

Course Information Sheet



Course Code and Name: GL0051800 Be Kind To Your Mind

Venue: St Paul's Community Hub
Manser Street
Cheltenham
GL50 4HG

Start Date: 07 March 2019
End Date: 30 May 2019
Day: Thursday
Time: 09:30 to 11:30
Weeks: 13

Tutor: Craig Pryce

Course Provider: Adult Education in Gloucestershire

Be Kind to your Mind	A 12 week course to help you to de-clutter your mind, de-stress and build your confidence.
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?	Learning will take place in small friendly classes using, individual and group work, demonstration, discussion and using a variety of practical activities
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 the staff from the centre
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 adults who attend the venue