

Course Information Sheet 2023/24

Work & Wellbeing Non-accredited Course

Course title:	Curry & Chat					Code: CMHB255	
Tutor:	Paul Barton						
Day & Time:	Tuesday 6.30pm-8.30pm						
Start & End Dates:	Term 1		Term 2 19/3/24		Term 3		
Number of sessions:			1				
Venue:	Bury Adult Learning Centre					Room No:1	
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?

The aim of this workshop is to learn how to cook a great curry whilst meeting new people and enjoying good conversation. This workshop is for men only and is an opportunity for learners to raise their awareness of what they can do to maintain positive mental health and start conversations about mental health, as well as finding out what other courses Bury Adult Learning Service has to offer.

- Learn how to prepare and make a curry
- Increase my awareness of how to maintain positive mental health
- Increase my understanding of how to approach/start a conversation about mental health with a friend
- Increase my knowledge of what other learning opportunities are available with Bury Adult Learning Service

Please wear suitable clothing and shoes (no flipflops). If you have long hair, please wear it tied up.

Additional information

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

This workshop and the courses on the Wellbeing Programme 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.

What will I need to provide myself?

Please bring an apron, Tupperware box and a carrier bag so you can take home what you have made.

Please check that the class is running before buying anything.

What could I do next?

From this workshop you could progress on to our Improve Your Mood through Food or Bake Yourself Happy course or another course in our Wellbeing Programme or you could progress onto our Food Safety in Catering Level 2 course. You could also progress into employment or self-employment in the catering industry. You could also progress onto one of our Get Ready for Work courses; Confidence Building & Assertiveness, Goal Setting & Motivation or Build Better Resilience. If you want 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.

From this course 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.

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.