

## Course Information Sheet 2022/23 Work & Wellbeing Accredited Course

Course title:	Level 1 Award in Health Improvement				Code: BDWPHI201	
Tutor:	Liz Jones					
Day & Time:	Tuesday 9.30am – 4.30pm					
Start & End Dates:	Term 1		Term 2		Term 3 11/7/23	
Number of sessions:					1	
Venue:	Bury Adult Learning Centre				Room No: 19	
Learner numbers:	Minimum			Maximum		
	6			12		
Costs:	Full Fee			Discounted Fee		
	Term 1	Term 2	Term 3	Term 1	Term 2	Term 3
			£40.53			Free

### What will I learn on this course?

If you are interested in enrolling on this course, please ring us on 0161 253 5772.

On this course you will develop your understanding of public health and the factors that have improved public health. You will also develop your understanding of how, at an individual level, lifestyle choices and behaviours can have a positive and negative effect on health, and you will be able to use this understanding to identify changes to your own lifestyle in order to improve your health.

By the end of the course, I will be able to:

- Understand what is meant by health and wellbeing
- Understand the factors that have led to the improvement of public health
- Understand how lifestyle may have a negative effect on health
- Understand how lifestyle may have a positive effect on health
- Know how to improve your own health

What syllabus will I follow?

Royal Society for Public Health Level 1 Award in Health Improvement (600/6419/5)

### Additional information

Before you enrol on a course, advice and information is available to help you decide on the right course for you. Contact Learner Services on 0161 253 7501 or e-mail at [learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk).

A pre-course interview is required for this course, please contact 0161 253 5772 to arrange.

Attendance at all sessions is essential. If you miss a session without letting us know you may be asked to leave the course.

Due to the ongoing Coronavirus situation some of our courses may be either fully or partly delivered remotely, and this would be subject to change depending on current Government advice. This means that you may need to have suitable online access, but this will be discussed with you as part of initial assessment or induction. Please note that our buildings and classrooms have been fully risk assessed in line with Covid-safe principles

Please bring proof of identity to your first session – see page 3 for details.

### Joining requirements

You will need to have a good understanding of the English language and if you are an ESOL learner you must have at least a Level 1 qualification.

No prior experience required.

### What could I do next?

You could also progress onto our Level 2 Award in Understanding Health Improvements course or onto English, maths, IT or another course within our Work & Wellbeing programme to develop further your skills for work.

Your tutor will be able to advise on the options available to you in their subject. If you would like to speak to someone about moving on, please ask your tutor to refer you to Learner Services or contact them directly on 0161 253 7501 or email

[learner.services@bury.gov.uk](mailto:learner.services@bury.gov.uk) .

### Can I get extra help?

Support with English and Maths is available through our Skills for Life section. For more information, please contact Learner Services on 0161 253 7501.

Extra support is available for those learners who have sensory, physical or cognitive impairments, neuro-divergent or with mental health conditions. Please contact Nikki Naylor on 0161 253 7287.

### Help with paying for your course

This course **may** be free if you are unemployed and claim benefits and want to be employed or progress into more sustainable employment. Please enquire at the time of enrolment. You may also qualify for a free course if you earn less than £20,888 a year.

Please see the course guide for more information or ask at the time of enrolment. You will be asked to produce evidence to qualify for free provision or sign to say what benefits you are claiming and that you are seeking work.

If you are enrolling on a course which leads to a qualification and are finding it difficult to pay your exam fees or need financial help with childcare, small items of equipment or some travel cost, you may qualify for help from the Learner Support Fund. Ask at the Bury Adult Learning Centre office for a form or ring Learner Services on 0161 253 7501. ***If you have been mandated on to a course by Job Centre Plus you may not be able to get help from this fund.***

## How to enrol

Phone: 0161 253 5772

Call into: Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ

**Please keep your copy of this information sheet. It will be useful throughout your course.**

### Proof of Learner Identity

All certificated courses require you to show proof of your personal identity. Please bring the relevant IDs on the **first day** of the course. Refer to the list below.

### List of documents to show proof of learner identity

To comply with the new exam board regulation, you will be required to show proof of your identity before you could sit for a formal assessment.

**All Learners** must bring proof of identity to the first session.

You are required to provide either:

- **One** item from the first list; or
- **Two** items from the second.

#### List 1: One item required

- Passport.
- EC identity card.
- Full driver's licence (with photo).

#### List 2: Two of the following which are currently in use, are required

- Standard acknowledgement letter (held by people seeking asylum).
- Rent book/tenancy agreement.
- Current credit card or charge card.
- Bank or Building Society book.
- Letter showing home address.
- Full driver's licence (non-photo).
- ES40 and JSA agreement.
- Medical card.
- Services identity card.
- Household Utility bills.
- Bail sheets.
- Original birth certificate.
- Marriage certificate.
- Senior Citizen travel-pass with photograph.
- Any other form of ID.

If you have any questions, please discuss them with your tutor on the first session of the course.