

Course title:	Introduction to Mindfulness				Code: CMHB225/ CMHB226	
Tutor:	Sharron Walsh					
Day & Time:	Term 2 - Tuesday 1.00-3.00pm Term 2 - Tuesday 3.30-5.30pm					
Start & End Dates:	Term 2 07/01/25-04/02/25		Term 2 04/03/25-01/04/25			
Number of sessions:	5		5			
Venue:	Bury Adult Learning Centre				Room No: 10	
Learner numbers:	Minimum			Maximum		
	6			9		
Costs:	Full Fee			Discounted Fee		
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
		Free			Free	

What will I learn on this course?

This relaxing course will develop your understanding of how to use mindfulness as a tool to support your wellbeing. Bringing Mindfulness into your life can help with negative thoughts, pain and defuse the stress which daily life can cause. Developing Mindfulness techniques can also help when dealing with stressful situations such as job interviews or starting a new job.

During this 5-week course you will learn how to be mindful of your thoughts and what you see, hear and eat. You will also participate in practical mindfulness tasks and experience a range of Mindfulness meditations. Each week will include a Guided Mindfulness Meditation (which will be done sitting down).

By the end of the course, I will be able to:

- Understand the meaning of Mindfulness and how to incorporate it into daily life
 - Understand meditation and breathing techniques.
 - Understand the scientific benefits of mindfulness on the brain, body, health and wellbeing.
 - Understand how to use the senses, mindfully to develop focus.
 - Understand the concept of mindful eating.
 - Understand safe meditation methods and mindful walking.
- Develop techniques to better deal with stressful situations, such as attending a job interview or starting a new job.

Additional information

These courses aim to help people improve their wellbeing and gain the confidence to move into further learning and work, if appropriate. Courses offer a great starting point to develop new skills, gain confidence, improve general wellbeing, or adapt to life changes.

This course may require a pre-course informal meeting. Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact Learner Services on 0161 253 7501 or e-mail at learner.services@bury.gov.uk.

What will I need to provide myself?

Your tutor will discuss materials further at the first class.

Please check that the class is running before buying anything.

What could I do next?

From this course you could progress onto English, maths, IT or another course within our Work & Wellbeing programme to develop further your skills for work. Alternatively, if you wish to pursue a hobby or develop a new skill you could progress onto one of our creative courses.

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 e-mail at learner.services@bury.gov.uk.

Can I get extra help?

Support with English and Maths is available through our Skills for Life section. For more information, please contact Learner Services on 0161 253 7501.

Extra support is available for those learners who have sensory, physical or cognitive impairments, neuro-divergent or with mental health conditions.

Help with paying for your course

You may be entitled to a reduced fee for your course if you claim a benefit. Please refer to the 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.