## A Wellbeing Learner Journey - Jackie Roche

Jackie started doing wellbeing courses with us about 8 years ago and over that time has attended a range of courses that she feels she has really benefited from. So much so that she shares her learning with others and advocates our courses to her friends and acquaintances.

"I did aromatherapy with you and I still make up blends for myself, especially the one with lavender for sleeping. I still make the one for my daughter and use different blends in a spray around the house all the time."

"I did the Mental Health in Young People course and it made me really aware of how I was speaking to my grandson... Now I'm less negative. I walk away and calm down and then come back and talk to him about his behaviour rather than shouting at him. I'd say this has 99% worked. I have even told my friends at the WI about it."

She feels lots of things from the courses have helped her: "especially what we did about getting rid of toxic friends". "I step back more and don't interrupt as much. My husband and I actually talk now."

Jackie has noticed long term changes from attending the wellbeing courses: "I am a happier person. I used to be very inward focused and now I am outward focused"

Jackie really wanted to do some online courses but she was struggling with getting online at home. "I came into the college and they showed me how to do it but when I got home it wouldn't work." So she enrolled on Digital First Steps and progresses onto Digital Skills For The Over 50's courses to become more confident and competent. Jackie has said how much she has benefited from the pace and explanations on her Digital Skills For The Over 50s courses.

Jackie continues to challenge herself and is currently taking her Level 1 math qualification.

