

WELLBEING CAFE

Course Name	Start Date	End Date	Site	Total Fees
Wellbeing Café	29/09/2026	03/11/2026	LOUGHBOROUGH LIBRARY	69.00
Wellbeing Café	12/01/2027	09/02/2027	LOUGHBOROUGH LIBRARY	69.00
Wellbeing Café	20/04/2027	18/05/2027	LOUGHBOROUGH LIBRARY	69.00
Wellbeing Café	29/09/2026	03/11/2026	MELTON LIBRARY	69.00
Wellbeing Café	12/01/2027	09/02/2027	MELTON LIBRARY	69.00
Wellbeing Café	20/04/2027	18/05/2027	MELTON LIBRARY	69.00

01. Who is this course for?

This course is for those who have learnt with us before and are unsure about what to do next.

02. What will I learn?

This is a short 5-week course. The course will provide creative activities to provide ideas on how to support your own wellbeing independently at home and in the community. You will also receive help on what you can do next and which organisations can support you. It will be particularly useful to those learners who have completed Art for Wellbeing and are looking for next steps but is also open to all.

03. How will I learn?

The tutor will support you to undertake mindful creative activities that you can use at home and independently. You will learn what is on offer in your local community and who is providing it.

04. What will I need to bring?

You are welcome to bring your own creative activities to pursue in group. Everything else will be provided. Tea and coffee will be available but you might want to bring a bottle of water, if you prefer this.

05. What skills or experience do I need?

You don't need any particular skill or experience. The creative activities provided are meant to support wellbeing. You will need to be willing to follow up on any information and advice given to see if it interests you or could support you going forward.

06. How will I be assessed?

You will have an Individual Learning Plan (ILP) with up to 3 goals around supporting you own wellbeing at home and in the community and places to explore that may interest you going forward. This is a short course and the ILP will reflect this.

07. What could I do after this course?

You could progress onto a course either with GoLearn! or with an external provider. You could contact other organisations that can support or provide activities for you. You could continue your creative activities at home to support your wellbeing going forward.

08. How will I be supported in my learning?

You will be supported by the tutor. We aim to invite other professionals to these sessions who can further help with progression to other activities/organisations.

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?

Your tutor will be able to support you with this.