

Course Information Sheet



Course Code and Name: GL0058060 Wealth 4 Health

Venue: Keepers Hub
Symn Lane
Wotton-Under-Edge
GL12 7BD

Start Date: 12 April 2024
End Date: 24 May 2024
Day: Friday
Time: 09:30 to 11:30
Weeks: 7

Tutor: Darshan Kaur

Course Provider: Adult Education in Gloucestershire

Course Summary

Free course for anyone who wants to save money and make better lifestyle choices. During the six 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 in the Leisure Centre. 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

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