

# Course Information Sheet



## Course Code and Name: GL0051590 Colouring For Wellbeing

**Venue:** Gloucester Lending Library  
Brunswick Road  
Gloucester  
GL1 1HT

**Start Date:** 23 January 2019  
**End Date:** 23 January 2019  
**Day:** Wednesday  
**Time:** 12:00 to 13:00  
**Weeks:** 1

**Tutor:** Craig Pryce

**Course Provider:** Adult Education in Gloucestershire

### Course Summary:

In this one off workshop we will explore the different meanings of colours and how to apply them to everyday life. We will then continue to do some mindfull colouring. A chance to relax and be in the moment.

### Eligibility:

Learners must be over 19 on the 1st August of the academic year they start their learning. Note: if not ordinarily resident in UK for 3 years (Please speak to a member of staff to confirm eligibility for funding).

### How will the course be taught?

One off session / workshop.

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

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

### Prior Knowledge:

No prior knowledge required.

### What do I need to bring?

All materials needed will be provided by the tutor.

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

If you are interested, please contact us by telephone 0800 542 1655 or email [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk)

### Cost:

Free to eligible learners.

### What course can I do next?

We can help you decide the best way forward for you. You could progress onto further courses and vocational qualifications.

### 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:

For all enquiries regarding this course please contact 0800 542 1655