

## Get Going, Get Active - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Get Going - Get Active - Introduction to Physical Activity - Baysgarth - Friday Afternoon - Tailored Learning	28/11/2025	19/12/2025	BAYSGARTH HUB	0.00

### Course Description

**YOU MUST BE REFERRED TO ATTEND THIS COURSE.**

Weeks 1 and 4 start at 1pm  
Weeks 2 and 3 start at 1.30pm

#### Content & Overview:

This is a FREE 4-week course for people who are economically inactive and receiving benefits, to improve your health, wellbeing and confidence through participation on a physical activity programme.

#### Individual Outcomes

You will set your own personal target/outcome that you want to achieve (to be agreed week one)

#### Project Outcomes

- Improved physical wellbeing
- Improved mental wellbeing
- Increased self-efficacy

#### Suitable for:

All economically inactive or in receipt of benefits

#### Entry requirements:

Referred through GP, social prescribers or Job Centre

#### Delivery Method:

Face to face – practical sessions, wear suitable clothing and trainers

#### Progression route:

Possible route to progress to NCFE Exercise Studies, link to connect to work scheme Nov 25, 3 month physical activity programme with NL Active

#### Why should you study with us:

Exciting pilot scheme between AECL and North Lincolnshire Active  
Free access and support with physical activity with industry experts  
Tailored to meet your personal needs and goals

**DISCLAIMER:**

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Applying for a course does not mean you are automatically enrolled. We will require to see, proof of ID, proof of your address, and evidence that you receive benefits or have an income of £25,750 gross or below.

You must be 19+ on 31 August 2025 and a UK resident. If you are unsure of your eligibility status, or require further information, please contact our Customer Service team on 01724 297146 or email

<https://northlincsadulteducation.co.uk/contact/>