

Course Information Sheet 2026/27 Work & Wellbeing Non-Qualification Course

Course title:	Help Yourself to Wellbeing		Code: WWB421
Tutor:	Gill Mesce		
Day & Time:	Thursday 1.00pm-3.00pm		
Start & End Dates:	Term 1 24/09/26-22/10/26	Term 2	Term 3
Number of sessions:	5		
Venue:	Bury Adult Learning Service		Room No: 19
Learner numbers:	Minimum		Maximum
			14
Costs:	Full Fee		Discounted Fee
	Free		Free

What will I learn on this course?

This friendly course has been designed to provide you with the knowledge, skills and tools to self-manage 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 aims to help people improve their wellbeing and manage their own health and wellbeing without having to escalate to higher services. You may already be on a waiting list to see someone and decide you no longer require their services. You may even gain the confidence to move into further learning and work, if appropriate. Each learner will be different and treated equally and respectfully.

This course aims 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.

Before you enrol, advice and information is available to help you decide on the right course for you. Contact 0161 253 5772 or email at buryadultadmin@bury.gov.uk

Joining requirements

- No previous experience is needed; however, to make sure you understand verbal and written instructions, you are expected to:
 - have a good understanding of the English language, and
 - If you are an ESOL learner, have at least an Entry 3 qualification or be able to demonstrate proficiency at that level.
- A pre-course interview may be required to ensure this is the right course for you.

What will I need to provide myself?

A notepad and pen.

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. 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.