

Course Welcome Pack



Welcome to:
THE NEW LOOK EMPOWER
COURSE
South Yorkshire

A big congratulations for signing up for your place on the course.

We are **Endorphins**

We run a wide range of inclusive programmes for both adults and children. Our biggest aim is to help individuals to feel healthy and happy so that they can reach their full potential.

With extensive experience across a range of sectors, including - training, education, health, well-being and community cohesion, we have a strong track record of designing and delivering innovative programmes that make a positive difference to mental, emotional and physical health.



Course Dates and Times

Congratulations, you have taken a positive step to help you reach a more positive and sustainable destination by signing onto our **3-Day classroom course followed by key worker support with 101 guided learning hours.**

The course runs: **Monday 27th, Tuesday 28th and Wednesday 29th January 2025**

Sessions will start at **10am and will finish around 3pm.**

After the course has ended you will receive an additional support from your dedicated tutor.



During the course

Over the three-day course and your 101 hours of guided learning your tutor and specialised Key Workers will provide and support with the following:

- Support in moving towards a positive destination
- 3-day classroom delivery
- 8 weeks of key worker support
- 101 guided learning hours
- Increased confidence and self-esteem
- Reduced barriers
- Practical tools and increased skills



How to contact us

Your Referral Contacts

(Please use these contact details if you haven't yet started the course.)

Before you start the course, your referral contact is on hand to answer any questions.

Contact details:

Ellie

P: 07961 634107 **E:** ellie.foster@endorphins.uk

Your Tutor: Wayne

(Please use these contact details if you have started the course.)

Your tutor will be the same throughout the duration of the course. Once you begin the course your tutor becomes your main point of contact.

They will be there to answer any questions you may have or address any worries or concerns.

Contact details are -

E: wayne.hextall@endorphins.uk



Make sure you are following us online! Search Empower by Endorphins on social media.

The Venue

Your course will be held at:

SY Beacon - (Above Parkgate

Mobility) 19 Doncaster Road

Barnsley South Yorkshire S70 1TH

The venue itself has all the facilities you will need as well as unlimited coffee, tea and biscuits provided during the sessions.

Unfortunately we do not provide a full lunch but we have tea and coffee available.



FAQ's

We provide biscuits, water, tea and coffee. Unfortunately, lunch is not provided however it is available to purchase from the nearby shops or please bring your own packed lunch.

Dress code is casual, whatever you feel comfortable in!

Stationary and any other equipment will be provided by us.



Further FAQ's

We are lucky to have some great referral partnerships, should you wish to explore volunteering, employment or additional activities please speak with your tutor.

Our team are available Monday – Friday, 9.00am - 5.00pm.

Should you call/email or text us we will aim to contact you within the same working day.

Should you have any questions or queries prior to the course please do not hesitate to contact your tutor or referral contact.



What previous learners say about the course

"I have faced a lot of my fears and the mindfulness sessions of the course have really helped me to reduce my stress levels. This has led me to feel more confident in practicing my English speaking skills."

"Before I started this course I always felt that my skills and experience were unvalued and underused. I now know that my skills and experience are one of my greatest assets and how to put them to the best use to move forward and reach my goals."

"Taking part in the Endorphins course has increased my confidence and due to the mindfulness sessions I feel much more positive."

See more from our past learners on our social media channels.





Search Empower by Endorphins
on social media

Empower by Endorphins

E: empower@endorphins.uk
www.endorphins.uk

Empower Course - South Yorkshire

We are looking forward to seeing you soon!
