

Course Information Sheet



Course Code and Name: GL0058612 5 Ways to wellbeing

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

Start Date: 25 September 2024
End Date: 25 September 2024
Day: Wednesday
Time: 13:30 to 15:30
Weeks: 1

Tutor: Amanda Zayan

Course Provider: Adult Education in Gloucestershire

Course Summary:

Learn 5 techniques to use to help you relax

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?

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 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.

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