

For more information on our Learning for Wellbeing courses you can:

Scan the QR code below to visit us online at [www.GoLearnLeicestershire.ac.uk](http://www.GoLearnLeicestershire.ac.uk).

Call us on FREEphone 0800 988 0308 to speak to a member of the Enrolment Team.

Visit one of our Enrolment Centres in-person to discuss courses and enrol face-to-face. Details of our centres are available on our website at [www.GoLearnLeicestershire.ac.uk/venues](http://www.GoLearnLeicestershire.ac.uk/venues).

Email us at [adult.learning@leics.gov.uk](mailto:adult.learning@leics.gov.uk) to request information or arrange a time for our team to get in touch.

**Learning for Wellbeing is able to offer tailored courses for employers who wish to support the wellbeing of their employees or clients.**

**Please contact Linda Dixon, Programme Manager, for more information. [Linda.dixon@leics.gov.uk](mailto:Linda.dixon@leics.gov.uk) Tel: 0116 305 0564**

**GoLearn!**  
Leicestershire Adult Learning Service

# Learning for Wellbeing



Check out our new website [www.GoLearnLeicestershire.ac.uk](http://www.GoLearnLeicestershire.ac.uk)

Get in touch by phone  
FREEphone **0800 988 0308**

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Discover a new passion for creativity or get fitter this year by taking part in a course from the Learning for Wellbeing programme.

Visit our website



## The Learning for Wellbeing curriculum offers a broad range of creative and fitness courses at all levels of ability, the majority in class with some online.

Subject areas include:

- Art Courses
- Clay, Pottery and Glass Courses
- Cookery Courses
- Dance Courses
- Fitness Courses
- Special Interest Courses (like astronomy, photography, drama and more!)

Our courses are taught by experts in their fields with a vast range of practical and professional experience. We provide a safe and welcoming space to learn new skills and progress.. You will learn amongst a like-minded, supportive community of fellow learners, with expert guidance from your tutor.

Our courses enable you to build confidence, make new friendships, gain creative skills, get fitter, but also have time to yourself away from the stresses and strains of daily life, supporting good health and wellbeing.

We offer 2 different ways to learn; taught courses (where a tutor leads a group through their learning), and workshop courses (where each learner works on their own project supported by the expertise of their tutor).



Please note, due to current government funding rules 'Beginner' and 'Introduction to...' courses can only be completed once. 'Intermediate level' and 'Independent Level' courses can be repeated once. The remaining few mixed level courses, or those without a defined level, allow the option to repeat courses across the year. These arrangements allow for progression, fair access to our courses for new learners and for all learners to develop the skills to independently support wellbeing at home and in the community.

If you have a disability that prevents you from progressing to the next course level, please talk to your tutor about it and they will put this forward to the Learning for Wellbeing team to consider. If it is agreed that you can stay on the same level course - due to current government funding rules - this can only be until the end of the academic year in question. You will be offered an Information and Advice session with the team's Learning Development and Deliver Coordinator (LDDC) to consider possible alternatives. The LDDC will contact you accordingly.

### Art Courses

Our art courses provide opportunities for learners at all levels. We offer Introduction to... (beginner), intermediate and independent level courses. In addition, we provide a few mixed level courses. There are also media specific courses such as acrylics and watercolour, alongside courses which focus on skills like botanical drawing. We offer Art for Wellbeing and Pottery for Wellbeing for learners who face more challenges in taking part in classroom learning.

Course		No. of Weeks	Hours per week	Classroom or online?
Introductory Courses	Introduction to Abstract Painting with Acrylics	5 weeks	2 hours	Classroom
	Introduction to Drawing	5 weeks	2 hours	Classroom
	Introduction to Drawing Using Graphite and Charcoal	12 weeks	2 hours	Classroom
	Introduction to Drawing and Painting	12/10 weeks	2 hours	Classroom
	Introduction to Drawing and Painting – Mixed Media	12 weeks	2 hours	Classroom
	Introduction to Drawing and Painting using Acrylic Paints	10 weeks	2 hours	Classroom
	Introduction to Drawing and Painting using Ink and Watercolours	10 weeks	2 hours	Classroom
	Introduction to Painting with Watercolour	5, 10 and 12 weeks	2 hours	Classroom
	Painting with Acrylics – Beginners Workshop	10 weeks	2 hours	Classroom
	Develop Skills in Drawing - Beginners	12 weeks	2 hours	Classroom
	Drawing and Watercolour – Make a Sketchbook – beginners	12 weeks	2 hours	Classroom

Course		No. of Weeks	Hours per week	Classroom or online?
Intermediate level	Develop Skills in Drawing - Intermediate	10 weeks	2 hours	Classroom
	Drawing – Intermediate level – using Graphite and Charcoal	12 weeks	2 hours	Classroom
	Drawing and Painting – Intermediate Level	12 and 10 weeks	2 hours	Classroom
	Drawing and Painting – Intermediate Level – Using Ink and Watercolours	10 weeks	2 hours	Classroom
	Drawing and Painting – Intermediate Level – Mixed Media	10 weeks	2 hours	Classroom
	Drawing and Painting – Intermediate Level – Using Acrylics	10 weeks	2 hours	Classroom
	Drawing and Watercolour – From a Sketch to a Painting	12 weeks	2 hours	Classroom
Independent level	Develop Skills in Drawing – Independent learners	10 weeks	2 hours	Classroom
	Drawing and Painting – Mixed Media – Independent learners	12 weeks	2 hours	Classroom
Mixed Level	Botanical Drawing and Painting	10 weeks	2 hours	Classroom
	Drawing and Painting – Watercolour	10 and 12 weeks	2 hours	Online and classroom
	Art for Wellbeing	10 and 12 weeks	2 hours	Classroom
Wellbeing Saturdays	Drawing and Painting – Animals and birds	1 week	5 hours	Classroom
	Drawing and Painting – Landscapes in Mixed Media	1 week	5 hours	Classroom
	Drawing and Painting - Seascapes	1 week	5 hours	Classroom
	Introduction to Pen and Wash Landscapes	1 week	3 hours	Classroom
	Pen and Wash – Next Steps – Buildings	1 week	3 hours	Classroom

