

## Course Information Sheet 2026/27 Foundation Non-Qualification Course

<b>Course title:</b>	<b>Live Well, Live Independently</b>		<b>Code: B201X</b>
<b>Tutor:</b>	Sarah Turnock		
<b>Day &amp; Time:</b>	Tuesday 9.45am-12.00pm		
<b>Start &amp; End Dates:</b>	Term 1 22/09/26-01/12/26	Term 2	Term 3
<b>Number of sessions:</b>	10		
<b>Venue:</b>	Bury Adult Learning Centre		<b>Room No: 10</b>
<b>Learner numbers:</b>	Minimum		Maximum
	8		8
<b>Costs:</b>	Full Fee		Discounted Fee
	£76.50		Free

### What will I learn on this course?

This course is for people who want to feel more confident living on their own at home. You will learn easy ways to look after your wellbeing and feel good in your everyday life.

#### You will explore:

- How healthy eating can boost your mood
- How kindness and positive relationships can help you feel better
- How being active can improve your wellbeing

#### By the end of the course, you will be able to:

- Use an Android tablet to look up ideas for a healthy weekly diet
- Build confidence and self-esteem to overcome everyday challenges
- Improve your wellbeing using the Connect 5 principles. (Connect 5 is a way to help you feel better, cope with stress, and improve your wellbeing using simple, practical ideas).
- Identify ways to stay safe at home
- Take part in a leisure activity that you enjoy

### Additional information

This is a course for those learners who have learning disabilities or learning difficulties, such as, sensory, physical, cognitive impairments or neuro-divergent conditions, who will require additional support to participate in the course activities. There will be a Learning Support Assistant present throughout the duration of this course.

Spaces on this course may be limited if learners require their own personal support assistant to attend the class with them. This is due to room-size restrictions and in accordance with health and safety regulations.

Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact 0161 253 5772 or call into Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ.

### **Joining requirements**

No previous experience is required.

**A pre course interview is required.**

### **What will be expected of me?**

A commitment to learning and regular punctual attendance.

### **What could I do next?**

This will depend on what gaps or barriers you have identified in your life. You will be using different thinking skills to explore what is preventing you from becoming more independent and developing a plan for everyday life.

Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or email [learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk)

### **Can I get extra help?**

Support with English and Maths is available. Please ask for details when you attend your interview.

### **Help with paying for your course**

You may be entitled to a reduced fee for your course if you claim a benefit. Please see the website, course guide or ask at the centre for more details. You will be asked to produce evidence on enrolment.

### **How to enrol**

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

**Please keep your copy of this information sheet. It will be useful throughout your course.**