

Adult Learning - Course Information Sheet



SZH2DA33 - How To Build A Sustainable Wardrobe

Chester House Estate

Higham Road
Irchester
Wellingborough

NN29 7EZ **Room**

Start Date: 08 February 2022
End Date: 08 February 2022
Start Time: 10:00AM
End Time: 12:00PM
Day: Tuesday
Sessions: 1
Tutor: Mrs Lesley Clarke

Course aim

This online course, using Zoom. The course is designed to help participants develop their awareness of the benefits of a capsule wardrobe and how to shop more sustainably.

Course outcomes

1. Identify what a capsule wardrobe is.
2. Be able to develop your own capsule wardrobe.
3. Gain knowledge in how to be more sustainable in your clothes shopping.
4. Understand how participating in learning can increase personal confidence and a sense of wellbeing.

How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address prior to the class.

What do I need to bring / have ready

To take part in the course you will need a computer, laptop, phone or tablet connected to the internet and be able to view a live video stream. A pen and paper are useful to make notes.

Further support or 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

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.loveto know.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. For re-hydration please drink water only.

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/>

