

# Adult Learning - Course Information Sheet

## UKO3LA04 - Body Balance, Flexibility and Stretching

### Kingsthorpe Baptist Church

High Street  
Kingsthorpe  
Northampton

NN2 6QF      **Room**

Start Date: 19 June 2019  
Start Time: 10:00  
Day: Wednesday  
Weeks: 5  
Hours: 10  
Cost: Learn2b  
Tutor: Mrs Michelle Thompson

### Course description

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 specifically because of their own experiences of mental health illness will support you through a variety of teaching and learning in a safe and welcoming environment. All tutors are qualified in subject matter and passionate about the principles of Learn2b. Physical activity and exercises to improve your mood and promote balance and flexibility

### Outcomes

Learn exercises which promote balance, strength and co-ordination (to prevent falls).

Practice exercises using chairs, floor and mats to repeat at home.

Learn about the benefits of exercise on mental health and wellbeing.

### How will the course be taught?

### What do I need to bring?

A pen and notebook may be useful if you would like to make notes. You should bring reading glasses if you require them as there will be a little bit of paperwork to complete. If the course takes place over a whole day then you should bring a light lunch with you.

### Taking the first steps and staying safe

Please let us know if there is anything we can do to help and support you on this course. We understand that trying new things and meeting new people can be daunting. You can trust your tutor to make you feel really welcome, but we can also provide further support if this is your first time attending. One of the Learn2b team can meet you, help you settle in and assist you throughout the session. We want you to relax and gain as much as possible from our courses, we will go out of our way to ensure this happens.

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 Internet Safety for Adults and Take Five a national awareness campaign at [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/>. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

### Further support for mental wellbeing

You will find out about further learning opportunities and careers advice and guidance as appropriate through this course. If you feel you need any further support to attend our courses please speak to your tutor or contact the Learn2b team by email at [Learn2b@firstforwellbeing.co.uk](mailto:Learn2b@firstforwellbeing.co.uk) or by phone on 01604 368023.

**If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: [CommunityLearning@northamptonshire.gov.uk](mailto:CommunityLearning@northamptonshire.gov.uk) or call us on 01604 367 119**

