

Course Information Sheet



Course Code and Name: GL0051615 Colouring For Wellbeing

Venue: Adult Education In Gloucestershire
Gloucestershire County Council
4-6 Commercial Road
Gloucester
GL1 2EA

Start Date: 21 February 2019
End Date: 21 February 2019
Day: Thursday
Time: 13:00 to 15:00
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

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