

Walking for Wellbeing - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Walking for Wellbeing - BAYSGARTH Hub - Friday Afternoon - Tailored Learning	06/03/2026	27/03/2026	BAYSGARTH HUB	0.00
Walking for Wellbeing - The Pods - Thursday Afternoon - Tailored Learning	05/03/2026	26/03/2026	THE PODS	0.00

Course Description

Content & Overview:

This free 4-week course will help improve your physical health and mental wellbeing through participation on a basic activity programme.

Individual Outcomes

You will set their own personal target/outcome that you want to achieve (to be agreed in week 1). **Project**

Outcomes Improved physical wellbeing Improved mental wellbeing Increased self-efficacy

Suitable for:

If you are aged 19+ years old, economically inactive or in receipt of benefits and want to improve your health and wellbeing.

Entry requirements:

Referred through Job Centre, GP or social prescribers

Delivery Method:

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

Progression route:

We offer a range of confidence, wellbeing and employability courses. In addition, you may wish to progress to a qualification such as:

- English
- Maths
- Digital Skills

Why should you study with us: link to FAQ

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. You must provide evidence to confirm eligibility, as this course is funded by the Department of Education.

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 BRING THIS EVIDENCE WITH YOU WHEN YOU START THE COURSE OR WORKSHOP. Alternatively, you can also bring these to be seen by the Business Admin Team, Room F09 at Ashby Community Hub, prior to your course or workshop starting.

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](tel:01724297146) or email

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