

Course Information Sheet 2023/24

Work & Wellbeing Non-accredited Course

Course title:	Keep Calm & Budget					Code: CMHB503	
Tutor:	Gill Mesce						
Day & Time:	Friday 9.30am-12.00pm						
Start & End Dates:	Term 1		Term 2		Term 3 14/6/24 – 12/7/24		
Number of sessions:					5		
Venue:	Bury Adult Learning Centre					Room No: 21	
Learner numbers:	Minimum			Maximum			
	6			10			
Costs:	Full Fee			Discounted Fee			
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	
			Free			Free	

What will I learn on this course?

What is your relationship with money like? Does it stress you out? Do you just 'bury your head in the sand'? This course will provide you with some of the skills and tools needed to help take control of your money both practically and emotionally. It will help you learn to plan, take control and identify how you can save money and cope with changing circumstances, such as starting a new job.

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

- Share experiences and strategies of how to better manage money
- Understand the importance of planning and how to develop a budget
- Understand different ways to reduce shopping bills and use a price comparison site to help you save money
- Develop the confidence to deal with changing financial circumstances, such as starting a new job

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?

You will need a pen and a small notebook or paper, apart from this you do not need to provide any materials for this course.

Please check that the class is running before buying anything.

What could I do next?

From this course you could progress onto one of our Get Ready for Work courses; Confidence Building & Assertiveness, Goal Setting & Motivation or Build Better Resilience. If you want to progress into work, then our Get That Job course can support you in searching and applying for jobs as well as improving your confidence in preparing for interviews.

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.

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. Please contact Nikki Naylor on 0161 253 7287.

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.