



**Funded by
UK Government**

Brightside courses September to December 2023

Brightside courses are for anyone experiencing mild to moderate mental health issues e.g. suffering from anxiety, depression emotional or psychological, stress or isolation, low confidence and/or self-esteem.



Clay Cross Adult Community Education Centre

Brightside - Junk journaling - Starts Wednesday 20 September 2023 6.30pm to 8.30pm for 6 weeks

Brightside - Creative art for wellbeing - Starts Wednesday 8 November 2023 6.30pm to 8.30pm

Brightside - Improve your wellbeing through Pottery - Starts Thursday 9 November 2023 1pm to 3pm for 6 weeks

Hunloke Adult Community Education Centre (Chesterfield)

Brightside - Creative Writing - Starts Wednesday 20 September 2023 10am to 12midday for 6 weeks

Brightside – Scrapbooking - Starts Wednesday 8 November 2023 10am to 12 midday for 6 weeks

Brightside - Creative Machine Stitch - Starts Thursday 21 September 10am to 12midday for 6 weeks

Brightside - Mindful Stitch - Starts Thursday 9 November 10am to 12midday for 6 weeks

For more information and/or to book a place scan the QR code below with the camera on your mobile phone.

If you need help booking onto any of the above courses email or telephone

claycross.ace@derbyshire.gov.uk or 01629537108

hunloke.ace@derbyshire.gov.uk or 01629535002

QR code

