

Adult Learning - Course Information Sheet



AZZ3WA02 - Colour and Mood

Virtual Classroom - Zoom

ZZ99 9ZZ Room Meeting ID: 612 0948 8128

Start Date: 18 August 2021
End Date: 18 August 2021
Start Time: 10:15AM
End Time: 11:45AM
Day: Wednesday
Sessions: 1
Tutor: Mrs Honorata Chorazy-F

Learn2b

Learn2b courses are free of charge to anyone who lives with (or has experienced) a mental health disorder. Diagnosis is not essential. Tutors, who are selected because of their own experiences of mental health illness will support you throughout your course in a safe, welcoming environment. Email alsreferrals@northnorthants.gov.uk if you would like some help accessing Zoom.

Course aim

Explore personal reactions to colour and learn how colour impacts our emotions and wellbeing.

Course outcomes

- Take part in activities to identify how colour can impact mood
- Define colours that promote individual positive wellbeing

How will the course be taught?

This course will consist of live virtual sessions using Zoom, a free to use video conferencing platform. A variety of teaching methods will be used which may include group discussion, worksheets, practical activities etc., relevant to the course subject. Handouts may be emailed to you after the session to support your learning.

What do I need to bring/have ready?

A supply of relevant resources will be sent to you prior to your workshop. During the session, you will need to have a selection of different coloured objects to hand and a notepad and pen may be useful if you wish to take notes.

To join the live session you will need to access the internet via either a phone/laptop/pc/ipad/tablet, with your webcam and microphone switched on. The session is very interactive so please bring some headphones if you have them, to maintain confidentiality, if you have other people in your home.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and safety/online safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

