



Education & Skills
Funding Agency



HEALTH &
WELLBEING

ENVIRONMENT, SUSTAINABILITY AND WELLBEING

COURSE SUMMARY:

This course aims to support you to have a better understanding of environmental issues, how these may impact you, your community and the world at large.

You will discuss sustainability and steps you can take to reduce your ecological footprint and the impact we have on the environment. We will also identify the link between our wellbeing and the environment around us identifying how taking time in nature can support our mental and physical health.

ENTRY REQUIREMENTS:

- Aged 19 or over and want to improve your confidence
- 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?

- ✓ **Demonstrate an** understanding of environmental issues, how these may impact you, your community and the world at large
- ✓ **Have the** opportunity to discuss environmental news stories and discuss your worries, concerns or fears.
- ✓ **Identify the** steps you can take to reduce your ecological footprint and the impact we have on the environment.
- ✓ **Have the** opportunity to take part in or plan a short environmental project.
- ✓ **Identify the** link between our wellbeing and the environment around us identifying how taking time in nature can support our mental and physical health.

PROGRESSION FROM THIS COURSE:

This course will support you to have a better understanding of environmental issues. Your tutor will support you to identify and enrol on a progression course with Realise Futures or will signpost you to other progression routes.



**REALISE
FUTURES**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY