

Course details

Course title

Personal Development: Understanding how to look after personal Health

Course code

Q00017488

Course date

Start: 04/10/24

End: 04/10/24

Number of classes

1 sessions

Timetable

Fri 4th Oct, 11:00 to 15:00

Tutor

Julian Roberts

Fee range

Free to £16.80

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

St Petroc's Parish Centre (Bodmin)

Church Square
Bodmin
PL31 2DP

Level of study

Beginners

Course overview

In the previous short courses learners have learnt how to Manage their personal finances Plan a move to a new home Maintain a new home understand credit and borrowing money take care of personal health and hygiene This final course is about bringing all the learning together to support learners to create a realistic plan of when and how they may be able to progress into independent living and successfully their own tenancy. Ultimately the aim of the course is to help the service users of St Petrocs move onto the next stage of their lives after experiencing homelessness.

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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.

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