

## Course Information Sheet 2025/26

### Work & Wellbeing Non-Qualification Course

<b>Course title:</b>	<b>Bake Yourself Happy</b>		<b>Code: CMHB421</b>
<b>Tutor:</b>	Sarah Turnock		
<b>Day &amp; Time:</b>	Thursday 1:00pm – 3:30pm		
<b>Start &amp; End Dates:</b>	Term 1 6/11/25-4/12/25	Term 2	Term 3
<b>Number of sessions:</b>		5	
<b>Venue:</b>	Bury Adult Learning Centre		<b>Room No:1</b>
<b>Learner numbers:</b>	Minimum	Maximum	
	6	8	
<b>Costs:</b>	Full Fee	Discounted Fee	
	Free	Free	

#### What will I learn on this course?

During this course you will bake a variety of cakes and dishes that you can enjoy with your family and friends. You will produce different cakes with different flavours. You will also learn how to make fresh pastry and turn this into pies or pasties having made the fillings too.

Come and experience how participating in a creative activity with others can be fun and help you relax. Also learn about the many opportunities for employment or self-employment within the catering sector.

As this course is near Easter, we will make some Easter cakes.

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

- Be more confident in baking and produce a variety of sponge cakes.
- Understand and follow baking recipes to create baked products.
- Work with short crust pastry to bake a pasty and make the filling.
- Learn how to make a fresh quiche from scratch.
- Make a chocolate marble sponge cake.
- Learn the technique of how to marble your sponge cake.
- Learn how to work with fresh cream to fill a sponge cake.
- Make Easter cakes.
- Make the cream to the correct consistency.
- Increase my knowledge of employment or self-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**

Please can you 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.

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?**

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

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](mailto: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.**