

# Course Information Sheet



## Course Code and Name: GL0052721 Colour For Wellbeing

**Venue:** Oakley Community Resource Centre  
113a Clyde Crescent  
Cheltenham  
Gloucestershire  
GL52 5QJ

**Start Date:** 24 October 2019  
**End Date:** 24 October 2019  
**Day:** Thursday  
**Time:** 09:30 to 12:30  
**Weeks:** 1

**Tutor:** Amanda Jayne Zayan

**Course Provider:** Adult Education in Gloucestershire

### Course Summary:

Colour plays an important part in our life & can be used to enhance how we feel. During this workshop we will explore the meaning of different colours, looking at nature, food, music, writing, clothing & the home, & holistic uses. Through reflective & practical activities we will develop knowledge of the benefits that colour can bring to our lives.

### Eligibility:

You must be aged 19 at the start of the course.

### How will the course be taught?

Professionally delivered by a qualified tutor in a small, friendly class setting.

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

The tutor will help you to think about and note your level of relevant experience at the start, and then do the same at the end. This will help you measure your progress. The tutor will also give you regular verbal feedback.

### Prior Knowledge:

No prior knowledge necessary.

### What do I need to bring?

A notebook and a pen may be useful.

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

If you are interested in this course please contact us by telephone on 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 will discuss your options with you, and can support you to decide what you would like to do next.

### Information and Advice for Progression:

Information on progression is available. Contact your tutor for further information or call 0800 542 1655 or e-mail [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk)

### Health and safety:

All of our venues undergo a health and safety audit on a regular basis. If you have specific needs please inform us before you start this course.

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**Further information:**

No information provided