BURY ADULT LEARNING SERVICE
LEARNING FOR LIFE & WORK
LET'S DO IT!

Course Information Sheet 2026/27
Work & Wellbeing Non-Qualification Course

Course title:	**Bake Yourself Happy**			**Code: CMHB402**
Tutor:	Sarah Turnock			
Day & Time:	Thursday 9.30-12.00			
Start & End Dates:	Term 1 05/11/26-03/12/26	Term 2	Term 3	
Number of sessions:	5			
Venue:	Bury Adult Learning Centre		**Room No:1**	
Learner numbers:	Minimum		Maximum	
	7		8	
Costs:	Full Fee		Discounted Fee	
	Free - **£10.00 towards the cost of consumables**		Free - **£10.00 towards the cost of consumables**	

What will I learn on this course?

In this course, you will learn how to bake a range of cakes and savoury dishes to enjoy with family and friends. You'll try different cake flavours and learn how to make fresh pastry. You will then use your pastry to make pies or pasties with a filling of your choice.

This is a fun and creative course where you can relax, enjoy learning with others, and build your confidence in the kitchen.

As this course is close to many faith events, we will make a seasonal cake.

By the end of the course, I will:

- Increase my confidence in baking and produce a variety of sponge cakes.
- Follow baking recipes to create baked products.
- Produce short crust pastry to bake a pasty.
- Learn how to make a fresh quiche from scratch.
- Work with different types of pastry.
- Learn how to prepare a fruit cake to cover with marzipan.
- Learn how to regal ice a fruit cake to create a seasonal cake.
- Decorate your seasonal cake.
- Increase my knowledge of employment or self-employment opportunities within the catering industry.

Additional information

Please inform us of any food allergies, intolerances or any other food details we need to know before you start the course. Anyone who doesn't eat meat products or eats halal will be offered the chance to bring in their own halal, kosher meat or vegetarian substitutes so they can still take part in all cookery classes.

This course aims 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 0161 253 5772 or email at buryadultadmin@bury.gov.uk

Joining requirements

No previous experience is required. However, this course is specifically designed to improve low to moderate mental health conditions.

A pre course interview is required.

What will I need to provide myself?

Please wear suitable clothing and shoes (no flipflops). If you have long hair, please wear it tied up. Bring a container to each session to take your dish home.
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.

You will increase your knowledge of employment or self-employment opportunities within the catering industry. This may be a path you might like to pursue.

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. 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.

Department of Corporate Core Services
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