

# Course Information Sheet



## Course Code and Name: GL0050560 Foods To Make You Smile

**Venue:** The Alexandra Wellbeing House  
Alexandra Road  
Gloucester  
GL1 3DR

**Start Date:** 28 November 2017  
**End Date:** 28 November 2017  
**Day:** Tuesday  
**Time:** 10:30 to 13:30  
**Weeks:** 1

**Tutor:** Karen Merrett

**Course Provider:** Adult Education in Gloucestershire

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**Course Summary:** Can food make you smile? Come to a friendly taster session to cook a mood-boosting meal.

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**Eligibility:** You must be aged 19 at the start of the course.

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**How will the course be taught?** Professionally delivered by a qualified tutor in a small, friendly class setting.

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**How will I know how well I am doing?** The tutor will help you to think about and note your level of relevant experience at the start, and then do the same at the end. This will help you measure your progress. The tutor will also give you regular verbal feedback.

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**Prior Knowledge:** No prior knowledge necessary.

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**What do I need to bring?** A notebook and a pen may be useful.

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**How do I join the course, or find out more?** This Course is being run with the Alexandra Wellbeing House in Gloucester. For information please contact them on 01452245338 and ask for Donna Lovell. If you do not fit the remit for this course, please email [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk) to let us know your interest. We can direct you to similar courses.

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**Cost:** Free to eligible learners.

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**What course can I do next?** We will discuss your options with you, and can support you to decide what you would like to do next.

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**Information and Advice for Progression:** Information on progression is available. Contact your tutor for further information or call 0800 542 1655 or e-mail [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk)

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**Health and safety:** All of our venues undergo a health and safety audit on a regular basis. If you have specific needs please inform us before you start this course.

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**Further information:** If you or your organisation are interested in running a similar session or course, please contact Adult Education.0800 542 1655 or e-mail [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk)