

Course title:	Improve Your Mood through Food	Code: CMHB405
Tutor:	Sarah Turnock	
Day & Time:	Thursday 09:30am-12:00pm	
Start & End Dates:	Term 1	Term 2 Term 3 04/06/26-02/07/26
Number of sessions:		5
Venue:	Bury Adult Learning Centre	Room No:1
Learner numbers:	Minimum	Maximum
	7	8
Costs:	Full Fee	Discounted Fee
	Free	Free

What will I learn on this course?

Learn how to cook simple, healthy meals which can affect how we feel. You will gain an awareness of how to develop a healthier lifestyle by making healthier food choices. You will also learn about the many opportunities for employment or self-employment within the catering sector.

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

- Be aware of what I am eating and how it can affect my mood.
- Prepare and make healthier meals.
- Increase my knowledge of what healthy options are available in the supermarkets.
- Increase my knowledge of employment opportunities within the catering industry.
- Making food from scratch to improve our health and minds.
- Prepare and make some seasonal dishes.

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

Additional information

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

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.

What will I need to provide myself?

Please bring your own tub and apron to class every week.

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. Extra support is available for those learners who have sensory, physical or cognitive impairments. They may be described as neuro-divergent or have mental health conditions. For more information, please contact Learner Services on 0161 253 7501.

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.