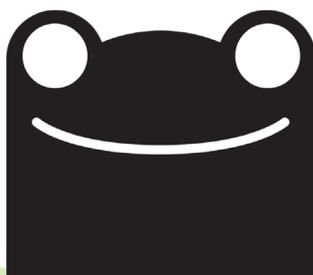




Health & Wellbeing Programme



The Learning Curve

How much do courses cost?

All our courses are fully funded (free) to people in receipt of benefits. Courses may also be available at a reduced rate (part-funded) for those in work – please ask for details.

Do I need to be referred by a health professional or Work Coach?

No referral is needed, we simply ask that you commit to attending and completing the course.

Do I need any qualifications to come on a course?

No. Our courses are mainly assessed via observation and activities and so are achievable for people at all levels.

I feel nervous about coming to my first session – what should I do?

Please don't feel anxious about joining us – our courses run in very small groups, in relaxed and friendly venues. Our staff will make you welcome and before long, you'll feel part of the Eat That Frog community!

Is there an age limit?

Our courses are available for anyone of job-seeking age (19-70).

Who do I contact for more information and how do I book?

You can call us on 01803-551551 or pop into one of our centres to talk to a member of the team. They will book you onto an initial info session, so that you can see which course is right for you.

Welcome to It's My Life - your Health & Wellbeing programme

Everybody needs a little help sometimes to get back on their feet, feel more confident about themselves and start to move forwards. That's why we've developed this programme to give you the ideas and support to take control of aspects of your life that may be keeping you down or holding you back. Our small group sizes mean that everyone gets the time and attention they deserve while our friendly, experienced tutors will support you every step of the way.

What makes Eat That Frog different?

As a Community Interest Company, we're more interested in your wellbeing and success than our profits – we really care for our learners and our communities.

Since 2011, we've been helping local people overcome barriers that hold them back in life or employment – you may need extra help boosting your confidence, improving your mental and physical health or simply be looking for opportunities to get out and meet new people in a relaxed learning environment.

We work to understand what you're looking for and what direction you want your life to take, then we try to give you the skills to move forwards. An ETF information session is the first step on your journey with us – you can tell us what you're looking for, and then we can give you the best support.

Our courses are fully-funded (free) to anyone claiming benefits and open to people in most areas of South Devon, including Torbay, Teignbridge, Plymouth and South Hams, at our professional training centres or in community venues.



Awareness of Social & Emotional Wellbeing



This is the starting point for a new you! In 8 sessions over 4 weeks, you'll look at a range of skills that will help you cope better with everyday life.

- **An awareness of health and wellbeing:** In this session, you will start to understand the meaning of 'health and wellbeing' and identify the basic human needs that are a foundation for good health. You'll look at the lifestyle choices and factors which can have an impact on you. We'll also talk about the different types of health services that exist locally and look at options for getting treatment for a range of health problems.
- **Emotional Resilience:** Learning to adapt to change can be difficult – we'll help you understand your personal responses to new social, emotional and environmental circumstances. We'll talk about ways of developing your own emotional resilience and ability to cope.
- **Developing Assertive Behaviour:** What does it mean to be 'assertive'? We'll help you understand the difference between passive, aggressive and assertive behaviours and to identify the key benefits and implications of assertiveness. Then we will move onto situations in which you may need to be assertive and ways of being more assertive to achieve a desired outcome.
- **Stress and Stress Management techniques:** What is stress and what are the symptoms? We'll help you recognise different types of stress and the possible causes, including the things that make you stressed! We'll identify different strategies for relaxation, as well as coping strategies for reducing and managing your own stress levels.

Self Image & Confidence

Some days, it's really hard to feel good about yourself and the way you look. This course has 4 sessions over 2 weeks, to help build-up your confidence levels, understand the way you present yourself, and to look at yourself in a new way!



- **Body image – culture and media:** We'll look at how images of people are portrayed through daily media and how this can affect your perception of yourself! You can identify feelings around your own body image and look at how perceptions of a positive image can change between cultures and times.
- **Developing Personal Confidence and Self Awareness:** Do you know why you feel confident in some situations and not in others? Our behaviour can influence the ways in which other people view us, so we'll look at ways in which you could change your attitude and behaviour to help you participate more effectively in social situations. You'll also look at ways in which you can set goals for your own development and how this can improve your confidence.



Food For Thought

This fun course is all about cooking for yourself, friends and family. Whether you're an absolute beginner or a regular cook, you'll enjoy hands-on practical sessions in a small group, while learning more about healthy ways to make great meals on a budget.



Based in our Paignton centre, you'll have access to our professional-standard kitchen and the food from our Community Fridge, giving you a chance to learn some new techniques and get ideas for using different kinds of food. There will be 4 sessions over 4 weeks, ending with a celebration lunch! All ingredients will be provided.



