

Walking Football - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Walking Football - The Pods - Monday Morning - Tailored Learning	23/02/2026	30/03/2026	THE PODS	0.00

Course Description

APPLICATION TO THIS COURSE IS BY REFERRAL ONLY.

**YOU WILL NEED TO ATTEND AN INDUCTION SESSION AT SCUNTHORPE JOB CENTRE ON 19.02.2026
BETWEEN 10AM AND 2PM.**

Content & Overview:

This FREE 6-week course will help improve your health and wellbeing so you feel ready to return to work with improved employability skills.

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:

If you are economically inactive, or in receipt of benefits and over 50 years old.

Entry requirements:

Referred through work coaches and Job Centre.

Delivery Method:

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

Session split into two halves – first part walking football activity, indoors second part class based employability.

Progression route:

Adult Education offer a range of courses that you can progress onto:

- Confidence and Wellbeing courses
- Pathway to Work

- English
- Maths
- Digital Skills

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:

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/>