

# Learn with Get Ahead Course Outlines



Would you like to keep you and your family active and healthy at home?

## Let's Get Cooking

Do you want to develop your cooking skills? Do you want new ideas for healthy meals? Do you want the whole family to learn together?

Free online workshops to help you get the family cooking healthy, simple and low cost meals together at home. The workshops will help you to develop skills, knowledge and confidence to cook through video demonstrations, fun interactive tasks and games.

## Healthy Body, Healthy Mind

It is important to keep yourself and your family physically and mentally well and learning something new, big or small, can help you to do this.

Healthy Body, Healthy Mind is a free online course which focuses on how to promote positive mental health and emotional wellbeing. It is delivered through fun interactive tasks and games that the family can do together.

## Creating Healthy Habits

Do you want your family to be healthier at home? Do you want to learn more about nutrition and healthy eating? Do you have challenges with getting your children to make healthy choices?

A fun and interactive free online course that provides the knowledge, tools and tips to support a healthy lifestyle at home and encourage parents, carers and young people to create healthy habits.

## Get Active with Get Ahead

Stuck for ideas to keep the children and family active at home?

Free online workshops to get everyone active at home despite how big or small the space available may be. The workshops are delivered through video challenges, easy to follow session plans and virtual challenges where you can play against other families.

To enrol on a course or for further information, please contact Alex Piercy either by email on [alex.piercy@nlcacl.co.uk](mailto:alex.piercy@nlcacl.co.uk) or telephone 07927 551339.

Get Ahead Partnership  
Baysgarth School  
Barrow Road  
Barton upon Humber  
North Lincolnshire DN18 6AE