

# Adult Learning - Course Information Sheet



## UZH6DA19 - An Introduction to Mindfulness

### Chester House Estate

Claudius Way  
Wellingborough

NN8 2DH

Room Chester House Estate

Start Date: 30 April 2022  
End Date: 30 April 2022  
Start Time: 10:00AM  
End Time: 4:00PM  
Day: Saturday  
Sessions: 1  
Tutor: Ms Karren Bennett

### Course aim

This course is delivered by the Northamptonshire Adult Learning Service. The aim of the course is to identify mindfulness techniques which can help reduce stress levels within our busy lives.

### Course Outcomes

- Select and apply mindfulness techniques to everyday life situations to increase wellbeing.
- Enjoy the benefits of the meditation practices.
- Perform simple mindful movements.
- Use the 3 minute breathing space as a stress relief technique.

### How will the course be taught?

Face to Face

### What do I need to bring / have ready?

A course reminder 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.

Please bring a packed lunch with you.

### 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](mailto:alsreferrals@northnorthants.gov.uk) or call 01604 368023 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://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 day. For information on how to keep safe online go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefivestopfraud.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.

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/>

