

WEA Courses in Selby District

As you are probably aware, adult learning helps to reduce social isolation, maintain mental faculties, connect communities, boost self-confidence and promotes healthy lifestyles. There may be a WEA course which is suitable to help people you know or work with. Courses are free for people on means-tested benefits and help may be available for those on a low income.

The table below is a summary of courses so you can see at a glance what is on offer.

Full details of courses are available on the WEA website (Click the Yellow “View details” button next to the course title).

To enrol or for more information visit www.wea.org.uk or call 0300 303 3464

Course title	Area	start date	weeks	day	start time	code
Pathways to Better Health and Wellbeing	Tadcaster	07-Sep	8	Fri	1000	C3673572
Pathways to Better Health and Wellbeing	Selby	11-Sep	8	Tues	1000	C3673609
Craft for Well-being (Dementia)	Selby	TBC	TBC	TBC	TBC	TBC

Garden History and Design	Tadcaster	17-Sep	10	Mon	1330	C3673560
Beginners Modern Greek	Tadcaster	21-Sep	11	Fri	1000	C3673569
Art in the 19th Century: Romantics and Realists	Tadcaster	18-Sep	11	Tues	1900	C3673571
Quakers, Chocolate and Social Reform	Tadcaster	20-Sep	11	Thurs	1330	C3673574
Creative Writing- Plan your own Novel	Tadcaster	24-Sep	10	Mon	1900	C3673981

The WEA Yorkshire & Humber Region

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