Course Information Sheet

Adult Education in Gloucestershire

Course Code and Name: GL0058334 Wealth For Health

Venue:
Springbank Community and Resource Centre
Springbank Way
Ron Smith Pavilion
Cheltenham
GL51 0LH

Start Date: 06 November 2024
End Date: 18 December 2024
Day: Wednesday
Time: 10:00 to 12:00
Weeks: 7

Course Provider: Adult Education in Gloucestershire

Course Summary	Free course for anyone who wants to save money and make better lifestyle choices. During the seven 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 Ron Smith Pavillion 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