

DRAMA FOR WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
Drama for Wellbeing	16/04/2027	09/07/2027	WIGSTON MAGNA LIBRARY	165.60

01. Who is this course for?

This course is for anyone interested in exploring drama as a way to enhance their wellbeing, make friends and learn to express themselves. This is a practical drama course which introduces learners to a range of movement and theatre-based activities, focusing on the body and voice. This course aims to get you active, working both as a group and independently, building skills in confidence and collaboration.

02. What will I learn?

On this course, you will explore relaxation and movement warm-up exercises, encouraging you to think about the connection between mind and body. You will look at gesture and movement to develop techniques in self-expression and explore different forms of performance. You will also practice vocal exercises and breathing techniques to support confident speaking skills.

03. How will I learn?

This is a mixed-ability, tutor-led drama workshop. Learners will receive regular verbal and written feedback on their progress. You will get lots of support and encouragement along with the opportunity to explore and experiment with a variety of techniques and approaches to performance. Please avoid taking holidays during courses. Missed lessons can affect funding for adult learning courses.

04. What will I need to bring?

Please wear comfortable, non-restrictive clothes. You will also need a pen, notepad and bottle of water.

05. What skills or experience do I need?

No experience is necessary to join this course – just enthusiasm to try new things and work with other people

06. How will I be assessed?

The Learning for Wellbeing curriculum uses formative and summative assessment methods to evaluate learner progress. You will work towards completing a set of class learning targets, as well as your own personal development targets. Targets are reviewed at the middle and end of the course. Informal discussions with the tutor will take place throughout the course, both individually and in groups. Your progress may also be documented through photographic evidence.

07. What could I do after this course?

The Learning for Wellbeing curriculum offers a wide range of art, craft, sewing, cookery, dance and creative arts

The Learning for wellbeing curriculum offers a wide range of art, craft, sewing, cookery, 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.

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. Your course may be FREE if you are unemployed or earn under £26,800 before deductions. If you are in receipt of state benefits or have a low income (£28,733.50 before deductions) you could be entitled to enrol on your course at a 70% reduced fee cost. 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 of your next steps, please contact us and one of our team will advise you about our courses or signpost you to other providers if necessary. Please call FREEphone 0800 988 0308 or email adult.learning@leics.gov.uk