

# FREE What is Health Course

## Tuesday 14<sup>th</sup> October 2014



### Course Aims

The programme aims to enable participants to reflect on achievements and to move forward in different aspects of their personal lives. Participants will be developing better understanding of themselves by exploring the subject of Health and Wellbeing and raise their aspirations.

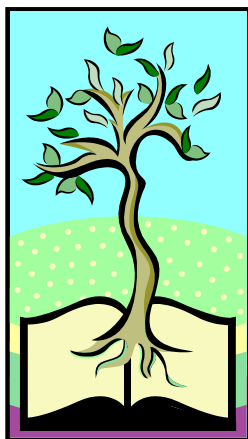


### Learning Outcome

By the end of the 8 weeks programme participants would be able to

- Express their own view of health and wellbeing
- Identify factors throughout their lives which influenced their view of health and wellbeing
- Relate how their moods, friends and family and finances could affect their health and wellbeing
- Relate how social contact, network and money affect communities
- Recognise their own behaviours and how this helps them to feel more powerful or powerless
- Recognise their own skills how they can set achievable goals
- Share experience, make friends and join in local activities

### Where and when is the course?



**Date:** The course is once a week for 8 weeks.  
We start on Tuesday 14<sup>th</sup> October 2014

**Venue:** St Cuthbert's Church, Barnsley Road, Sheffield, S5 6UA (opposite Northern General Hospital)

**Time:** 3 hours - 9:30am-12:30pm

### Creche is available

To book a place on the course and to arrange childcare please contact **Somshun Nessa** (SOAR Health Development Worker) – text on **07960084119** or email

[Somshun.nessa@soarcommunity.org.uk](mailto:Somshun.nessa@soarcommunity.org.uk)

