Emotional Well-being and Mental Health

Think Well, Live Well
8 weeks
Everyone can be prone to mental health and emotional well-being issues, regardless of our circumstances and backgrounds and sometimes, we can’t help what life throws at us. But what we can do is choose how we respond and react, and develop our skills and knowledge to gain control of our thoughts and actions to cope on an everyday basis more positively. Topics include:

Motivation and Positive Thinking
Learn strategies for taking control and dealing with negativity as well as how to motivate yourself.

Assertiveness
Explore how to have the confidence to make decisions that are right for you as well as learning how to put your opinion across constructively.

Communication and Conflict Resolution
Explore how you react to certain situations, look at how to change your behaviour in helping to deal with conflicts and disagreements.

Dealing with Stress
Learn strategies that help to tackle anxious feelings and how to prepare for stressful situations.

Date: Tues 27th Feb – Tues 24th April 10am – 12pm

Blyth Resource and Initiative Centre
Blyth Community Enterprise Centre
Room 118
Ridley Street
Blyth
Northumberland
NE24 3AG
Registered Charity No: 1171347

Tel: 01670 542845
Email: education@bricblyth.org.uk
New Courses starting for 2018

……..Get in touch to book your place now!
(All courses are free unless otherwise stated)

Computer Courses and Workshops

Basic IT/ Online Basics (Entry Level)
This course is ideal for anyone with very little experience of computers, with the option to gain a qualification. Topics include:
• Mouse & keyboard control
• Searching online
• Staying safe online
• Emails
• Completing online forms
• Accessing health services online

Tuesdays and Thursdays, 1pm – 3pm for 3 weeks;
Date(s):  Tues 9th Jan – Thurs 25th Jan
       Tues 30th Jan – Thurs 15th Feb
       Tues 13th Mar – Thurs 29th Mar

IT for Job Seekers (Entry Level)
Covers everything from the Basic IT course with more support and focus on Universal Job Match and job searching.
Mondays and Wednesdays, 1pm – 3pm for 3 weeks;
Date(s):  Mon 8th – Wed 24th Jan
       Mon 29th – Wed 14th Feb
       Mon 12th Mar – Wed 28th Mar

Over 50’s Basic IT
A flexible course for anyone over 50, with very little experience of computers. It includes;
• Mouse & keyboard control
• Searching online
• Staying safe online
• Emails
• Accessing health services online

Tuesdays and Thursdays, 1pm – 3pm for 3 weeks;
Date:  Tues 20th – Thurs 8th Mar

Computer Skills for the Office
A great course which covers the skills needed to work in an office environment whether paid or volunteering, covering:
• Word processing
• Desktop Publishing
• Spreadsheets
• Graphs
• Presentations
• Posters
Date(s): Fri 12th Jan – Fr 16th Feb  1pm – 3pm
         Fri 23rd Feb – Fri 23rd Mar  1pm – 3pm

Basic Spreadsheets
Spreadsheets are a practical resource – once you know how they work! Find out where they can be useful in everyday life, how to input text, numbers and use basic formulae to calculate figures.
Mon 19th Feb  1pm - 3pm

Using Email
Learn how to send and receive emails, as well as attaching and opening documents and photos.
Mon 26th Feb  1pm - 3pm

Online Security
Learn how to stop viruses, malware and spyware, identify phishing emails and spam, as well as the damage they can do. Find out how to shop safely online and to recognise safe sites. Explore security settings for social media and how to stay safe online.
Mon 5th Mar  1pm - 3pm

Preparing for Universal Credit
Find out more about the impact of Universal Credit on your circumstances, what the changes are and how you can adapt, as well learning new skills to cope better with the changes.
Date:  Mon 15th Jan – Mon 12th Mar

……..Just for Fun……..

Basic Guitar - £15
Learn the general basics of guitar playing including simple chords and how to tune your guitar. We have a small number of spare guitars which can be allocated on a first-come, first-served basis, so why not give it a go before you commit to buying your own guitar?
Date:  Wed 17th January  1pm – 3pm

Maths and English

Maths Functional Skills
Approx. 12 weeks
Struggling with numbers and want to improve your level of Maths? Learn how to do subtraction, work with money and use things like percentages and fractions. From Entry Level up to Level 2. Gain a nationally recognised qualification!
Date:  Jan 2018 we’re taking bookings now so please register your interest

English Functional Skills
Approx. 12 weeks
Need to improve your everyday English skills? Get support to help you with your reading, writing, spelling, and grammar. This course is ideal for building your confidence whilst gaining a nationally recognised qualification.
Date:  Jan 2018 we’re taking bookings now so please register your interest

Basic English
If you’d like to do an English qualification, but just don’t feel your skills are there yet – then get in touch! We have specialist support to help you learn the skills and knowledge to help you on your journey to gaining qualifications.
Date:  Get in touch for further information

Employment Support

CV Service (free for those on benefits and unemployed)
We have appointments every week for people requiring either a new CV or to update an old one. Slots are available every Friday between 9.30am and 1.30pm so give us a call to book your appointment.

Drop In Service/ Access to Computers
Come along to our drop in service for help with creating and using a new email, how to register and use Universal Job Match, how to job search effectively and how to apply for jobs. You can simply use the computers, with or without support.
Tuesdays and Thursday 9.30 am – 12pm