

Adult Learning - Course Information Sheet



SZZ6WA50 - Coffee and Chat

Virtual Classroom - Zoom

Start Date: 16 January 2021
End Date: 16 January 2021
Start Time: 10:00AM
End Time: 10:30AM
Day: Saturday
Sessions: 1
Tutor: Miss Jessica Ward

Room Meeting ID: 676 2390 5143

Wheel of Wellbeing - Weekend Event

The Learning for Wellbeing Team are pleased to launch a weekend of workshops introducing practical physical and creative ways to support mental health and wellbeing. A choice of live and recorded options will give you the flexibility to fit in with your weekend commitments. All sessions will incorporate focus on elements of the Five Ways to Wellbeing. Take part in sessions that will focus on the body, mind, environment, people and spirit, all of which are universal aspects that contribute to a sense of overall wellbeing.

Email alsreferrals@northamptonshire.gov.uk if you would like some help accessing Zoom.

Session aim

Social isolation can have a negative impact on emotional health and wellbeing. Bring a cuppa and drop in for a light-hearted chat and some company. Meet Jess our Learner Support Advisor, who will lead lively conversations in a safe, welcoming environment.

Session outcomes

- Have a chat to find out which future courses and workshops are right for you before you enrol
- Discover how learning promotes positive mental health and wellbeing

How will the session be taught?

This session will be live 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?

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 during the restrictions. A notepad and pen may be useful if you wish to take notes.

Further support and progression

If you need help to gain access to this session please contact alsreferrals@northamptonshire.gov.uk or call 01604 368023 (answerphone available). Details will be made available during the event regarding further learning opportunities within the adult learning service.

Health and safety/online safety

Your tutor will give you information about keeping safe during our sessions. 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

Further information

If specific resources are required for this session, they will be despatched to you prior to the event. There may be named items that you are required to bring to the session yourself- please do take time to locate the items and have them ready for the session, so as not to delay the start. Please be prompt to the session as we will start on time and you may not gain entry to the virtual classroom if you are too late.

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/>

