

Course title:	Help Yourself to Wellbeing			Code: WWB402/403/404/405		
Tutor:	Gill Mesce					
Day & Time:	Thursday 9.30am-12.00pm					
Start & End Dates:	Term 1	Term 2 09/01/25-06/02/25 27/02/25-27/03/25		Term 3 24/04/25-22/05/25 05/06/25-03/07/24		
Number of sessions:		5		5		
Venue:	Bury Adult Learning Centre				Room No:10	
Learner numbers:	Minimum			Maximum		
	6			9		
Costs:	Full Fee			Discounted Fee		
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
		£58.63	£58.63		Free	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

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.