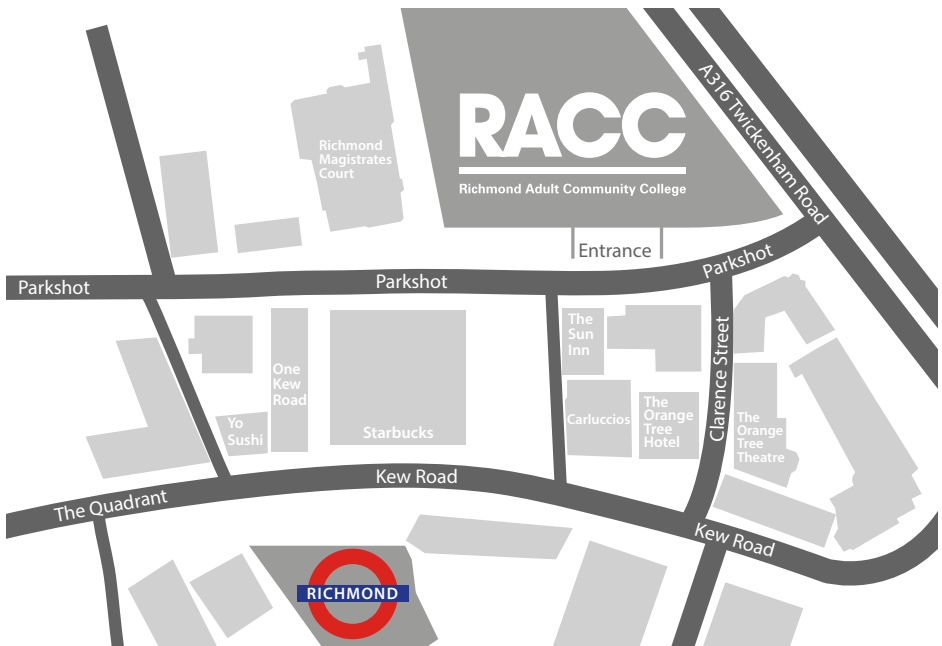
Want to find out more or join one of our free courses?

Just contact us for an appointment to meet a Learning Advisor.

020 8439 8943 | wellbeing@racc.ac.uk | www.racc.ac.uk/wellbeing

Our Location:

We are easily accessible by rail, road or bus and just a two minute walk from Richmond Station.



Wellbeing Research Project Courses:

| Course Day | Time | Start Date | Duration | Course Code Cost |
|--|---------------|------------|----------|---------------------|
| 5 Ways to Wellbeing 🔗 S00918 | | | | |
| Fri | 14:00 - 17:00 | 28/04/17 | 5 wks | Free |
| Beginners Acting - Build your Confidence 🔗 C01917 | | | | |
| Tue | 16:00 - 18:30 | 06/06/17 | 5 wks | Free |
| Ceramics for Wellbeing 🔗 C01453 | | | | |
| Mon | 15:15 - 18:15 | 05/06/17 | 5 wks | Free |
| Connecting with Nature for Wellbeing 🔗 C01941 | | | | |
| Thu | 14:30 - 17:00 | 20/04/17 | 6 wks | Free |
| Djembe Drumming for Wellbeing 🔗 C01463 | | | | |
| Tue | 16:00 - 18:30 | 18/04/17 | 6 wks | Free |
| Fitness and Wellbeing for Men 🔗 S01004 | | | | |
| Thu | 19:00 - 21:30 | 08/06/17 | 5 wks | Free |
| Fitness and Wellbeing for Women 🔗 S01003 | | | | |
| Thu | 19:00 - 21:30 | 08/06/17 | 5 wks | Free |
| Improving your Assertiveness 🔗 S00972 | | | | |
| Mon | 18:30 - 21:30 | 19/06/17 | 5 wks | Free |
| Jewellery Making for Wellbeing 🔗 C01259 | | | | |
| Tue | 16:00 - 18:30 | 09/05/17 | 6 wks | Free |
| Managing Stress 🔗 S00430 | | | | |
| Mon | 18:30 - 21:30 | 24/04/17 | 5 wks | Free |
| Meditative Drawing for Wellbeing 🔗 C01973 | | | | |
| Thu | 10:00 - 13:00 | 08/06/17 | 5 wks | Free |
| Photography for Wellbeing 🔗 C01480 | | | | |
| Fri | 13:30 - 16:30 | 21/04/17 | 5 wks | Free |
| Speak Up - Build your Self Confidence and Communication 🔗 B01073 | | | | |
| Tue | 10:00 - 12:30 | 25/04/17 | 6 wks | Free |
| Yoga for Wellbeing 🔗 S00983 | | | | |
| Mon | 12:30 - 15:00 | 08/05/17 | 6 wks | Free |

The Five Ways to Wellbeing



Stay connected

Connect with the people around you; make new friends at the college and spend time developing these relationships.

Keep learning

Learning new skills through the Wellbeing Project can give you a sense of achievement and make you feel more confident.



Be active

You don't have to go to the gym. You can take a walk, join a dance or tai chi class. Find an activity that you enjoy on one of our courses.

Take notice

Taking notice of the present moment can positively change the way you feel about life and how you approach challenges.



Give to others

Even the smallest act can count; whether it's a smile, a thank you or a kind word, giving back can improve your mental wellbeing and help you build new social networks.