

**Blackburn with Darwen**

# ADULT LEARNING

**See where learning can take you!**



**In class...**



**and online!**

**ICT & Digital Skills**

**Employability**

**Health & Wellbeing**

**Family Learning**

**Positive Minds**

**ESOL**

Course Programme

**SEPTEMBER - DECEMBER 2020**

# Welcome

## Welcome to our latest course programme for September – December 2020.

Whether you want to learn how to use a computer, improve your health and wellbeing or progress your career prospects, we have a course for you at Blackburn with Darwen Adult Learning.

With a wide range of courses and workshops across Blackburn with Darwen there is something for everyone.

Why not join us and be an adult learner? You can gain a qualification, boost your confidence or learn new skills



**Cllr Mustafa Desai,  
Executive Member for Adult Services  
and Prevention**



**Cllr Shaukat Hussain,  
Assistant Executive Member for  
Adult Services and Prevention**

## WHY NOT FOLLOW US ON SOCIAL MEDIA?

- You can keep up to date with our course offers
- Find out more about the partners we work with
- Hear what other people have to say about us
- Share ideas and tell us what you think!



@ BwDAdultLearn



@ BwDAdultLearn

## Introduction

This term we bring you a range of courses, some of which, for the first time, we are running online using Microsoft Teams. This means that no matter where you are in the Borough, you can access free learning opportunities in a variety of subjects.

Some of our sessions are delivered in our learning centres with others delivered online, check the brochure for more details. In the event of a local lockdown, sessions will be transferred to online delivery where appropriate.

Why not have a go at something new with one of our introductory sessions, whether you want to find out how to support a child with their learning, improve your own English skills, boost your employability opportunities or improve your health and wellbeing, we have something for you.

The safety of staff and learners is our top priority. We are making careful plans to ensure that we will be ready for the safe re-opening of our learning centres. We continue to follow Government and Public Health England advice on social distancing and use a range of safety measures including smaller groups of learners, staggered start times and courses with a mix of classroom based and online learning.

**Karen Wignall**

**Service Lead – Adult Learning and Employment Support**

# Contents

|   |           |
|---|-----------|
| <b>DIGITAL AND ICT SKILLS FOR LIFE AND WORK</b> .....                         | <b>5</b>  |
| <b>EMPLOYABILITY</b>  |           |
| - Skills for Employment .....   | <b>8</b>  |
| First Aid .....   | <b>12</b> |
| Food Safety .....   | <b>13</b> |
| <b>HEALTH AND WELLBEING</b>   |           |
| - Mental Health First Aid .....   | <b>14</b> |
| Dementia .....  | <b>15</b> |
| Health & Wellbeing .....  | <b>16</b> |
| Complementary Therapies .....   | <b>16</b> |
| Creativity For Wellbeing .....  | <b>16</b> |
| Nature Therapy .....  | <b>17</b> |
| <b>POSITIVE MINDS</b> .....   | <b>18</b> |
| <b>ESOL English For Speakers of Other Languages</b> .....                     | <b>20</b> |
| <b>FAMILY LEARNING COURSES</b> .....  | <b>21</b> |
| <b>COURSES FOR LEARNERS WITH LEARNING DIFFICULTIES AND DISABILITIES</b> ..... | <b>26</b> |
| <b>WHAT ELSE DO WE DO?</b> .....  | <b>27</b> |
| <b>NATIONAL CAREERS SERVICE</b> .....   | <b>27</b> |

## WHAT WE CAN OFFER YOU

BwD Adult Learning provides learning which:

- Improves your health and wellbeing.
- Is built around what you want to learn.
- Helps you to do more than you thought.
- Supports you in taking the next steps to further learning, volunteering or employment.



## WHAT DO WE ASK YOU TO DO?

To make the most of your learning we ask you to:

- Notify us if you are no longer able to attend as you could be taking a place that someone is waiting for.
- Attend every session and always be on time.
- Fill in an enrolment form.
- Provide proof of your identity to confirm your eligibility for a course.
- Let us know about any extra help you may need during the course.

Non-accredited courses and workshops are free, there is a small charge for accredited courses if you earn over £16,009.50 a year. A course up to 20 hours will cost £20 and a course up to 30 hours will cost £30.

N.B. Full fee remission is available if you are in receipt of: Jobseekers Allowance, Universal Credit or any other state benefits (conditions apply).

