

INTRODUCTION TO SELF CARE

Course Name	Start Date	End Date	Site	Total Fees
Introduction to Self Care	13/03/2024	13/03/2024	ENDERBY ADULT LEARNING CENTRE	0.00

Course Summary

Self-care is about doing things that benefit our mental health and wellbeing. Developing good self-care strategies can also lead to improved resilience. This course will explore what self-care is, the benefits of self-care to ourselves and those around us and how we can fit self-care in to everyday life.

Support For Your Learning

We offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice. Once you start the course, if you have further queries and/or support needs, please talk to the Tutor.

For More Information And How To Enrol

If you need more information, want to discuss levels and course content, or wish to enrol, you can call into one of our local centres in person, call our Enrolment Team on FREEphone 0800 988 0308 or for some courses you can enrol online. If you need help with your choice of learning, training, career, work or life goals, you can book an appointment with one of our Learning and Work Advisors who provide free one-to-one impartial advice. Call FREEphone 0800 988 0308 to book an appointment.

The Adult Learning Service Also Offers Courses In

The Adult Learning Service also offers courses in: • Digital Skills • Learning for Wellbeing • Languages, British Sign Language and ESOL • Maths and English • Skills for Jobs • Apprenticeships and Traineeships • Family Learning • Courses for adults with learning disabilities

Minimum Numbers

If the required minimum number of learners is not reached we cannot guarantee that the course will run. We will try to advise you 5 working days before the course start date if this is the case.