



## Course details

### Course title

SCC - Ways to Wellbeing

### Course code

Q00016939

### Course date

Start: 19/05/25

End: 03/07/25

### Number of classes

12 sessions

### Timetable

Mon 19th May, 9:30 to 12:00

Thu 22nd May, 9:30 to 12:00

Mon 2nd Jun, 9:30 to 12:00

Thu 5th Jun, 9:30 to 12:00

Mon 9th Jun, 9:30 to 12:00

Thu 12th Jun, 9:30 to 12:00

Mon 16th Jun, 9:30 to 12:00

Thu 19th Jun, 9:30 to 12:00

Mon 23rd Jun, 9:30 to 12:00

Thu 26th Jun, 9:30 to 12:00

Mon 30th Jun, 9:30 to 12:30

Thu 3rd Jul, 9:30 to 12:30

### Tutor

Tracey Sweetman

### Fee range

Free to £130.20

## **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**

Clovelly Centre (Southampton)

60-68 Clovelly Road

Southampton

SO14 0AU

## **Level of study**

Beginners

## **Course overview**

Welcome to the 'Ways to Wellbeing' course. On this course you will explore practical ways to enhance mental health through five key themes: Connect, Be Active, Take Notice, Keep Learning, and Give. You will engage in interactive sessions covering social connections, physical activities, mindfulness practices, learning new skills, and acts of kindness. Each session integrates discussions, exercises, and reflective activities to foster personal growth and wellbeing. By the end of the course, students will have gained strategies to improve their overall mental and emotional health, promoting a balanced and fulfilling lifestyle." This is free for anyone living in Southampton.

## **Course description**

Welcome to the "5 Steps to Well-Being" course, join us on a journey towards a healthier and happier life. In this course, we'll guide you through five essential steps that contribute to overall well-being, using simple language to make the concepts accessible to everyone. Step 1: Connect - Learn the importance of building positive relationships and connecting with others to improve your emotional well-being. Step 2: Be Active - Explore the benefits of physical activity for both your body and mind. We'll provide easy-to-follow tips and exercises that can be incorporated into your daily routine. Step 3: Take Notice - Develop mindfulness and awareness by paying attention to the present moment. Through simple practices, discover how being mindful of your surroundings and emotions can positively impact your mental well-being. Step 4: Keep Learning - Embrace a lifelong learning mindset to stimulate your brain and enhance your self-esteem. Explore new interests, new skills, and find a love for continuous learning. Step 5: Give - Experience the joy of helping others and contributing to your community. Join us on this exciting journey as we break down well-being into achievable steps, empowering you to create a balanced and fulfilling life. Free for those living in Southampton.

## **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/19-may-scc-ways-wellbeing>