

Level 1

# Wellbeing

NCFE/CACHE Award



## Duration

9 weeks

## Location

Rush Green Campus

## Starting

Flexible

## Age

Adult 19+

## Careers

Health &amp; Social Care

## Course fees per year

ADULT 19+

**£367**

The above fees include tuition and exam fees.  
Contact us to discuss what Financial support is available.

## Overview

This course is for anyone who is interested in gaining an awareness in wellbeing.

You will be taught by our industry experts; an improved understanding of developing an awareness of dementia, mental health and personal safety. You will develop a deep understanding of how to stay healthy and improve your eating habits by promoting healthy eating. You will also have the opportunity to better understand stress, its causes and how you can prevent and reduce the effects of stress you encounter in your daily life.

## What you'll learn

On this course, you will learn:

- Introduction to stress and stress management
- Develop an awareness of mental health
- Introductory awareness of the important of healthy eating and drinking for adults
- Dementia awareness
- Understanding eating disorders

## Assessments / Exams

You will be assessed through a portfolio of evidence.

## Entry requirements

There are no specific entry requirements for this course.

## What this course leads to

On completion of this course, you will be able to progress onto further qualifications in a similar subject area, at a higher level.

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000011614>

For further information please contact the college: <https://barkingdagenhamcollege.ac.uk/contact>