# How to Enrol

**ENROLLING IS EASY - FIND A COURSE THAT YOU WOULD LIKE TO TRY, SIGN UP AND AWAY YOU GO. MOST COURSES ARE *FREE!***

**BOOK ONLINE at [www.bwdlearning.org](http://www.bwdlearning.org)**

**Or you can call us on (01254) 581175**

**Or email us at: [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)**

(please state which session you are interested in, together with your details).

## **HOW DO LIVE ONLINE SESSIONS WORK?**

Don't worry, it's easy! We use **Microsoft Teams**. Once you have enrolled you will receive a message containing a link to join your session.

You can join a Teams meeting *from any device, whether or not you have a Teams account*. Follow these steps to **join as a guest**.

### **Desktop computers**

1. Open your session invite message and click **Join Microsoft Teams Meeting**.
2. This will open a web page, where you will see two choices: **Download the Windows app** or **Join on the web**. If you join on the web, you can use either Microsoft Edge or Google Chrome. Your browser will then ask permission to use your webcam and microphone, be sure to accept both, this ensures you'll be seen and heard during the session.
3. Enter your **name** and choose your audio and video settings.
4. When you are ready, click **Join now**.
5. This will bring you into the 'meeting lobby'. The tutor will be notified that you are there and will admit you.

### **Mobile devices**

1. Open your session invite message and click **Join Microsoft Teams Meeting**.
2. If you do not already have the **Teams mobile app**, you will be taken to your app store to download it.
3. **Download the app** and open it right from the app store page. Teams will ask if it is okay to use your microphone. Be sure to allow it so others in the session will be able to hear you.
4. Next, you will be given two options for joining the session. Join as a guest or Sign in and join. Choose **Join as a guest**.
5. Enter your **name** and tap **Join meeting**.
6. To turn your video or microphone on or off during the session, tap on the centre of your screen to show the meeting controls. Tap again to hide them.
7. This will bring you into the 'meeting lobby'. The tutor will be notified that you are there and will admit you.

# DIGITAL AND ICT SKILLS FOR LIFE AND WORK



We have developed a range of accredited and non-accredited computer courses where you can gain valuable skills, for both life and work. Don't worry if you have limited computing or digital skills we have a course to get you started. Do you have some ICT skills but would like a qualification to prove it? Then have a look at the qualifications we have to offer. Would you like to make the most of your iPad/iPhone or tablet? Whatever your needs we have just the course for you.

## DIGITAL/ICT SKILLS SUPPORT SERVICE

**NEW COURSE FOR 2020**

Do you need support with your digital/ICT skills but are unable to come to the learning centre? Do you want to develop your digital/computer skills to be able to use video calling, or social media to reduce isolation? Do you have a digital device, but aren't sure how to use it? Or do you want to know more about, and be able to use, employability websites to help you find a job? Then this Digital/ICT online support service is designed for you. **Skills required: None. Suitable for absolute beginners.**

|        |          |             |                          |
|--------|----------|-------------|--------------------------|
| Online | Tuesday  | 10am – 11am | 01/09/2020 to 15/12/2020 |
| Online | Thursday | 11am – 12pm | 03/09/2020 to 17/12/2020 |

## DIGITAL/ICT SKILLS BUILDER – DROP IN (TERM TIME ONLY)

Do you want to develop your digital/computer skills to be able to use video calling or social media to reduce isolation? Do you want to know more about employability websites or find a job? The Digital/ICT Skills Builder drop in is designed around you. Bring your queries and we'll support you to find a solution. These sessions are delivered flexibly where learners work at their own pace to achieve their own individual learning outcomes. **Skills required: None. Suitable for absolute beginners.**

|                  |          |                  |                          |
|------------------|----------|------------------|--------------------------|
| Bank Top NLC     | Thursday | 9.30am – 11.30am | 03/09/2020 to 17/12/2020 |
| Audley NLC       | Thursday | 1pm – 3pm        | 03/09/2020 to 17/12/2020 |
| Darwen Town Hall | Friday   | 10am – 12pm      | 18/09/2020 to 18/09/2020 |

