Wellbeing: Selfcare for Computer Users

Course overview

With more and more activities moving online and happening online we are spending much more time at our computers and tablets. In this short course we will explore how to set up your working area so that your posture and wellbeing is looked after.

What will I study?

You will:

- Discuss warning signs that your set-up is not right for you
- Identify ways in which to set up your home computer / laptop for sustainable use
- Learn simple movements/stretches to reduce / prevent pain

Assessment method

You will participate in discussions and Q&A and receive verbal feedback from the tutor throughout.

Entry requirements

- This course is open to all.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other suitable Wellbeing, CPD courses or other courses.

Contact us

Our friendly staff can give you further advice and support.

email: adultcollegeenquiries@lbbd.gov.uk   call: 020 8270 4722