## Pottery and Glass Courses

In addition to our ever-popular pottery workshop courses, we also offer a wide range of stained and fused glass courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Pottery	Introduction to pottery	10 and 12 weeks	2 hours	Classroom
	Pottery Workshop – Intermediate level	10 and 12 weeks	2 hours	Classroom
	Pottery Workshop – Independent learners	11 and 12	2 hours	Classroom
	Pottery for Wellbeing	10 and 12 weeks	2 hours	Classroom
Glass	Introduction to Fused Glass	8 weeks	2 hours	Classroom
	Fused Glass – Intermediate Level	10 and 12 weeks	2 hours	Classroom
	Stained Glass – Mixed Level	12 weeks	2 hours	Classroom
Wellbeing Saturdays	Christmas Pottery	1 week	5 hours	Classroom
	Introduction to Pottery	1 week	5 hours	Classroom
	Summer Pottery – Mixed level	1 week	5 hours	Classroom
	Fused Glass - Christmas	1 week	5 hours	Classroom

## Cookery Courses

Our cookery courses are some of our most popular learning programmes, and are suitable for all dietary needs as our tutors will adapt class recipes to suit your individual requirements.

Course		No. of Weeks	Hours per week	Classroom or online?
Cookery	Cooking Around the World	10	2 hours	Classroom
	Cooking Made Easy	10	2 hours	Classroom
	Boost Your Baking Skills	10	2 hours	Classroom

## Dance Courses

From our hugely popular Ballet courses to our energetic and thriving Tap courses, our dance courses are designed to get you moving and help support your fitness and exercise goals in a positive and lively atmosphere.

Course		No. of Weeks	Hours per week	Classroom or online?
Dance	Introduction to Ballet for Wellbeing and Fitness	12 Weeks	1 hour	Classroom
	Ballet for Wellbeing and Fitness – Intermediate Level	12 Weeks	1 hour	Classroom
	Ballet for Wellbeing and Fitness – Mixed Level	12 Weeks	1 hour	Classroom
	Summer Ballet for Wellbeing and Fitness	5 Weeks	1 hour	Classroom
	Introduction to Tap Dancing	10 Weeks	1 hour	Classroom
	Adult Tap Dancing – Intermediate Level	12 Weeks	1 hour	Classroom
	Bhangra and Bollywood – Dance for Wellbeing	12 Weeks	1 hour	Classroom
	Dance for Wellbeing and Fitness	10 and 12 Weeks	1 hour	Classroom

## Fitness Courses

Our fitness courses are designed to support you to improve your overall fitness, by moving at your own pace. We offer Yoga (both traditional and seated for those who may have mobility needs or require a gentler level of exercise), Ballet Barre Fitness, and our NEW 'Back, Neck and Shoulder Strengthening' courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Fitness	Ballet Barre Fitness	10 and 12 Weeks	1 hour	Classroom
	Wellbeing Exercise - Back, Neck and Shoulder Strengthening	10 Weeks	1 hour	Classroom
	Introduction to Yoga	10 and 12 Weeks	1.5 hours	Classroom
	Yoga - Mixed Level	10 and 12 Weeks	1 hour	Classroom
	Yoga - Intermediate Level	10 Weeks	1 hour	Classroom
	Seated Yoga - Mixed Level	10 and 12 Weeks	1 hour	Classroom

## Special Interest Courses

From Astronomy to Photography, film studies to novel writing, find your passion this year with one of our specialist creative learning courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Astronomy	Explore the Autumn Night Sky	10 weeks	2 hours	Classroom
	Winter Sky Wonderland	10 weeks	2 hours	Classroom
	Summer Night Sky	10 weeks	2 hours	Classroom
Singing	Singing For Wellbeing	8 weeks	1.5 hours	Classroom
Creative Writing	Introduction to Novel Writing	7 weeks	2 hours	Classroom
	Next Steps in Novel Writing – Intermediate	7 weeks	2 hours	Online
Photography	Learn to Use Your DSLR – Mixed level	8 weeks	2 hours	Classroom
Wellbeing Saturdays	Astronomy – Summer Night Sky	1 week	3 hours	Online
	Exploring Silent Film	1 week	5 hours	Classroom
	Introduction to Book Binding	1 week	5 hours	Classroom
	Introduction to Mono Printing	1 week	3 hours	Classroom
	Introduction to Relief Printing	1 week	3 hours	Classroom
	Relaxation Workshop	1 week	3 hours	Classroom
	The Golden Age of Hollywood	1 week	5 hours	Classroom
	Silk Painting	1 week	3 hours	Classroom