## DIGITAL/ICT SKILLS BUILDER – DROP IN FOR ESOL (TERM TIME ONLY)

**NEW COURSE FOR 2020**

Are you an ESOL learner with low level English language and want to develop your digital/computer skills? We can help you communicate digitally, become familiar with employability websites or find a job. The Digital/ICT Skills Builder drop in is designed around you, bring your queries and we'll support you to find a solution. The session is operated on a booking system and delivered on a flexible basis where learners work at their own pace to achieve their own individual learning outcomes. **Skills required: None. Suitable for absolute beginners.**

|              |         |                  |                          |
|--------------|---------|------------------|--------------------------|
| Bank Top NLC | Monday  | 9.30am – 11.30am | 07/09/2020 to 14/12/2020 |
| Audley NLC   | Tuesday | 1pm – 3pm        | 08/09/2020 to 29/09/2020 |

**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

\*FREE ACCREDITED COURSES FOR LEARNERS WHO ARE UNEMPLOYED AND ON A LOW INCOME WAGE.

## ESSENTIAL DIGITAL SKILLS (ACCREDITED BY ASCENTIS)

NEW COURSE FOR 2020



The Essential Digital Skills course is designed to give learners the skills that are required in modern day life and work. The course links to five skill areas; using devices and handling information, creating and editing documents, communicating electronically, engaging with online transactions and being safe and responsible online. On completion of this course you will receive an Essential Digital Skills qualification at Entry Level 3. **Skills required: English language skills at Entry Level 3 or higher and basic computing skills: mouse and keyboard skills are essential.**

**Delivery – 3 hours in class, 1 hour independent learning and 1 hour online learning tutor-led session.**

|              |         |                              |            |          |
|--------------|---------|------------------------------|------------|----------|
| Bank Top NLC | Tuesday | 9.30am – 1pm (30 mins break) | 22/09/2020 | 10 weeks |
|--------------|---------|------------------------------|------------|----------|

**Tutorial – For the Essential Digital Skills course you will need to attend the 1 hour tutorial.**

|        |          |           |            |          |
|--------|----------|-----------|------------|----------|
| Online | Thursday | 1pm – 2pm | 24/09/2020 | 10 weeks |
|--------|----------|-----------|------------|----------|

## ESSENTIAL DIGITAL SKILLS FOR ESOL (ACCREDITED BY ASCENTIS)

NEW COURSE FOR 2020

The Essential Digital Skills for ESOL course is designed to give learners the skills that are required in modern life and work. The course links to five skill areas; using devices and handling information, creating and editing documents, communicating electronically, engaging with online transactions and being safe and responsible online. Whilst gaining digital key skills the course will help you develop your English language skills. On completion of this course you will receive an Essential Digital Skills qualification at Entry Level 3. **Skills required: English language skills at least at Entry Level 1 and basic computing skills: mouse and keyboard skills are essential.**

**Delivery – 3 hours in class, 1 hour independent learning and 1 hour online learning tutor-led session.**

|            |         |                              |            |          |
|------------|---------|------------------------------|------------|----------|
| Audley NLC | Tuesday | 9.30am – 1pm (30 mins break) | 06/10/2020 | 10 weeks |
|------------|---------|------------------------------|------------|----------|

**Tutorial – For the Essential Digital Skills (ESOL) course you will need to attend the 1 hour tutorial.**

|        |        |           |            |          |
|--------|--------|-----------|------------|----------|
| Online | Monday | 1pm – 2pm | 12/10/2020 | 10 weeks |
|--------|--------|-----------|------------|----------|

*“The tutor was very good and I learnt the basics of a computer. Thank you”*

## INTRODUCTION TO EMAIL

This course is designed for learners who want to set up an email account or gain confidence in using their email account. The course will guide you through creating an email account, composing and sending an email message, attaching files to a message and basic email usage. **Skills required: Mouse and keyboard skills. Not suitable for learners with no computer skills.**

|              |        |              |            |         |
|--------------|--------|--------------|------------|---------|
| Bank Top NLC | Monday | 1pm – 2.15pm | 14/09/2020 | 2 weeks |
|--------------|--------|--------------|------------|---------|

|            |         |                |            |         |
|------------|---------|----------------|------------|---------|
| Audley NLC | Tuesday | 10am – 11.15am | 22/09/2020 | 2 weeks |
|------------|---------|----------------|------------|---------|

**MOST COURSES ARE FREE**

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\*FREE ACCREDITED COURSES FOR LEARNERS WHO ARE UNEMPLOYED AND ON A LOW INCOME WAGE.

