

# WEA Course information sheet 2019-20

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| <b>Course title:</b> Community Wellbeing Intermediate  |                                 | <b>Course ID:</b> C3843939       |
| <b>Start date:</b> 02/03/2020  | <b>End date:</b> 27/04/2020     | <b>Day(s)/time(s):</b> Mon 09:15 |
| <b>Number of sessions:</b> 8   | <b>Hours per session:</b> 5     | <b>Tutor:</b> Abbey Gray         |
| <b>Additional hours:</b> 5   | <b>Online Learning Hours:</b> 0 |                                  |
| <b>Specific funder/partner requirements:</b> Course only open to those residing within the Greater Manchester Combined Authority postcode area   |                                 |                                  |
| <b>Awarding body (if any):</b><br><b>Title of qualification to be gained:</b>  |                                 | <b>Level:</b> Entry 2            |
| <b>Fee:</b> £157.50 or <b>Free</b> if you are in receipt of an income related benefit (only SFA funded)<br><b>Accreditation Fee</b> (if applicable):   |                                 |                                  |
| <b>Venue:</b> Sunshine House, Sunshine House, Wellington Street, Wigan, Greater Manchester, WN1 3SA  |                                 |                                  |
| <p><b>Theme(s):</b> The WEA has four themes it uses for planning its provision.</p> <p><b>Employability</b> – helping students to get a job or to make progress in their employment</p> <p><b>Health and Wellbeing</b> – making a positive contribution to their own or others health and wellbeing</p> <p><b>Community Engagement</b> – encouraging students to be positively involved in their communities</p> <p><b>Culture</b> – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <p>1. <b>Employability</b>                                  2. <b>Community Engagement</b></p> |                                 |                                  |

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| <p><b>Course Aim</b></p> <p>To provide information on how to receive help and support through online services and the community whilst also improving digital wellbeing</p>  |
| <p><b>Course Description</b></p> <p>This course will allow learner's to further access online services. This will include Google services such as creating events on Google calendar and using Gmail. This course covers personal well-being such as mental health and personal skill sets. This will then lead onto using these skills to write a CV and effectively apply for jobs. We will also be doing some work around the community to build up team building skills and positive attitudes. This course allows learners to build their confidence being around other people and also building up a more positive outlook on finding work. This course also covers personal topics such as budgeting money and working on fitness to improve mental health.</p> |
| <p><b>Do I need any particular skills or experience?</b></p> <ul style="list-style-type: none"> <li>- No skills or experience needed</li> <li>- This course is suitable for beginners and improvers</li> </ul>   |

### **What will I achieve?**

#### **By the end of the course I will be able to:**

1. Improve personal confidence and self esteem to help seek employment opportunities
2. Produce a CV to showcase employability skills
3. Use online services including Google and other search engines to research hidden employment opportunities
4. Develop skills in team working and working independently
5. Budget personal finances effectively

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

- 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
- You may be asked to undertake additional work in your own time to support your learning
- You will be expected to carry out a range of activities in your own time

### **What kind of feedback can I expect from the tutor?**

- 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 have opportunities to discuss your progress with your tutor
- 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
- A file of work will be kept which will help to record your progress
- There will be a number of tasks appropriate to your course such as written work, creating art or craft, video, photography or small projects. Some of these may be marked to help you progress

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

- A selection of materials and basic equipment will be provided but you are welcome to bring additional materials with you
- It would be helpful if you had access to the internet (Mobile phone, tablet or computer at home or through a library etc.)

### **Pre-course work, reading and information sources**

- No pre reading is required but research on the subject on the internet or in the library may be helpful

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

- Progress to another WEA course
- Progress to a course with another provider
- This course could lead to a range of job opportunities. Follow link to National Careers Service for more details <https://nationalcareersservice.direct.gov.uk/>
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member
- Become involved as a volunteer for a WEA partner or another organisation
- Access the WEA What Next? booklet here <http://www.wea.org.uk/learn-wea/what-can-i-do-next>

### **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 some 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](mailto:courseenquiries@wea.org.uk)



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