LEARNING FOR INDEPENDENCE - HEALTH AND WELLBEING

Course Name	Start Date	End Date	Site	Total Fees
HEALTH&WELLBEING - Health and Wellbeing	22/09/2026	22/06/2027	ENDERBY ADULT LEARNING CENTRE	678.00
HEALTH&WELLBEING - Healthy Living	25/09/2026	25/06/2027	LOUGHBOROUGH MOIRA CENTRE	414.00
HEALTH & WELLBEING - Healthy Living	24/09/2026	04/02/2027	Freedom Support Solutions	207.00
HEALTH&WELLBEING - Healthy Living	24/09/2026	24/06/2027	St Nicholas Church Hall	339.00
HEALTH&WELLBEING - Healthy Living	24/09/2026	13/05/2027	Support & Connections	207.00
HEALTH&WELLBEING - Healthy Living	27/10/2026	09/03/2027	Wigston Deacon And Hardy	207.00

01. Who is this course for?

Learning for Independence courses are for adults (over the age of 19 years old) with a learning disability.

02. What will I learn?

Health and Wellbeing courses support you to learn more about your physical and mental health. Courses include topics such as healthy eating, personal hygiene, fitness, accessing healthcare services, self-care and mental wellbeing. Courses support you to make informed choices and build healthy habits for your overall wellbeing. Learning activities include discussions, practical activities, visits in the community and exploring local services and organisations. Health and Wellbeing courses support you to achieve your personal goals and develop skills and knowledge that you can use in everyday life such as: independence, making choices, self-advocacy, confidence, self-esteem, speaking-up for yourself, communicating with others, being healthy and personal presentation. It is important that you attend all the sessions of your course – if you can not attend please let us know before the session if possible. It is also important that you attend the sessions on time so that you do not miss any learning or disrupt other learners.

03. How will I learn?

You will be supported throughout your course by a qualified Tutor and a Learning Support Assistant (LSA) who are there to support all learners in the group. If you would like to bring your own personal assistants, either 1-1 or 2-1, to support you in the classroom this can be accommodated. You will have an Individual Learning Plan (ILP) with your own personal learning outcomes. During the course the Tutor will talk with you about your learning and next steps. There will be a mixture of different learning activities including: practical and hands-on learning activities, group discussions, working as a whole group and in smaller groups, community visits, guest speakers, creative learning activities, games and quizzes, presentations, demonstrations, projects and more! Included in all courses is development of skills in English, maths, communication and digital skills at a level that is appropriate.

04. What will I need to bring?

We will provide all the resources that you will need, you can bring your own pens to write with if you prefer but this is not essential. A short comfort break is included in each session so you may wish to bring a drink with you, if your course is longer you may need to bring a packed lunch. For some courses you may need to bring money to cover the cost of ingredients for cooking and sometimes if the learning activities are taking place in the

community you may be asked to bring money to pay for activities or to buy a drink or lunch – your Tutor will let you know in advance if this is the case.

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?

Your Tutor will talk with you and support you to review your learning and progress towards achieving the personal learning outcomes in your Individual Learning Plan (ILP). We offer accredited and non-accredited course options. On accredited courses you will be working towards an externally awarded certificate awarded by AIM Qualifications and Assessment Group. On all courses you will be supported to create a portfolio of work which will include your own work, photographs and feedback from your Tutor. There are no exams or tests on these courses.

07. What could I do after this course?

As the course comes to an end you will be offered a meeting to talk about what you have learnt and what you might progress onto next. You may wish to progress to other courses and continue learning, use the skills and knowledge you have learnt to become more independent in your everyday life, become more active in your community, start volunteering or move into 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. 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.