### GETTING TO GRIPS WITH SHOPPING ONLINE

NEW COURSE FOR 2020

Online shopping is a great way to buy your weekly shop, browse for products, compare prices and find bargains but as its popularity has increased, so have the risks. In this session you will explore ways to shop safely online and tips on keeping your personal details secure. **Skills required: Mouse and keyboard skills. Not suitable for learners with no computer skills.**

|              |           |                |            |          |
|--------------|-----------|----------------|------------|----------|
| Bank Top NLC | Wednesday | 1pm – 2.30pm   | 23/09/2020 | 1½ hours |
| Audley NLC   | Wednesday | 10am – 11.30am | 18/11/2020 | 1½ hours |

### GETTING TO GRIPS WITH BANKING ONLINE

NEW COURSE FOR 2020

Banking online can be a daunting task. This short session will help learners gain an understanding of what online banking is, the benefits and how to safely bank online. **Skills required: Mouse and keyboard skills. Not suitable for learners with no computer skills.**

|              |           |                |            |          |
|--------------|-----------|----------------|------------|----------|
| Bank Top NLC | Wednesday | 1pm – 2.30pm   | 14/10/2020 | 1½ hours |
| Audley NLC   | Wednesday | 10am – 11.30am | 02/12/2020 | 1½ hours |

### PROTECT YOURSELF FROM ONLINE THREATS

NEW COURSE FOR 2020

This short session will help learners gain an understanding of some of the common potential risks associated with using the internet including cybercrime and how to protect themselves online. **Skills required: Mouse and keyboard skills. Not suitable for learners with no computer skills.**

|              |         |                |            |          |
|--------------|---------|----------------|------------|----------|
| Bank Top NLC | Monday  | 1pm – 2.30pm   | 28/09/2020 | 1½ hours |
| Audley NLC   | Tuesday | 10am – 11.30am | 29/09/2020 | 1½ hours |

*I have learnt new ICT skills which i didn't know before. I have improved my ICT skills which helps me gain employment. By this course, I improved my previous skills.*

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# EMPLOYABILITY

We have a range of free employability courses, offered in a classroom or live online, that can support you in upskilling and preparing for employment. You can gain valuable and appropriate employability skills needed by employers and help you to build and enhance your CV. Check out the programme below for our varied range of employability courses and our accredited customer care course.



## SKILLS FOR EMPLOYMENT

### CV WORKSHOP

**NEW COURSE**

This CV workshop is designed for learners who would like support in creating or improving their CV with a tutor.

|              |           |                 |            |                |
|--------------|-----------|-----------------|------------|----------------|
| Bank Top NLC | Monday    | 1.30pm – 2.45pm | 21/09/2020 | 1 hour 15 mins |
| Audley NLC   | Wednesday | 10am – 11.15am  | 23/09/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 10am – 11.15am  | 28/09/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 1.30pm – 2.45pm | 05/10/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 10am – 11.15am  | 19/10/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 10am – 11.15am  | 02/11/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 1.30pm – 2.45pm | 09/11/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 1.30pm – 2.45pm | 16/11/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 1.30pm – 2.45pm | 23/11/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 1.30pm – 2.45pm | 30/11/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 10am – 11.15am  | 07/12/2020 | 1 hour 15 mins |
| Bank Top NLC | Monday    | 10am – 11.15am  | 14/12/2020 | 1 hour 15 mins |

### FIND MY NEXT JOB

**NEW COURSE**

This session focuses on supporting individuals who are looking for work, applying for jobs and would like tutor support to do this.

|              |        |               |            |          |
|--------------|--------|---------------|------------|----------|
| Bank Top NLC | Monday | 9.30am – 11am | 07/09/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 05/10/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 09/11/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 07/12/2020 | 1½ hours |

### FIND YOUR FUTURE WHILE FURLOUGHED

**NEW COURSE**

This is a new course designed to provide individuals with information supporting them to reflect on their current situation and explore career options whilst furloughed. Learners will complete a skills analysis; develop soft skills; tailor a CV to a chosen career path; explore ways to fill skills gap and most importantly keep positive and well.

