



**Adult Learning
Within Reach**

Course details

Course title

Ways to Wellbeing

Course code

Q00011524

Course date

Start: 07/01/25

End: 25/03/25

Number of classes

24 sessions

Timetable

Tue 7th Jan, 10:30 to 14:30

Tue 7th Jan, 10:30 to 14:30

Tue 14th Jan, 10:30 to 14:30

Tue 14th Jan, 10:30 to 14:30

Tue 21st Jan, 10:30 to 14:30

Tue 21st Jan, 10:30 to 14:30

Tue 28th Jan, 10:30 to 14:30

Tue 28th Jan, 10:30 to 14:30

Tue 4th Feb, 10:30 to 14:30

Tue 4th Feb, 10:30 to 14:30

Tue 11th Feb, 10:30 to 14:30

Tue 11th Feb, 10:30 to 14:30

Tue 18th Feb, 10:30 to 14:30

Tue 18th Feb, 10:30 to 14:30

Tue 25th Feb, 10:30 to 14:30

Tue 25th Feb, 10:30 to 14:30

Tue 4th Mar, 10:30 to 14:30

Tue 4th Mar, 10:30 to 14:30

Tue 11th Mar, 10:30 to 14:30

Tue 11th Mar, 10:30 to 14:30

Tue 18th Mar, 10:30 to 14:30

Tue 18th Mar, 10:30 to 14:30
Tue 25th Mar, 10:30 to 14:30
Tue 25th Mar, 10:30 to 14:30

Tutor

Guest Speaker

Fee range

Free to £151.20

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Tricuro -Parkstone Connect Day Centre (P
Croft Road
Poole
BH12 3LD

Level of study

Intermediate

Course overview

To support and improve wellbeing through creativity. This course is for clients at Parkstone Connect Centre, and continues on their journey of steps to wellbeing. Skills and learning in this course can be applied to everyday life and improve confidence and way of living as described by the NHS 5 steps to well-being programme

Course description

Continue to unpack and discover ways to wellbeing in this safe and friendly environment. Continue to find and discuss ways we can live a better life. Using a range of activities you will find what brings you joy and how to engage with your community, giving you skills to talk to people and even consider volunteering work. You will be able to 1. Demonstrate how to connect to people and 2. Take notice and be active around the things that bring you joy

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

Source URL: <https://www.wea.org.uk/courses/skills-life/health-wellbeing/7-january-ways-wellbeing>