



FREE Courses in MAY

Health and Social Care & Health and Wellbeing

Coping with Change

Starts Wednesday 12th May 9:30 - 14:30 ends 26th May

This course will support you to develop your skills to reflect and examine your reactions to change and the impact this can have on others. You will explore mechanisms for coping with change and how to help yourself and others in times of change.

Community Learning - People Skills

Starts Friday 14th May 11:00 - 14:00 ends 28th May

This course will help you to develop the knowledge and skills required to work effectively as part of a team.

Supporting Individuals with Loneliness and Isolation

Starts Wednesday 26th May 11:00 - 14:00 ends 9th June

This course is for those who want to learn ways to support individuals living with loneliness and isolation in either a voluntary or employed capacity. You will explore the difference between loneliness and isolation and how this can affect mental health and ways to support individuals overcome these issues.

Please note: This course is not suitable for those who are currently in a state of severe emotional difficulty and/or severe psychological confusion. The course involves experiential elements that will involve some personal disclosure and associated personal developmental activities.

All courses will be delivered online. You will need access to the internet and an email account. You will have access to your teacher on a weekly basis through Teams or Skype, and email as well as the opportunity to contribute to group discussions across the County. You will be given tasks to complete at each session and instructions and online demonstrations will be provided.

For more information and to book online, visit our Health and Social Care courses

<https://ebsontrackprospect.northyorks.gov.uk/page/findcourse>

Call our Adult Learning Team on 01609 536066

Email: adultlearning@northyorks.gov.uk