

Course Information Sheet 2023/24

Work & Wellbeing Non-accredited Course

Course title:	Helping Yourself to Wellbeing					Code: WWB403	
Tutor:	Gill Mesce						
Day & Time:	Thursday 9.30am-12.00pm						
Start & End Dates:	Term 1		Term 2			Term 3 25/4/24 – 23/5/24	
Number of sessions:						5	
Venue:	Bury Adult Learning Centre					Room No:10	
Learner numbers:	Minimum				Maximum		
	6				12		
Costs:	Full Fee				Discounted Fee		
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3	
			£55.00			Free	

What will I learn on this course?

This course has been designed to provide you with the knowledge, skills and tools to improve your health and wellbeing. It will help you find the confidence and motivation you need to set realistic goals for making changes to your lifestyle.

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

- Understand health and the benefits of having a healthy lifestyle.
- Learn how to set realistic and achievable goals for change.
- Explore how to increase confidence, self-esteem and become more assertive.
- Recognise the symptoms of stress and learn basic stress management skills.
- Understand how to use health services appropriately and manage minor ailments.
- Understand how to access reliable sources of information and support.
- Have a basic understanding of dementia

Additional information

This course is free if you are on a relevant benefit and are looking for work or feel this course will help you when looking for work in the future.

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?

A pen and pad will be useful. 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 the RSPH Health Improvement Level 1 Award or one of our Get Ready for Work courses; Confidence & Assertiveness, Goal Setting & Motivation or Building Better Resilience, or you may be interested in our Get That Job course, which will support you in searching and applying for jobs and help prepare you for job interviews.

From this course 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.