



Course details

Course title

Personal Development: Managing Hygiene: Personal Health and Wellbeing

Course code

Q00021121

Course date

Start: 14/02/25

End: 23/05/25

Number of classes

13 sessions

Timetable

Fri 14th Feb, 10:00 to 12:00
Fri 28th Feb, 10:00 to 12:00
Fri 7th Mar, 10:00 to 12:00
Fri 14th Mar, 10:00 to 12:00
Fri 21st Mar, 10:00 to 12:00
Fri 28th Mar, 10:00 to 12:00
Fri 4th Apr, 10:00 to 12:00
Fri 11th Apr, 10:00 to 12:00
Fri 25th Apr, 10:00 to 12:00
Fri 2nd May, 10:00 to 12:00
Fri 9th May, 10:00 to 12:00
Fri 16th May, 10:00 to 12:00
Fri 23rd May, 10:00 to 12:00

Tutor

Sally Darlow

Fee:

Free

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

Diversity
2A Clarke Road
Lincoln
LN6 8SH

Level of study

Beginners

Course overview

Managing and maintaining good hygiene is important for your health and well-being. To help you with this, try to follow a daily routine that includes things like brushing your teeth, washing your body, and taking care of your hair. You can use pictures or step-by-step guides to make it easier.

Course description

It's okay to take your time and do things at your own pace and you can always ask for help if you need it. Making small changes can lead to big improvements in personal health and hygiene. Learn about these good habits so you will be clean and this will help you feel good and stay healthy.

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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