Let it Grow

Connection with nature is proven to support wellbeing and resilience so why not join us at our Parkfield community garden for some 'natural medicine'? For 4 sessions over 4 weeks, you can enjoy the fresh air while learning basic leisure gardening techniques.



The pleasant and peaceful natural environment and small group size make this idea for anyone who wants to take part in a mindful, hands-on activity. Even if you don't have a garden yourself, you'll have fun learning about caring for different types of plant and then creating a planter to take home with you. All materials will be provided.

Sleep, Exercise & Lifestyle



Your physical health can really affect your wellbeing and mental mood, so this course is designed to help you identify small changes you can make to your lifestyle that could have really positive results. During 4 sessions over 2 weeks, you'll get a chance to look at aspects of health in a non-judgemental, friendly setting.

- Understanding the effects of sleep on health: This session will help you understand why we need to sleep and the relationship between sleep and wellbeing. Find out what makes effective sleep and how this benefits you, as well as how to prevent sleep deprivation.
- Importance of a balanced diet & regular exercise: A healthier lifestyle starts with a balanced diet, but do you know which food groups are essential to keep you fit and how much of an average person's daily intake of food should come from each food group? We'll also look at different types of exercise, and how even a small amount of regular exercise each week can help improve your wellbeing.
- Social Media & Mental Health: Social media can be a fantastic way to connect with friends and family, as well as for gaining wellbeing support. This session will help you identify the benefits and risks of using various social media and help you identify ways to foster healthy social media practices to improve your own mental and wellbeing.



Positive Relationships



Interacting with the people around you can be a wonderful source of support, but it can also be difficult, stressful or even damaging to your health. For 4 sessions over 2 weeks, we'll help you explore your relationships in a safe and non-judgemental space, finding ways to build connections in a positive way.

- **Developing Healthy Relationships and Respect:** Do you understand what is meant by 'healthy' and 'unhealthy' relationships? We'll help you identify the difference, as well as the controllable and uncontrollable factors that affect relationships. We'll look at the key features of effective communication and the values and attitudes which help people develop healthy relationships and respect for others.
- **Personal Safety Awareness:** We'll help you recognise potential risks to personal safety and possessions and situations that may put safety at risk. We'll look at action that can be taken to minimise risks and how to stay safe from other's behaviour in conflict situations. We'll help you identify situations that pose a risk and identify possible strategies to prevent these situations. We'll also look at ways of recording and reporting incidents.
- **Personal and Interpersonal Conflict:** Why do conflicts occur, and what are the possible triggers? We'll help you identify different conflicts that happen frequently and the difference between personal and interpersonal conflict. We'll help you understand the emotions and physical responses experienced during a conflict, and the possible negative and positive outcomes. We'll also explore the types of behaviour that may build tension or are likely to decrease the levels of a conflict.

Moving Forwards



This course gives you time and support to put all you have learned into a personal context – creating a plan to help you move forwards with your life. For 4 sessions over 2 weeks, we'll help you look at your next steps and ways to turn your plan into reality.

- **Personal Development:** You'll identify your own strengths, weaknesses and the skills you've learned in life, work and training, then look at how the skills identified could be used in the future. We'll look at your current life situation and relationships and how you can make positive decisions. We'll help you identify personal short-term goals, then set and record some personal objectives.
- **Action Planning for own development:** We'll help you match your skills, knowledge, ability and personal requirements with possible career paths, identifying a variety of careers which may be suitable. We'll signpost you to routes available for learning and development in relation to those possible career paths and help you outline an action plan.
- **Financial literacy – Budgeting and Money Management:** We'll help you identify possible sources of income, for example, employment, state benefits, with their advantages and disadvantages. We'll look at the different types of outgoings and expenditure you may be making and help you outline a personal budget. We'll then help you identify how possible shortfalls or surplus in the budget can be managed.



Employability

This course offers 4 sessions over 2 weeks to help you start applying for your chosen area of employment in a way which should help you achieve success!

We'll help you create a professional and up-to-date CV and cover letter, looking at ways you should tailor your application to suit the role you are applying for.

We'll look at the places you should be looking for vacancies and the different ways you can apply for a job. We'll also help you with preparing for those all-important interviews, including the kind of questions you may be asked, tips for overcoming nerves, and presenting yourself in a positive way to your new employer.



What do our learners say?

"I was very lost, upset and unable to put a sentence together... They saw my situation and how I was struggling and always made me feel welcome, so that I went home a little more positive. ETF gave me the confidence to believe in myself and that I would be strong enough to work again. They helped me to achieve, getting and finding two jobs."

Julia

"I needed to get out of the house, try new things and meet people. I've now made new friends and learned ways to manage stress and anxiety."

