

## Course Information Sheet 2023/24

### Work & Wellbeing Non-accredited Course

Course title:	Introduction To Mindfulness					Code: CMHB243	
Tutor:	Sharron Walsh						
Day & Time:	Tuesday 6.00pm-8.30pm						
Start & End Dates:	14/11/23 – 12/12/23			Term 2		Term 3	
Number of sessions:	5						
Venue:	Bury Adult Learning Centre					Room No: 12	
Learner numbers:	Minimum				Maximum		
	6				10		
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 very 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

This course is specifically developed for adults who are experiencing mild to moderate mental health conditions such as stress, anxiety, and low mood. The aim of this course is to help improve emotional wellbeing whilst learning something new, meeting people and having fun! The course provides the opportunity to identify and practice ways to cope and

feel better.

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.

Some courses 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](mailto:learner.services@bury.gov.uk).

### **What will I need to provide myself?**

You will need a pen and a small notebook or paper, apart from this you do not need to provide any materials for this course.

**Please check that the class is running before buying anything.**

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

From this course you could progress onto one of our Get Ready for Work courses; Confidence Building & Assertiveness, Goal Setting & Motivation or Build Better Resilience. If you are wanting to progress into work, then our Get That Job course can support you in searching and applying for jobs as well as improving your confidence in preparing for interviews.

You could also 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](mailto: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. Please contact Nikki Naylor on 0161 253 7287.

### **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.**