



## Course details

### Course title

Everyday Baking for Wellbeing

### Course code

Q00027559

### Course date

Start: 13/08/26

End: 20/08/26

### Number of classes

2 sessions

### Timetable

Thu 13th Aug, 9:30 to 15:30

Thu 20th Aug, 9:30 to 15:30

### Tutor

Alice Lynden

### Fee range

Funding available - £96.00

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Whitehawk

Whitehawk Road

Brighton and Hove  
BN2 5NS

## **Level of study**

Beginners

## **Course overview**

This course is funded by the Department for Education and only open to residents living in non devolved authorities. This Everyday Baking for Wellbeing course supports adults to improve their wellbeing through simple, enjoyable baking activities. Learners explore everyday baking tools, ingredients and routines that promote confidence, calm and positive mental health. Each session includes a practical baking task, opportunities to talk about memories and favourite foods, and gentle wellbeing activities that encourage connection and relaxation. The course is suitable for all adults and provides clear demonstrations and visual support. Activities focus on participation, enjoyment and building confidence through shared baking experiences.

## **Course description**

Everyday Baking for Wellbeing is a 12?hour course designed to help adults improve their mental health and wellbeing through simple, hands?on baking activities. The course uses everyday bakes and relaxed group tasks to create a warm, supportive environment where learners can build confidence, connection and enjoyment.

Each session introduces basic baking tools, simple ingredients and short, supported steps that learners follow together. The emphasis is on the wellbeing benefits of baking: sensory engagement, creativity, routine, relaxation and the pleasure of making something to share. Learners are encouraged to talk about favourite bakes, memories and positive experiences, using accessible language and visual prompts where needed.

The course is open to all adults and provides clear demonstrations, modelling and scaffolded vocabulary to ensure accessibility. Activities are designed to reduce stress, build social connection and promote a sense of achievement through preparing simple bakes.

By the end of the course, learners will feel more confident taking part in everyday baking tasks and will have experienced how baking can support emotional wellbeing, calm and positive daily routines.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/cookery/13-august-everyday-baking-wellbeing>