

<b>Course title:</b>	<b>Bake Yourself Happy</b>			<b>Code: CMHB424 CMHB425 CMHB426 CMHB427</b>		
<b>Tutor:</b>	Sarah Turnock					
<b>Day &amp; Time:</b>	Thursday afternoon 1:00pm – 15:30pm					
<b>Start &amp; End Dates:</b>	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		
<b>Number of sessions:</b>		5		5		
<b>Venue:</b>	BALC			<b>Room No: 1</b>		
<b>Learner numbers:</b>	Minimum			Maximum		
	6			8		
<b>Costs:</b>	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?**

Enjoy this creative course baking a variety of cakes and dishes you can enjoy with your family and friends. You will produce a seasonal cake for a special occasion. Over 5 weeks your tutor will demonstrate how to create decorations suitable for the occasion you chose. The cake will be completed by the end of the course for you to take home. You will also learn how to make a pastry dish.

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.

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

- Be more confident in baking and produce a celebration cake.
- Create decorations using icing products.
- Understand and follow baking recipes to create baked products.
- Work with short crust pastry to bake a pasty and make the filling.
- 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

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.

If appropriate, these courses aim to help people improve their wellbeing and gain the confidence to move into further learning and work. 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. **Please check that the class is running before buying anything.** Your tutor will discuss materials further at the first class.

## What could I do next?

From this course you could progress on to our qualification courses in hospitality and catering and possibly the Food Safety in Catering Level 2 course. You could also progress into employment, volunteering, or self-employment in the catering industry. 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](mailto:learner.services@bury.gov.uk). Your tutor will be able to advise on the options available to you in their subject.

## 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.**

