

Express to Destress - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Express to Destress - Ironstone Centre - Wednesday Morning - Tailored Learning	07/10/2026	16/12/2026	Ironstone Centre	0.00

Course Description

THIS COURSE IS ONLY AVAILABLE IF YOU HAVE BEEN REFERRED BY A PARTNER ORGANISATION such as the DWP, Social Prescribing or Citizens Advice.

Content & Overview:

Join our calming and supportive course which uses creative expression to help reduce stress, boost confidence and improve emotional wellbeing. Take some time to focus on your mental health alongside developing your creativity, strengthening transferable skills and helping you feel more prepared for your next steps in learning, work, or life. No artistic skills are required – just turn up with an open mind!

Each week will focus on a creative task, linking to skill development and personal reflection, building self-confidence, easing anxiety and developing positive coping strategies through creative expression and supportive group discussion.

Delivery Method:

Face to face

Suitable for:

Learners who have been referred through a partner agency due to struggles with low confidence, resilience, anxiety or social isolation.

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
- Managing Stress and Anxiety

DISCLAIMER:

You must be 19+ on 31 August 2026 and ordinarily resident in England for the last 3 years. You must also be resident in the Greater Lincolnshire County Council Area (GLCCA) on the first day of learning.

When applying for this course, you must provide evidence to confirm eligibility for funding, this includes proof of ID and proof of address. In addition, we will also require evidence of your income and or benefits, if £26,800 gross

or below.

If you have not attached the evidence to your application, please provide using one of the following methods:

- In person - please bring to the Business Admin office (F09) at Ashby Community Hub
- Email - the evidence to **nlac1.enquiries@northlincs.gov.uk**

The business admin team will contact you if any other eligibility requirements are required, based on your individual application. Please note applying for a course does not mean you are automatically offered a place on the course.

If you need further assistance or have any questions, please contact our dedicated team will be happy to help – just call us on 01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact/>