

## INTRODUCTION TO MINDFULNESS

Course Name	Start Date	End Date	Site	Total Fees
Introduction to Mindfulness	10/04/2025	10/04/2025	Online Delivery	0.00
Introduction to Mindfulness	09/05/2025	09/05/2025	LOUGHBOROUGH MOIRA CENTRE	0.00
Introduction to Mindfulness	02/06/2025	02/06/2025	WIGSTON MAGNA LIBRARY	0.00

### 01. Who is this course for?

This course is for anyone looking to improve or maintain their mental wellbeing.

### 02. What will I learn?

Mindfulness encourages us to focus our attention, become more aware, to take notice and re-connect. Mindfulness is increasingly recognised as a method for improving our general sense of physical and mental wellbeing and reducing stress and anxiety. This session covers a brief background to mindfulness, explores some of the different ways to practice mindfulness and introduces a few simple techniques for moments of mindfulness in everyday life.

### 03. How will I learn?

During the course the Tutor will talk with you about your learning and next steps.

### 04. What will I need to bring?

We recommend you have writing materials like paper and a pen to help you take notes, if you are learning at one of our centres we can provide these. A short comfort break is included in each session so you may wish to bring a drink with you if your course is at one of our centres. If you are completing this course online you will need access to a PC or laptop, and have a reliable internet connection. You will also need to make sure that your device has a speaker, microphone and camera. You could also use a mobile phone or tablet but you may find that these are not ideal for seeing the course content on the shared screen and interacting with others. If you do not have access to a PC or laptop then please contact us as we may be able to help. All Leicestershire Libraries offer FREE public WiFi and spaces to study if you do not have an appropriate space at home.

### 05. What skills or experience do I need?

You do not need any prior skills, knowledge or experience to join this course.

### 06. How will I be assessed?

This is a non-accredited course and there is no formal assessment. Your Tutor will speak with you and support you to review your own progress.

### 07. What could I do after this course?

Please search for our 'Mindfulness For Life' course which is a perfect progression course to this one, you will find out more about mindfulness and develop your mindfulness skills. You may also wish to progress to other courses which support your mental health and wellbeing, learning opportunities in different subject areas, volunteering or work.

## **08. How will I be supported in my learning?**

We aim to support all learners to succeed. Our tutors will work with all learners to meet individual needs by using a range of resources and teaching methods. When you enrol on your course you will be asked if you have any additional learning needs or disabilities which may affect your learning. This might include physical disabilities, neurodivergent needs (e.g., Autistic Spectrum Disorder, ADHD, dyslexia, or dyspraxia, etc.), visual and auditory impairments, or a medical condition which might affect your learning. Your tutor will contact you prior to joining the course to discuss what support can be put in place. For some learners, this may mean organising extra time in exams or arranging for a Learning Support Assistant to support your learning in class. We also offer a wide range of assistive technology such as reader pens, screen readers, large print keyboards and screens, alongside in-class resources such as coloured overlays, large-print resources and more.

## **09. Is help available with course fees?**

Many of our courses are FREE to all learners. For fee-paying courses, if you are in receipt of state benefits or have a low income (£26,211.90 before deductions) you could be entitled to enrol on your course for FREE, or at a 70% Reduced Fee cost. If your course is accredited (working towards a formal qualification) your course may be FREE if you earn under £25,000 before deductions. Some exclusions apply, eligibility for fee reduction is subject to change, and you may be required to provide evidence of earnings. If the amount you must pay for your course is over £50, we offer instalment plans which break down the cost of learning into a set number of easy monthly payments. If you need help with the wider costs of study, such as childcare, resources, travel, and transport costs, you may be eligible to have these costs reimbursed through our Discretionary Learner Support Fund. Visit us online for more details, and to download the online application form.

## **10. How do I choose the right course for me?**

If you are unsure about which course may be right for you, our team of Learning and Work Advisers are on hand to offer FREE and impartial information, advice and guidance on learning and work options available to you. To book your free, confidential, and impartial appointment, please call FREEphone 0800 988 0308 or email [LALS.LWA@leics.gov.uk](mailto:LALS.LWA@leics.gov.uk).