

GoLearn!

Leicestershire Adult Learning Service

Learning for Wellbeing

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



www.GoLearnLeicestershire.ac.uk
FREEPHONE 0800 988 0308 | adult.learning@leics.gov.uk

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
- Sewing 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', 'Beginner Next Steps' 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), beginner next steps, 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 for learners who face more challenges in taking part in classroom learning.

Course		No. of Weeks	Hours per week	Classroom or online?
Introduction to/beginners Courses	Introduction to Drawing and Painting	12	2	Classroom
	Introduction to Drawing and Painting – Mixed Media	12 or 10	2	Classroom
	Introduction to Painting -Watercolour	12	2	Classroom
	Painting with Acrylics – Beginners Workshop	10	2	Classroom
	Develop Skills in Drawing - Beginners	12	2	Classroom
Beginners Next Steps	Drawing and Painting – Beginners Next Steps	12	2	Classroom
	Drawing and Painting – Mixed Media-Beginners Next Steps	10	2	Classroom
	Drawing and Painting – Watercolour – Beginners Next Steps	12 or 10	2	Classroom
	Painting with Acrylics Workshop - Beginners Next Steps workshop	10	2	Classroom

Course		No. of Weeks	Hours per week	Classroom or online?
Intermediate level	Develop Skills in Drawing - Intermediate Level	10	2	Classroom
	Drawing and Painting – Intermediate Level	10	2	Classroom
	Drawing and Painting – Mixed Media – Intermediate Level	12	2	Classroom
	Drawing and Painting – Watercolour - Intermediate Level	12 or 10	2	Classroom
Independent level	Develop Skills in Drawing – Independent learners	10	2	Classroom
	Drawing and Painting – Mixed Media – Independent learners	10	2	Classroom
	Drawing and Painting – Independent learners	12 or 10	2	Classroom
For Wellbeing	Botanical Drawing and Painting for Wellbeing	12 or 10	2	Classroom
	Arts and Crafts for Wellbeing	10	2	Classroom
	Art for Wellbeing	12 or 10	2	Classroom
	Drawing and Painting for Wellbeing - Watercolour	10	2	Online
Wellbeing Saturdays	Drawing and Painting – Animals and birds	1	5	Classroom
	Drawing and Painting – Landscapes in Mixed Media	1	5	Classroom
	Drawing and Painting – Seascapes	1	5	Classroom
	Introduction to Pen and Wash Landscapes	1	3	Classroom
	Pen and Wash – Next Steps – Buildings	1	3	Classroom
	Silk Painting	1	3	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	Pottery Workshop – Intermediate level	12 or 10	2	Classroom
	Pottery Workshop – Independent learners	12 or 11	2	Classroom
	Pottery for Wellbeing	12 or 10	2	Classroom
Glass	Introduction to Fused Glass	8		
	Fused Glass – Beginners Next Steps	10	2	Classroom
	Fused Glass – Intermediate Level	12 or 10	2	Classroom
	Fused Glass – Independent Learners	10	2	Classroom
	Introduction to Stained Glass	10	2	Classroom
	Stained Glass – Beginners Next Steps	10	2	Classroom
	Stained Glass – Intermediate level	10	2	Classroom
Wellbeing Saturdays	Fused Glass – Christmas	1	5	Classroom

Cookery Courses

Our cookery courses support learners to reduce waste, save money and make healthy and tasty meals at home. Recipes are suitable for all dietary needs and the tutor will adapt ingredients to suit individual needs.

Course		No. of Weeks	Hours per week	Classroom or online?
Cookery	Baking Around the World	6	2	Classroom
	Cooking on a Budget Made Easy	6	2	Classroom

Sewing Courses

Our popular sewing classes return with mindful activities to support your wellbeing.

Course		No. of Weeks	Hours per week	Classroom or online?
Sewing	Sewing for Wellbeing	12 or 10	2	Classroom

Dance Courses

Our dance courses are hugely popular, designed to get you moving and support your fitness and exercise goals in a positive, welcoming and lively atmosphere.

Course		No. of Weeks	Hours per week	Classroom or online?
Tap Dancing	Introduction to Adult Tap Dancing	10	1	Classroom
	Adult Tap Dancing – Beginners Next Steps	10	1	Classroom
	Adult Tap Dancing - Intermediate	10	1	Classroom
	Adult Tap Dancing – Independent Learners	10	1	Classroom
Ballet	Ballet for Wellbeing and Fitness – Independent Learners	12 or 10	1	Classroom
Dance for Wellbeing	Dance for Fitness and Wellbeing	12 or 10	1	Classroom
	Contemporary to Jazz – Dance for Wellbeing	12 or 10	1	Classroom
Bhangra Dance	Bhangra Dance for Fitness – Intermediate level	12 or 10	1.5	Classroom
	Bhangra Dance for Fitness – Independent Learners	12	1.5	Classroom
	Bhangra Dance for Wellbeing	12 or 10	1.5	Classroom

Fitness Courses

Our fitness courses are designed to help you improve your overall fitness at your own pace and level. We offer traditional Yoga but also Seated Yoga for those who struggle with mobility or balance, Ballet Barre Core Fitness and Back, Neck and Shoulder Strengthening courses.

Course		No. of Weeks	Hours per week	Classroom or online?
Exercise for Wellbeing	Wellbeing Exercise: Back, neck and shoulder strengthening	12 or 10	1	Classroom
	Ballet Barre Core Fitness for Wellbeing	12 or 10	1	Classroom
Yoga	Introduction to Yoga	12	1.5	Classroom
	Yoga – Beginners Next Steps	10	1.5	Classroom
	Yoga – Intermediate Level	10	1.5	Classroom
	Seated Yoga for Wellbeing	12 or 10	1.5	Classroom
	Yoga for Wellbeing	12 or 10	1.5	Classroom

Information and Advice – moving on

Wellbeing Cafes are our new 5-week short courses. They are designed to enable previous learners to find out about what else is available and to take part in mindful, creative activities to support wellbeing.

Course		No. of Weeks	Hours per week	Classroom or online?
Info and advice	Wellbeing Cafés	5	2	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	Introduction to Astronomy	10	2	Online
	Astronomy – Beginners Next Steps	10	2	Online
	Astronomy – Intermediate Level	10	2	Online
Drama	Drama for Wellbeing	12	2	Classroom
Photography	Introduction to Digital Photography	10	2	Classroom
Wellbeing Saturdays	Astronomy – Winter Night Sky	1	3	Online
	Astronomy – Spring Night Sky	1	3	Online
	Christmas Paper Craft	1	5	Classroom
	Introduction to Mono Printing	1	3	Classroom
	Relaxation Workshop	1	3	Classroom
	Scrapbooking Workshop	1	5	Classroom
	Singing for Wellbeing	10	3	Classroom
	Wintertime Singing for Wellbeing	10	2	Classroom

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**.

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**.

Email us at **adult.learning@leics.gov.uk** to request information or arrange a time for our team to get in touch.



Check out our new website
www.GoLearnLeicestershire.ac.uk

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

Why not connect with us on socials
Search for **#LeicsGoLearn**



100% recycled
When you have finished with this
brochure, please recycle it.

Learning for Wellbeing
is able to offer tailored
courses/sessions for social
care providers or employers
who wish to support
the wellbeing of their
employees or clients.
Fees negotiable.

Please contact
Linda Dixon,
Programme Manager,
for more information.
Linda.dixon@leics.gov.uk
Tel: 0116 305 0564