|              |        |               |            |          |
|--------------|--------|---------------|------------|----------|
| Bank Top NLC | Monday | 9.30am – 11am | 28/09/2020 | 1½ hours |
|--------------|--------|---------------|------------|----------|

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## INTERVIEW SKILLS WORKSHOP

Having solid interview techniques and skills can make all the difference in getting the job you want. This short course will support you to prepare, plan and help gain or improve your performance at an interview. Included in this course is a mock interview, for which a time slot will be allocated to you in the session.

|              |        |               |            |          |
|--------------|--------|---------------|------------|----------|
| Bank Top NLC | Monday | 9.30am – 11am | 14/09/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 12/10/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 16/11/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 14/12/2020 | 1½ hours |

Mock Interviews will take place on the same day as the session you are attending or the following day. A time slot will be allocated to you once you are in the session.

|              |         |              |  |          |
|--------------|---------|--------------|--|----------|
| Bank Top NLC | Monday  | 1pm – 2.30pm | 14/09/2020<br>12/10/2020<br>16/11/2020<br>14/12/2020 | 1½ hours |
| Online       | Tuesday | 1pm – 2.30pm | 15/09/2020<br>13/10/2020<br>17/11/2020<br>15/12/2020 | 1½ hours |

*“ This course has made me feel more positive and confident to face the challenges I would face in any job interview. Mock interview very helpful with being concise and on point. ”*

## PREPARING FOR AN ONLINE INTERVIEW

### NEW COURSE FOR 2020

This workshop is designed to provide individuals with an opportunity to: prepare for an online interview, explore and test the ICT equipment needed for a video call, tips on how to sit and position yourself to portray a positive body language and the good practices you can implement whilst in an online interview.

|              |        |               |            |          |
|--------------|--------|---------------|------------|----------|
| Bank Top NLC | Monday | 9.30am – 11am | 21/09/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 19/10/2020 | 1½ hours |
| Bank Top NLC | Monday | 9.30am – 11am | 23/11/2020 | 1½ hours |

## INTRODUCTION TO HEALTH AND SAFETY IN THE WORKPLACE

This course is designed for adults who want to develop their employability skills and are interested in Health and Safety in the Workplace. There are a number of regulations which affect employers and employees when carrying out their duties in the workplace. In this course you will gain knowledge of hazards, risks and control measures to uphold a safe working environment.

|              |         |                  |            |         |
|--------------|---------|------------------|------------|---------|
| Bank Top NLC | Monday  | 9.30am – 10.45am | 05/10/2020 | 2 weeks |
| Online       | Tuesday | 11am – 12.15pm   | 10/11/2020 | 2 weeks |

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## INTRODUCTION TO HEALTH AND SOCIAL CARE

This course will give you an insight into health and social care, broadening your knowledge and gaining information of provision and providers in the local community. Learners will also enhance their knowledge of the values and principles in health and social care and develop the range and scope of job roles within the care sectors linking to a variety of roles.

|            |         |                 |            |         |
|------------|---------|-----------------|------------|---------|
| Online     | Tuesday | 10am – 11.30am  | 22/09/2020 | 2 weeks |
| Audley NLC | Tuesday | 1.45pm – 2.45pm | 24/11/2020 | 2 weeks |

*useful course. Will be a useful addition to my CV and further chances of gaining employment.*

## INTRODUCTION TO SAFEGUARDING FOR ADULTS

Safeguarding is a key training requirement for some employers. This course will provide you with an introduction to safeguarding and the knowledge to identify signs of abuse in adults.

|              |          |              |            |         |
|--------------|----------|--------------|------------|---------|
| Bank Top NLC | Thursday | 1pm – 2.30pm | 12/11/2020 | 2 weeks |
|--------------|----------|--------------|------------|---------|

## INTRODUCTION TO WORKING IN SCHOOLS

**NEW COURSE FOR 2020**

This introductory course is for learners who want to work with children in a school. This course covers basic knowledge of schools and the many different types of schools linking to government interventions. It will cover how children learn, the structure of a school, the national curriculum and an adult's role in supporting professional relationships with children, young people and adults. It will enable learners to decide on a path of training and employment in a classroom setting.

|              |           |                |            |         |
|--------------|-----------|----------------|------------|---------|
| Online       | Thursday  | 10am – 11.30am | 24/09/2020 | 2 weeks |
| Bank Top NLC | Wednesday | 10am – 11.30am | 09/12/2020 | 2 weeks |

