



Education & Skills
Funding Agency



HEALTH &
WELLBEING

DIGITAL JOURNALING: TELLING YOUR STORY

COURSE SUMMARY:

Be part of an online group creating connections in a post Covid-19 world. You'll need to access the class through Microsoft teams on your computer & we'll support you as you access the course through your laptop, iPad, tablet or phone. Narrative is part of our everyday lives, appearing in the fairy tales we read to children at bedtime or the plotlines of our favourite soap operas. Our new course runs over 8 weeks and allows you work on your own personal story. We'll use ideas, images and words and look at inspiration from myths and legends you may know and introduce you to some you don't.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Can access Microsoft teams - we can support you with this
- Have access to a computer or iPad

WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Meet new** people while developing and sharing your creative ideas
- ✓ **Use a** combination of images, words and ideas to express yourself creatively
- ✓ **Discover how** traditional myths have truths relevant to today
- ✓ **Learn new** ways to record and develop your own personal story
- ✓ **Create and** share some of your own written work
- ✓ **Develop** your computer skills



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

On completion of the course you can progress onto other creative digital courses or upskill with a computer course/qualification



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY