

Course Information Sheet

Keeping Your Brain Healthy



DE01E31A

Venue 📍 Plymouth Central Library	Start Date	11 Sept 2024 10:30
	End Date	2 Oct 2024 13:00
	Fee	£0
	Materials	£0

[OCSW DE01E31A Keeping your Brain Healthy \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk/OCSW_DE01E31A_Keeping_your_Brain_Healthy)

Sharpen your memory, boost focus, and protect your cognitive health! Learn practical strategies for keeping your brain functioning at its best throughout life.

Course Description:

This engaging 4-week Keeping Your Brain Healthy course equips you with the knowledge and tools to optimise your brain health. Explore the fascinating science behind how your brain works and learn practical strategies to improve memory, focus, and cognitive function. Discover the impact of lifestyle choices on brain health and develop a personalised plan to keep your mind sharp and energised. This informative and interactive course is ideal for anyone who wants to take charge of their brain health and invest in their cognitive well-being.

What will I learn?

The course is designed for a progressive learning experience over 4 weeks:

- **Week 1: Your Amazing Brain** - Explore the structure and function of the brain. Learn about factors influencing cognitive decline and the importance of brain health throughout life.
- **Week 2: Boost Memory & Focus** - Discover strategies to improve memory function, concentration, and learning ability. Explore techniques for effective information processing and organisation.

- **Week 3: Brain-Healthy Lifestyle** - Learn about the impact of diet, exercise, sleep, and stress management on brain health. Develop personalised strategies to optimise your lifestyle for cognitive well-being.
- **Week 4: Maintaining Brainpower for Life** - Create a personalised action plan to maintain and improve brain health as you age. Explore brain training exercises and resources for ongoing cognitive stimulation.

How will I be assessed?

- **Formative assessment:** Active participation in class discussions, quizzes, and brain training activities will provide opportunities for learning and applying knowledge.
- **Summative assessment:** Course completion may involve a presentation on a chosen brain health topic or a reflection essay on your learning journey and personalised brain health action plan.

Who is this course for?

This course is designed for anyone interested in improving and maintaining brain health. It's ideal for adults of all ages who want to learn strategies for optimal cognitive function, memory enhancement, and mental clarity.

Progression Opportunities:

This course is a springboard for further exploration of brain health and cognitive well-being. Consider enrolling in online courses on memory improvement techniques, brain training exercises, or the science of healthy ageing. Explore resources from organisations like the Alzheimer's Society or the Alzheimer's Research UK on brain health research and lifestyle recommendations.

Career or Job Enhancement Pathways:

- Dementia Care Specialist (with further qualifications)
- Geriatric Care Manager
- Health & Wellness Coach (focusing on brain health)

How do I enrol?

The quickest way to enrol is online at www.oucoursesouthwest.co.uk, simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

How will the course be delivered?

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need?

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

