



Funded by  
UK Government

# FREE ONLINE COURSE

# JOURNALLING FOR WELLBEING



Hampshire  
County Council

**SKILLS  
FOR LIFE**

# Course Information

This **FREE** online course is aimed at adults living in Hampshire aged 19+ who would like to gain a sense of wellbeing through writing in different forms, exploring, recording and reflecting feelings of everyday life events. During this course you will reflect and describe the little things that make you happy through words and pictures and complete a piece of writing that you are happy to share in a supportive group. This may include:

- Writing a short poem
- Creating a positive motto or quote
- Completing a piece of free writing

## Commitment

- ✓ You will be invited to a tutor-led, 2-hour online group session, for 6 weeks
- ✓ You will be offered learning tasks to carry out at home, in your own time
- ✓ You will be offered the opportunity to progress to further learning

## Eligibility & Contact Details

There are no formal entry requirements for this course. You will need access to a suitable device with a camera and microphone.

This course is **FREE OF CHARGE** and funded by the UK Government for eligible adults living in Hampshire aged 19+. If you are unsure if you are eligible for this course, please contact our team at [adult.learning@hants.gov.uk](mailto:adult.learning@hants.gov.uk), or see our website at: [Hampshire Adult Tailored Learning | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/adult-learning).

## How to Apply

It's simple! Just complete our online application form using this link [Hampshire Achieves Adult Tailored Learning Application Form](#), or contact our team if you would like more details about this **FREE** course.