## WORKING IN THE EARLY YEARS SECTOR

This introductory course is designed to support learners who would like to work in the childcare sector but need to gain knowledge and understanding of a range of different childcare provision. The course will also outline the basic principles of effective working with children and the main laws relating to working in the early years sector.

|              |           |                 |            |         |
|--------------|-----------|-----------------|------------|---------|
| Audley NLC   | Wednesday | 1pm – 2.30pm    | 11/11/2020 | 2 weeks |
| Bank Top NLC | Tuesday   | 1.15pm – 2.45pm | 08/12/2020 | 2 weeks |

## INTRODUCTION TO SAFEGUARDING FOR CHILDREN AND YOUNG PEOPLE

Safeguarding is a key training requirement for some employers. This course will provide you with an introduction to safeguarding and the knowledge to identify signs of abuse in children and young people.

|            |           |                |            |         |
|------------|-----------|----------------|------------|---------|
| Audley NLC | Wednesday | 10am – 11.30am | 25/11/2020 | 2 weeks |
|------------|-----------|----------------|------------|---------|

## INTRODUCTION TO SAFEGUARDING ADULTS AND CHILDREN UNDER COVID-19

**NEW COURSE FOR 2020**

Safeguarding is a key training requirement for some employers. This course will provide you with an introduction to safeguarding adults and children under COVID-19 in both work situations and in daily life. You will learn how to recognise unsafe practices or signs of potential abuse, the effects of COVID-19 on an adult and a child's welfare and explore the risks associated with online activities that may have had an adverse effect on a child's learning.

|        |           |              |            |         |
|--------|-----------|--------------|------------|---------|
| Online | Wednesday | 1pm – 2.30pm | 07/10/2020 | 3 weeks |
|--------|-----------|--------------|------------|---------|

### MOST COURSES ARE FREE

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## INTRODUCTION TO RETAIL

This introductory course gives an insight into the key values and principles associated with working in a retail environment. It is also designed as a progression opportunity to gain a retail qualification.

|              |         |                  |            |         |
|--------------|---------|------------------|------------|---------|
| Bank Top NLC | Monday  | 9.30am – 10.45am | 21/09/2020 | 2 weeks |
| Online       | Tuesday | 11am – 12.15pm   | 13/10/2020 | 2 weeks |

## INTRODUCTION TO CUSTOMER CARE ENTRY LEVEL 3 (ACCREDITED BY ASCENTIS)

This accredited course is designed for adults who want to develop their employability skills, and are interested in working or volunteering in a customer service role or retail environment. This course will help you gain valuable customer service/people skills and gain a qualification in customer care. **Skills required: English language skills at least at Entry Level 1 and basic computing skills: mouse and keyboard skills are essential.**



**Delivery – 3 hours in class, 1 hour independent learning and 1 hour online learning tutor-led session.**

|              |           |                              |            |         |
|--------------|-----------|------------------------------|------------|---------|
| Audley NLC   | Wednesday | 9.30am – 1pm (30 mins break) | 07/10/2020 | 4 weeks |
| Bank Top NLC | Monday    | 9.30am – 1pm (30 mins break) | 09/11/2020 | 4 weeks |

**Tutorial – For the Introduction to Customer Care course you will need to attend the 1 hour tutorial.**

|        |          |             |            |         |
|--------|----------|-------------|------------|---------|
| Online | Thursday | 11am – 12pm | 08/10/2020 | 4 weeks |
| Online | Thursday | 11am – 12pm | 12/11/2020 | 4 weeks |

## INTRODUCTION TO VOLUNTEERING – HOW IT CAN HELP YOU AND OTHERS

Volunteering is a very rewarding role. This course will outline the volunteering opportunities available, benefits that could be gained from volunteering, how volunteering supports others and how it can help you. It is also designed as a progression opportunity to gain a qualification in volunteering.

|              |           |                |            |         |
|--------------|-----------|----------------|------------|---------|
| Bank Top NLC | Wednesday | 1pm – 2.15pm   | 16/09/2020 | 2 weeks |
| Audley NLC   | Wednesday | 10am – 11.15am | 11/11/2020 | 2 weeks |

