

Course title:	Improve Your Mood through Food			Code: CMHB404/ CMHB405/ CMHB406/ CMHB407		
Tutor:	Sarah Turnock					
Day & Time:	Thursday morning 9:30am – 12:00pm					
Start & End Dates:	Term 1	Term 2 09/01/25-06/02/25 27/02/25-27/03/25		Term 3 24/04/25-22/05/25 05/06/25-03/07/25		
Number of sessions:		5		5		
Venue:	BALC				Room No: 1	
Learner numbers:	Minimum			Maximum		
	6			8		
Costs:	Full Fee			Discounted Fee		
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
		Free	Free		Free	Free

What will I learn on this course?

Learn how to cook simple, healthy meals including looking at the theory behind food and how what we eat can affect how we feel. Gain an awareness of how to develop a healthier lifestyle by making healthier food choices. 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
- Learn how to 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

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

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.

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 there are many wellbeing and Foundation Learning courses that we offer. You could go onto food safety to help you back into employment or try one of our cookery courses to help you on your journey. 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.