

# Course Information Sheet



## Course Code and Name: GL0058329 Wealth For Health

**Venue:** CCP Community Pantry  
340 High Street  
Cheltenham  
GL50 3JF

**Start Date:** 09 January 2025  
**End Date:** 13 February 2025  
**Day:** Thursday  
**Time:** 10:00 to 12:00  
**Weeks:** 6

**Course Provider:** Adult Education in Gloucestershire

### Course Summary

Free course for anyone who wants to save money and make better lifestyle choices. During the seven weeks, we will make healthy meals on a budget and identify eating habits, misconceptions and saving tips for healthy eating.

Compare the cost of cooking at home, eating out and delivery services.

Consider shopping habits to share/discuss shopping misconceptions and budget concerns, incorporating and establishing maths skills.

Plan menus for healthy, appetising, and inexpensive meals.

### Eligibility

Are you aged 19 or over? Have you lived in the UK for 3 years or longer? Have you no maths GCSE Grade C / Grade 4 or equivalent?

### How will the course be taught?

Learning will take place in small friendly classes at the CCP Community Pantry. There will be a mixture of individual and group work, with demonstrations and discussion.

### How will I know how well I am doing?

You will follow your own individual learning plan with progress recorded by tutors and yourself.

### Do I need any prior knowledge or qualifications?

No prior knowledge required.

### What do I need to bring?

No information provided

### How do I join the course, or find out more?

Contact : [Multiply@gloucestershire.gov.uk](mailto:Multiply@gloucestershire.gov.uk)

### Cost

Free

### What course can I do next?

Square Roots

### Information and Advice for Progression

Advice will be given on an individual basis throughout the course. Please contact your tutor for information about suitable progression routes

### Health and safety

All of our venues undergo a health and safety audit on a regular basis. The tutor will advise on health and safety guidelines at the beginning of the course, these guidelines will be followed throughout the course.

### Further information

No information provided