



## Carer Support Group Sessions

Course Name	Start Date	End Date	Site	Total Fees
Blaby Carers Group	03/03/2026	03/03/2026	COUNTESTHORPE VILLAGE HALL	0.00

### 01. Who is this course for?

Join us for a FREE session from the Learning for Wellbeing curriculum. These sessions are for Carer Support Groups only, and have been created with the aim of supporting physical, social and/or emotional wellbeing. To enrol on a taster session, you must be over 19 with an 'LE...' postcode.

### 02. What will I learn?

From relaxation and breathing techniques, to watercolour and papercrafts, these FREE sessions will give you an opportunity to participate in and experience a range of courses on offer with GoLearn! Discover a new passion for creativity or get fitter this year by taking part in a course from the Learning for Wellbeing programme. On our courses, you will find a like-minded supportive community, you will grow in confidence, make new friendships and a lot more.

### 03. How will I learn?

These are tutor-led taster sessions where you will be guided through a group activity.

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

Our tutors will provide any materials or equipment needed for an activity. For physical activity classes, please wear comfortable clothes and trainers in which you can move easily.

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

No previous experience is necessary to participate in a taster session.

### 06. How will I be assessed?

This a non-accredited course. During the session, you will work towards completing a set of learning targets specific to the activity you are participating in.

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

If you have enjoyed your session, you may wish to look at other courses on offer with us. The Learning for Wellbeing curriculum offers a wide range of art, craft, cookery, relaxation, dance and creative arts courses for you to continue developing skills specifically aimed at improving your wellbeing. Courses are available to search on the GoLearn website.