

Course title: Facilitating Writing for Wellbeing groups - an introduction		Course ID: C2422460
Start date: 08/06/2021	End date: 13/07/2021	Day(s)/time(s): Tue 10:00
Number of sessions: 6	Hours per session: 2	Tutor Elizabeth Sarkany
Additional hours:	Online Learning Hours: 0	
Specific funder/partner requirements:		
Awarding body (if any): Title of qualification to be gained:		Level: Level 1
Fee: £38.40 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Online Learning, Online, ZZ99 9ZZ		
<p>Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. Community Engagement 2. Employability</p>		

Course Aim
 This course is aimed at people who wish to explore ways to facilitate Writing for Wellbeing groups. It's a short introduction to the practice of Writing for Wellbeing and to things to consider when participants identify as having extra support needs.

Course Description
 This is a short online course exploring Writing for Wellbeing for people who are interested in becoming practitioners. We will look at what Writing for Wellbeing is, and what it isn't, and some of the settings and situations in which it can be helpful, including for participants with physical or mental health challenges. We will discuss how to keep the work safe and nourishing so that it contributes positively to health and wellbeing. We will also look at how to structure a Writing for Wellbeing session and at what to do, and where to go, next.

There will be 6 video-conferencing sessions on Zoom and session content, references and links will be available on Canvas, the WEA's digital learning platform.

Do I need any particular skills or experience?

What will I achieve?
By the end of the course I will be able to:

1. Show an understanding of what is meant by Writing for Wellbeing
2. Show an understanding of factors to consider in setting up a group or a course of sessions
3. Show an understanding of how to keep a Writing for Wellbeing group safe and productive
4. Structure a Writing for Wellbeing session
5. Have ideas about what to do next

What teaching methods will be used and will there be work outside of the class?

- The WEA's digital learning platform, Canvas will be used to provide resources or to support lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>
- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning

What kind of feedback can I expect from the tutor?

- You will be able to keep a digital portfolio of your work on WEA's digital learning platform, Canvas.
- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions

What else do I need to know? Is there anything I need to bring?

- What you need: You will need an internet connection, speakers, a microphone and a webcam so that you can use our video learning platform, Zoom. If you'd like to understand more Zoom please visit: <http://bit.ly/ZoomSpec>
- You will need a personal email address to join the WEA's digital learning platform, Canvas so that you can receive resources, record your progress and achievement and to work with others and share ideas. If you want to understand more about our digital learning platform please visit: <http://bit.ly/WEAonline>

Pre-course work, reading and information sources

- You will have access to course resources and links to wider learning through the WEA's digital learning platform, Canvas: <http://bit.ly/WEAonline>
- No pre reading or pre course work is required

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Progress to a course with another provider

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your

course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for most courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



Education & Skills
Funding Agency



European Union
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