

**FREE**

Limited  
spaces available



**Free  
Your  
Mind**

Learning for wellbeing

### Do you...

- feel generally happy? Or are you sometimes quite low?
- sleep well? Or suffer from poor or too much sleep?
- feel relaxed? Or often anxious?

### If you answered 'yes' to any of these

join a **Free Your Mind** course with Learn Devon. These free adult-learning courses are part of a government research project looking at ways to improve community mental health and wellbeing.

**TUESDAY afternoons, starting 21st February**  
**At the Daisy Play Centre, Totnes, TQ9 5TZ**

### You are eligible to join if you

- are 19 or over
- have not taken part in any adult learning in the past 12 months
- meet the research criteria, which we will discuss with you, prior to starting

### All courses and workshops will be free. They include:

- Arts and Crafts
- Learning a new language
- Creative Writing
- Textiles

Learn Devon is funded by the Skills Funding Agency and the European Social Fund. Courses are subject to terms and conditions.



Learning for wellbeing

**Interested in joining one of our Free Your Mind courses? Here's how it works:**

First, get in touch via the details below to book a chat with one of our team where you will answer some research questions about your mood and wellbeing.

Your answers will tell us if you are eligible to take part in the research. If you are, you can choose and enrol on one of our Free Your Mind courses.

We will measure your wellbeing before, during and after your course, and will share the results with the Department for Education.

Once your course has finished, you can come to any of our free follow-up sessions to support your mental health.

**Get in touch with Learn Devon by contacting us at South Hams Children's Centre (please note that there will be no crèche facility)**

Daisy Play Centre, Pathfields, Totnes TQ9 5TZ

01803 847626

Email [southhamschildrenscentre@actionforchildren.org.uk](mailto:southhamschildrenscentre@actionforchildren.org.uk)

If you need this information in a different format, phone 0345 155 1014 or email [learndevon@devon.gov.uk](mailto:learndevon@devon.gov.uk)