Alicia

"I'm much happier and less isolated. I have really enjoyed working together on tasks and have learned to compromise and not just to try the easy way out!"

Craig

"I was unhappy, depressed and not sure what to do next. Had hit rock bottom. I was a bit nervous at first, but there was no need - ETF was friendly and welcoming. It has given me much-needed confidence and a new outlook, opening my mind to new possibilities."

Laura

"Most of the time I was just sat at home, never went out. I was not too sure I could do it, but I have met so many people and they have been so friendly and helpful. I have learned so much and it has helped me understand how important it is to look after myself. ETF will benefit other people, who have difficulties, health problems or a disability."

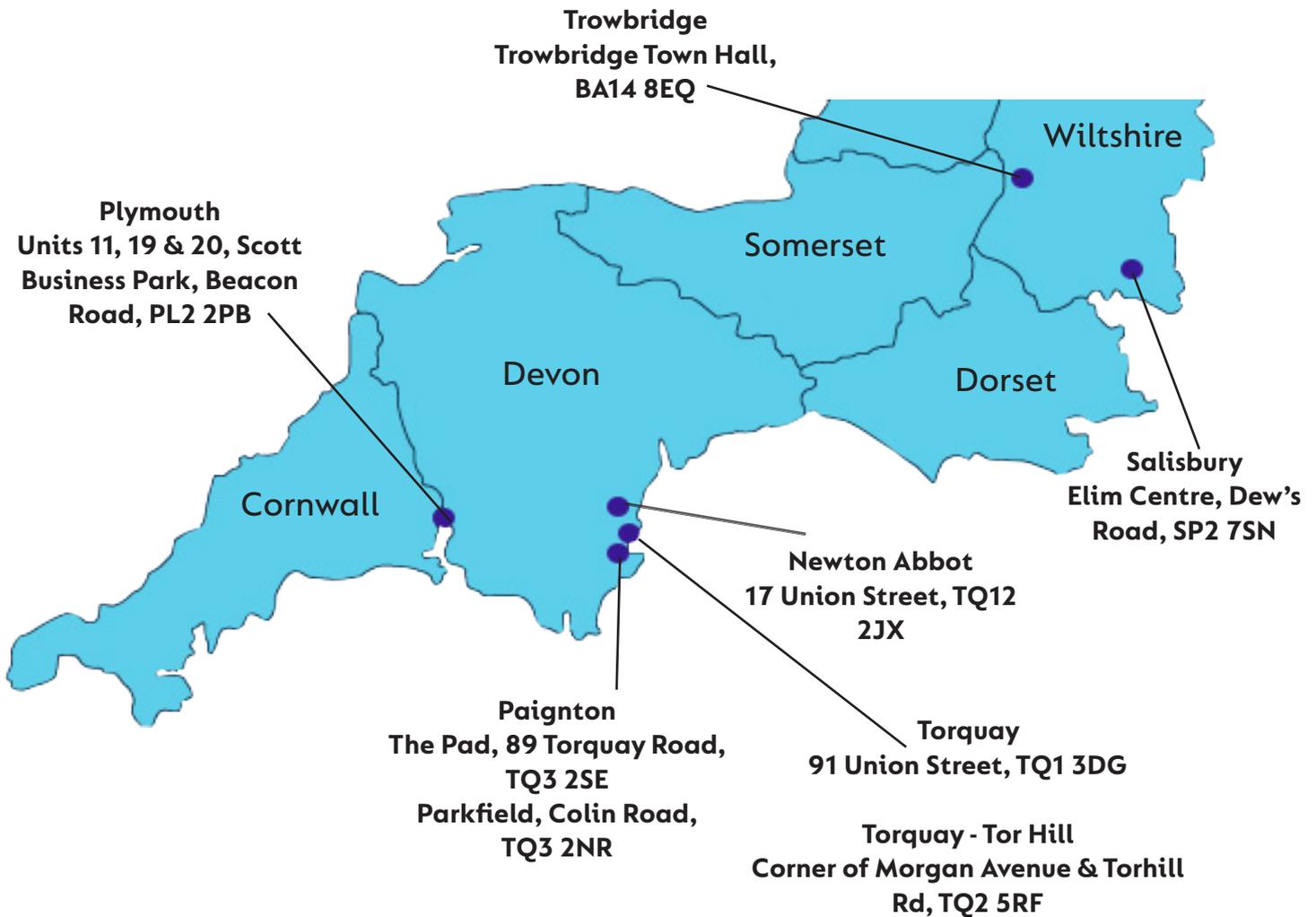
Sharon

"There is a relaxed atmosphere and fantastic tutors, and you are not judged!"

Sandra

Pop in and say hello

South West England



Get in touch

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