

Course details

Course title

Parkstone Wellbeing

Course code

Q00009536

Course date

Start: 03/09/24

End: 17/12/24

Number of classes

30 sessions

Timetable

Tue 3rd Sep, 10:30 to 14:30
Fri 6th Sep, 10:30 to 14:30
Tue 10th Sep, 10:30 to 14:30
Fri 13th Sep, 10:30 to 14:30
Tue 17th Sep, 10:30 to 14:30
Fri 20th Sep, 10:30 to 14:30
Tue 24th Sep, 10:30 to 14:30
Fri 27th Sep, 10:30 to 14:30
Tue 1st Oct, 10:30 to 14:30
Fri 4th Oct, 10:30 to 14:30
Tue 8th Oct, 10:30 to 14:30
Fri 11th Oct, 10:30 to 14:30
Tue 15th Oct, 10:30 to 14:30
Fri 18th Oct, 10:30 to 14:30
Tue 22nd Oct, 10:30 to 14:30
Fri 25th Oct, 10:30 to 14:30
Tue 5th Nov, 10:30 to 14:30
Fri 8th Nov, 10:30 to 14:30
Tue 12th Nov, 10:30 to 14:30
Fri 15th Nov, 10:30 to 14:30
Tue 19th Nov, 10:30 to 14:30

Fri 22nd Nov, 10:30 to 14:30
Tue 26th Nov, 10:30 to 14:30
Fri 29th Nov, 10:30 to 14:30
Tue 3rd Dec, 10:30 to 14:30
Fri 6th Dec, 10:30 to 14:30
Tue 10th Dec, 10:30 to 14:30
Fri 13th Dec, 10:30 to 14:30
Tue 17th Dec, 10:30 to 14:30
Fri 20th Dec, 10:30 to 14:30

Tutor

Guest Speaker

Fee range

Free to £94.50

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

Beginners

Course overview

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/3-september-parkstone-wellbeing>