

Course title:	Self-Care Sanctuary					Code: CMHB428/429/ 430/431
Tutor:	Gill Mesce					
Day & Time:	Thursday 1.00- 3.00 am					
Start & End Dates:	Term 1	Term 2 09/01/25-06/02/25 27/02/25-27/03/25			Term 3 24/04/23-22/05/25 05/06/25-03/07/25	
Number of sessions:		5			5	
Venue:	Bury Adult Learning Centre				Room No:10	
5L5earner numbers:	Minimum			Maximum		
	6			9		
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?

This course introduces you to the importance of self-care practice for living a healthier, happier and more productive life. Learn to make changes, develop and practice an array of holistic self-care actions to apply to a regular self-care routine. Each week you will have the opportunity to explore a different topic that will nurture your self-care and promote good mental health and wellbeing. Topics will be agreed at the first session but could include: aromatherapy, massage, sleep hygiene, building resilience, creating natural home and beauty products, emotional freedom technique, relaxation & meditation, and journaling etc.

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

- Identify what self-care really means and its importance for a healthy productive lifestyle.
- Explore personal barriers to self-care and the impact on health, mental health & wellbeing.
- Create a personal self-care plan with routines to promote & maintain wellness inside and out.
- Develop new self-care actions and techniques from a variety of topics to switch off, relax and re-energise.
- Develop techniques to better deal with stressful situations, such as attending a job interview or starting a new job.

Additional information

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?

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 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.