

## Express to Destress - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Express to Destress (BLUE DOOR) Ironstone Centre - Wed Morning - Tailored Learning	28/01/2026	11/03/2026	Ironstone Centre	0.00

### Course Description

**THIS COURSE IS ONLY AVAILABLE IF YOU HAVE BEEN REFERRED BY THE BLUE DOOR**

#### **Content & Overview:**

This workshop is an introduction to the 6-week Express to De-Stress course.

The 6-week Express to De-Stress course will help support creativity, mindfulness, building self-confidence, easing anxiety, and fostering community through art, crafting and guided discussions.

Each week will introduce a new theme tied to skill development and reflection, culminating in a shared display of learners' work. It will help to support learners develop positive coping strategies through creative expression and supportive group discussion.

The course will focus on building communication, teamwork, learner independence and the development of personal skills for everyday life, self-expression and confidence through visual art and crafting.

There will be the development of mindfulness and patience throughout the course, discussions around mental well-being along with setting and pursuing personal goals related to creativity and well-being.

#### **Delivery Method:**

Face to face

#### **Suitable for:**

Learners who are struggling with low confidence and resilience and those struggling with social isolation or anxiety.

#### **Entry requirements:**

Referrals from targeted organisations.

#### **Progression route:**

Learners may wish to progress onto further tailored learning courses such as personal development courses including:

Building confidence for life

Coping with change

Developing your positive mindset

Stress Less

#### **DISCLAIMER:**

When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full

address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident. Our dedicated team will be happy to help – just call us on 01724 297146 or contact us on? <https://northlincsadulteducation.co.uk/contact>.