



Course details

Course title

Literature: Books for the Soul: Reading for Wellbeing

Course code

Q00020132

Course date

Start: 14/01/25

End: 18/02/25

Number of classes

5 sessions

Timetable

Tue 14th Jan, 12:30 to 14:00

Tue 21st Jan, 12:30 to 14:00

Tue 28th Jan, 12:30 to 14:00

Tue 4th Feb, 12:30 to 14:00

Tue 11th Feb, 12:30 to 14:00

Tutor

Nicola Torode

Fee range

Free to £37.80

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

The Good Story
45 St Leonards Road
Bexhill
TN40 1JA

Level of study

Beginners

Course overview

Books for the Soul: Reading for Wellbeing Do you love the enchanted world of stories? Remember how hearing stories read aloud made you warm and happy? Yes? Then this is the course for you. A friendly, gentle reading and self-discovery circle. The power of shared reading is good for the soul. Come discover modern fiction and true stories on heart-warming themes like friendship, community, hope, love and food. Each week we'll read and reflect on the story, on our own lives. We'll share and tell our own tales, from books we read as children, from stories of our own lives.

Course description

Reading uplifting stories together is a wonderful activity that can boost your mood. Being in a supportive group, sharing wonderful tales - both from books and our own lives can enhance our wellbeing.

In this course you will read a short extract from modern fiction and life writing during the class. The materials chosen are short and on resonant themes such as love, friendship, community, moving home and special occasions. A glimpse into other peoples' lives which will help us reflect on our lives and how to create a good life. Guided by the tutor, you will discuss thought-provoking questions and draw out your positive life stories and life lessons.

During the course, each learner will be invited to write one short piece to share with the group or share a story that stuck with them over the years.

This is for people who enjoy reading, are interested in discovering new stories, learning from different cultures and meeting new people.

Please note: This is not an English literature class. No literary analysis skills needed.

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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