

APPS FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Apps for Wellbeing	16/10/2024	16/10/2024	ENDERBY ADULT LEARNING CENTRE	12.71
Apps for Wellbeing	10/12/2024	10/12/2024	LOUGHBOROUGH MOIRA CENTRE	12.71
Apps for Wellbeing	14/10/2024	14/10/2024	MARKET HARBOROUGH SYMINGTON BUILDING	12.71
Apps for Wellbeing	01/04/2025	01/04/2025	MELTON LIBRARY	12.71
Apps for Wellbeing	03/02/2025	03/02/2025	THURMASTON THE ROUNDHILL ACADEMY	12.71
Apps for Wellbeing	19/03/2025	19/03/2025	COALVILLE LIBRARY	12.71
Apps for Wellbeing	18/11/2024	18/11/2024	HINCKLEY LIBRARY	12.71
Apps for Wellbeing	24/03/2025	24/03/2025	WIGSTON MAGNA LIBRARY	12.71

01. Who is this course for?

If you have a digital device and would like to explore apps that could help you to become fitter, better organised or more relaxed, then this is the course for you!

02. What will I learn?

This one-off 3-hour course will focus on a range of apps to improve your general health and wellbeing. Learn to: Use app stores effectively to meet your interests or needs Review popular free apps to enhance your mood, aid relaxation or monitor your physical activity, reduce your stress levels Identify possible limitations/restrictions and related settings Use, update and remove apps safely Apps topics: Stress Free Active and fit Mindfulness Reminders, notes and plans

03. How will I learn?

Your progress and achievements will be recognised and recorded throughout your course in several ways. For example: practical activities, verbal feedback from your tutor, practising and completing exercises.

04. What will I need to bring?

We recommend you bring materials like paper and pens to help you take notes. Learners with their own smartphones/tablets are encouraged to bring them in fully charged and be prepared to connect to wifi. Tablets are provided for use within the session for those that don't have a digital device.

05. What skills or experience do I need?

It is recommended that you have attended the Introduction to Smartphone and Tablets course or are already comfortable downloading apps to digital devices.

06. How will I be assessed?

Throughout your course your tutor will give feedback on your progress and you will document your achievement

Throughout your course your tutor will give feedback on your progress and you will document your achievement through activities such as quizzes, worksheets and in group discussions.

07. What could I do after this course?

Following this course, you could progress to: Apps for Everyday Digital Functional Skills Qualification Entry 3 (DFSQ E3) We offer a range of courses in the following: Digital Skills Learning for Wellbeing, including Arts and Leisure Languages, British Sign Language, and ESOL Maths and English Employability, including compliance courses Apprenticeships and Traineeships Family Learning Programmes for Adults with Learning Difficulties and/or Disabilities

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.