



Education & Skills
Funding Agency



HEALTH &
WELLBEING

WINTER WELLBEING WORKSHOP

COURSE SUMMARY:

On this 3 hour workshop you will identify some practical ways to manage your wellbeing through the winter season. Why not come along and meet our friendly tutors to explore some wellbeing tips?

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

On this workshop you will have the opportunity to explore some wellbeing tips and identify activities for personal wellbeing over the winter months. The aim of this workshop is for you to:

- ✓ **Understand impacts** on your wellbeing during the winter season
- ✓ **Introduce useful** wellbeing tips
- ✓ **Explore activities** to support your wellbeing
- ✓ **Identify a next** step following on from this workshop

PROGRESSION FROM THIS COURSE:

After completing the workshop why not try one of our follow on 10 hour Health and Wellbeing courses or another workshop?

You will have an opportunity to discuss this further with your tutor.



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY