



Education & Skills  
Funding Agency



**HEALTH &  
WELLBEING**

## CREATIVELY DIGITAL: MENTAL BENCHES

### COURSE SUMMARY:

The aim of the course is to raise and promote the issue of mental health, to encourage people to talk about and share with others their experiences of mental health. Learners will engage with their local community to carry out a survey, design and commission a bench and place it in a local space.

### ENTRY REQUIREMENTS:

- Aged 19 or over
- Looking to learn something different



**AWARD:**  
Unaccredited

### WHAT WILL YOU DO ON THIS COURSE?

Your tutor will take you through each task step-by-step using a range of interactive teaching and learning activities until you feel able to work confidently at your own pace. You will cover the following topics:

- ✓ **The promotion** of mental health
- ✓ **Getting involved** within your community
- ✓ **Consider what** the community needs to support mental wellbeing
- ✓ **Help create** and design a time to talk bench for the community

### PROGRESSION FROM THIS COURSE:

After completing this course at we encourage learners to enrol on other Creatively Digital courses such as Publications or Videos. If they have particularly enjoyed working on computers then learners may also chose to join a 'Computer Skills for Beginners' course and work towards the Entry Level ICT Functional Skills qualifications.



**REALISE  
FUTURE-S**

Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**