

LEVEL 1 CERTIFICATE HEALTHY BODIES HAPPY MINDS: PHYSICAL HEALTH AND MENTAL WELLBEING

Subject Area

Student Type

Study Mode

Skills for
Independence, Life &
Work

Adults
Part Time

What is the course about?

'Healthy Bodies Happy Minds' is an interactive course designed to empower adults with additional needs to lead healthy, fulfilling lives. By addressing physical well-being, emotional resilience, social skills and life skills, this course aims to enhance overall quality of life, promote independence and nurture a positive mindset whilst having lots of fun along the way.

Why should I choose the course?

'Health Bodies Happy Minds' is a comprehensive course specifically for adults with additional needs. Choose this course if you want to improve your physical well-being, emotional resilience and overall mental health so you are better equipped to lead a fulfilling, enriched life with a focus on becoming more independent. Practical lessons, interactive activities and individualised support come together to increase self-confidence, independence and overall quality of life.

What will I learn?

You will learn about the importance of physical activity, nutrition and personal hygiene to maintain a healthy lifestyle. You will take part in group exercise activities specially designed for you, weekly walk & talk sessions and learn about healthy food choices and prepare nutritious meals within a realistic budget. The course will also provide you with tools and strategies to help you identify and manage your emotions effectively, develop self-awareness, learn relaxation techniques and recognise how other people play an important part in our mental well-being.

'Healthy Bodies Happy Minds' will help to foster essential social skills, including effective communication, active listening and building and maintaining relationships. The course encourages social interaction and community engagement encouraging the development of meaningful connections.

What will the course lead on to?

This course will set you up to lead a healthy lifestyle with a positive mental outlook enabling you to look at your future options around living more independently and looking after your physical health and mental wellbeing.

What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a Welfare Team that is on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

to help them during their time at college.

Click here for learning support: <https://wvr.ac.uk/college-life/learning-support>

Click here for finance support: <https://wvr.ac.uk/college-life/financial-support>

Why should I choose to study the course at Warrington & Vale Royal College?

Warrington & Vale College run courses for local people to enhance their lives and to enrich the community in which they live and love. The course will be facilitated by experienced teachers with expertise in special needs education, mental health and physical well-being. Class sizes are kept small to ensure a personalised approach and a supportive learning environment.

What are the entry requirements?

There are no formal entry requirements.

What are my funding options?

For information on funding contact Learner Services on 01925 494400 or email learner.services@wvr.ac.uk

Are there any additional costs associated with the course?

There may be additional costs associated with any trips that may take place but we will do our best to ensure costs are kept to a minimum and plenty of notice given.



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