**COMMUNITY BASED ADULT LEARNING**

**DALKEITH**

Check out what we have on offer this term:

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjntJ_-iLXkAhWGa8AKHf_GAEEQjRx6BAgBEAQ&url=%2Furl%3Fsa%3Di%26rct%3Dj%26q%3D%26esrc%3Ds%26source%3Dimages%26cd%3D%26ved%3D%26url%3Dhttps%253A%252F%252Fwww.improveon.co.uk%252Fwww%252Fbest-leaders-wellbeing-focused%252F%26psig%3DAOvVaw36xanl24dWXjk28SO591--%26ust%3D1567614420284616&psig=AOvVaw36xanl24dWXjk28SO591--&ust=1567614420284616)[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiO6tjQiLXkAhVdRRUIHY9kC6oQjRx6BAgBEAQ&url=https%3A%2F%2Fwww.littlecraftybugs.co.uk%2Fcraft-supplies.html&psig=AOvVaw1FSLmrOSIC6oz1WtUeeO5W&ust=1567614079432705)[](https://www.google.com/imgres?imgurl=https%3A%2F%2Fihbconline.co.uk%2Fnewsachive%2Fwp-content%2Fuploads%2F2019%2F03%2FCo-op_video_050319.png&imgrefurl=https%3A%2F%2Fihbconline.co.uk%2Fnewsachive%2F%3Fp%3D21882&docid=-ouf7dtadpzJoM&tbnid=Iox2UKC07GwZBM%3A&vet=12ahUKEwiN9bSYirXkAhXYPsAKHRPKAFE4ZBAzKAgwCHoECAEQCQ..i&w=300&h=194&safe=strict&bih=906&biw=1280&q=community%20wellbeing&ved=2ahUKEwiN9bSYirXkAhXYPsAKHRPKAFE4ZBAzKAgwCHoECAEQCQ&iact=mrc&uact=8)

For more information about the courses or to find out how to book a place please go to: [www.midlothian.gov.uk](http://www.midlothian.gov.uk)

Or contact us on: Tel: 0131 271 3481

Email: [LLEadultsfamilies@midlothian.gov.uk](http://opentext/OTCSdav/nodes/8286425/mailto%3ALLEadultsfamilies%40midlothian.gov.uk)

Facebook: [facebook.com/LLEMidlothian](http://facebook.com/LLEMidlothian)

Twitter: @LLEadult\_family

**Introduction to Well-being**

This short introductory course will identify what factors can affect our well-being as well as considering techniques which can be of benefit to us.

**Fridays, 9.30-11.30am**

**Starting 25 October 2019**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**

**Craft & Chill**

A relaxed craft programme (papercraft, jewellery-making) to develop skills and confidence in making crafts. This course is for people new to the subject or more experienced.

**Thursdays, 12.30-2.30pm**

**Starting 26 Sept 2019**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**

**Raising Children with Confidence**

Raising Children with Confidence is designed for Parents and Carers and will cover brain development, relationships, listening, behaviour, thoughts and feelings.

**Wednesdays, 9.30-11.30am**

**Starting 25 Sept 2019 for 7 weeks**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**

**Getting to know your community**

Every community is different. This introductory course will use a variety of techniques to explore what is a community and ways of working within a community.

**Tuesdays, 6.30-8.30pm,**

**Starting 24 Sept 2019**

**Aim High Woodburn, 12-14 Woodburn Ave, Dalkeith, EH22 2BP**