



Course details

Course title

Health for Everyone

Course code

Q00028757

Course date

Start: 24/07/26

End: 24/07/26

Number of classes

1 sessions

Timetable

Fri 24th Jul, 9:30 to 11:30

Tutor

Laura Cooke

Fee range

Funding available - £16.00

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

St Richards

St Richards

36 Barwic Parade

Level of study

Entry Level

Course overview

Health for Everyone is a friendly and engaging two-hour taster course designed for ESOL learners who want to improve their English while learning about health and wellbeing. The course introduces everyday health topics, including healthy eating, exercise, sleep, mental wellbeing, and self-care. Learners will develop useful health-related vocabulary and practice speaking and listening skills through interactive activities, discussions, and group work in a supportive learning environment. The session also helps learners build confidence in accessing healthcare services in the UK. Participants will learn how to talk about common illnesses and symptoms, ask for help, and understand where to go for health advice, such as GP surgeries, pharmacies, NHS 111, and emergency services. By the end of the course, learners will feel more confident using English in health-related situations and making informed choices to support their wellbeing and that of their families. This course is funded by the York and North Yorkshire Combined Authority and is only available to residents living within the York and North Yorkshire Combined Authority area.

Course description

This interactive two-hour taster course is designed to help ESOL learners develop confidence in discussing health and wellbeing in everyday situations. Learners will build essential English language skills while exploring simple health topics that support healthy living and accessing healthcare services in the UK.

Through practical activities, discussions, and key vocabulary exercises, learners will improve their speaking, listening, reading, and communication skills. The session provides a supportive environment where learners can practice using English to talk about their health, understand basic health information, and know where to seek help when needed.

The course promotes wellbeing, encourages healthy lifestyle choices, and helps learners feel more confident navigating health-related situations in their communities.

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.

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