

## 5 steps to wellbeing

**Course Dates:** Mondays  
3rd November to 1st December

**Times:** 11:00am to 1:30pm

**Location:** Gorse Hill Community Centre

There are 5 recognised steps that you can take to improve your mental health and wellbeing; get connected, give to others, keep learning, be active and take notice. This course aims to introduce you to the 5 steps and help you set goals that could help you feel more positive and get the most out of life.

By the end of this course you will:

- Understand the 5 steps to wellbeing and how they can benefit your health and wellbeing
- Be able to identify activities which could help improve your own health and wellbeing

To request a place on this course:



01793 466482



acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)

\*To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2025; have the right to reside in the UK; or be an asylum seeker and have applied for asylum more than 6 months ago; be unemployed, or working and earning less than £25,750 a year.

For more information about our eligibility criteria please visit our website [www.swindon.gov.uk/adultlearning](http://www.swindon.gov.uk/adultlearning)