## GETTING STARTED WITH VOLUNTEER LEARNING PASSPORT

This Volunteer Learning Passport session is designed to help volunteers get started with their E-learning sessions required for their volunteering role, and at the same time help build confidence with their digital and online learning skills.

|              |           |              |            |        |
|--------------|-----------|--------------|------------|--------|
| Bank Top NLC | Wednesday | 1pm – 3.30pm | 30/09/2020 | 1 week |
|--------------|-----------|--------------|------------|--------|

*I have enjoyed learning about safeguarding adults, safeguarding children, human rights and the full course. Judith is a brilliant tutor, would highly recommend her to others.*

### MOST COURSES ARE FREE

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## FIRST AID

### BASIC FIRST AID (ADULT CHOKING AND CPR)

Learn practical lifesaving skills in bite-size sessions. We have produced a suite of Basic First Aid sessions where you can learn techniques for emergency situations such as the recovery position, CPR (Cardiopulmonary Resuscitation), bandaging, how to assist an adult casualty when they are choking and how to treat minor injuries.



|        |  |         |            |              |
|--------|--|---------|------------|--------------|
| Online | Adult Basic First Aid 1 – Minor Injuries and Burns                         | Tuesday | 08/09/2020 | 1pm – 2.15pm |
| Online | Adult Basic First Aid 2 – Choking and Embedded Objects                     | Tuesday | 15/09/2020 | 1pm – 2.15pm |
| Online | Adult Basic First Aid 3 – Asthma and Anaphylaxis                           | Tuesday | 22/09/2020 | 1pm – 2.15pm |
| Online | Adult Basic First Aid 4 – Lifesaving Skills for Adults                     | Tuesday | 29/09/2020 | 1pm – 2.15pm |
| Online | Adult Basic First Aid 5 – Seizures. Heat Stroke and Hyperthermia in Adults | Tuesday | 06/10/2020 | 1pm – 2.15pm |
| Online | Adult Basic First Aid 6 – Head Injuries                                    | Tuesday | 13/10/2020 | 1pm – 2.15pm |
| Online | Adult Basic First Aid 7 – Sprains and Dislocations                         | Tuesday | 20/10/2020 | 1pm – 2.15pm |

### INTRODUCTION TO PAEDIATRIC FIRST AID (CHILD AND BABY CHOKING AND CPR)

Learn basic practical lifesaving skills in bite-size sessions. We have produced a suite of Basic Paediatric First Aid sessions where you can learn techniques for emergency situations for baby and child, such as the recovery position for baby and child, CPR (Cardiopulmonary Resuscitation), bandaging, how to assist a child and baby casualty when they are choking and how to treat minor injuries.

|        |  |           |            |                |
|--------|--|-----------|------------|----------------|
| Online | Child and Baby Basic First Aid 1 – Minor Injuries and Burns                                    | Wednesday | 04/11/2020 | 11am – 12.15pm |
| Online | Child and Baby Basic First Aid 2 – Choking and Embedded Objects                                | Wednesday | 11/11/2020 | 11am – 12.15pm |
| Online | Child and Baby Basic First Aid 3 – Asthma, Anaphylaxis and Croup                               | Wednesday | 18/11/2020 | 11am – 12.15pm |
| Online | Child Baby Basic First Aid 4 – Lifesaving Skills for Baby and Child                            | Wednesday | 25/11/2020 | 11am – 12.15pm |
| Online | Child and Baby Basic First Aid 5 – Seizures. Heat Stroke and Hyperthermia in children and baby | Wednesday | 02/12/2020 | 11am – 12.15pm |
| Online | Child and Baby Basic First Aid 6 – Head Injuries   | Wednesday | 09/12/2020 | 11am – 12.15pm |
| Online | Child and Baby Basic First Aid 7 – Sprains and Dislocations                                    | Wednesday | 16/12/2020 | 11am – 12.15pm |

*First Aid course - Excellent tutor. I do not always take things in (anxiety) but feel that I have. Class was relaxed and very enjoyable. Thank you*

#### MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)  
\*FREE ACCREDITED COURSES FOR LEARNERS WHO ARE UNEMPLOYED AND ON A LOW INCOME WAGE.

## FOOD SAFETY

### FOOD SAFETY FOR BEGINNERS

This course covers the basic food safety and hygiene skills that are required by anyone who handles food or drink as part of their work or volunteering role. It is also suitable for anyone interested in improving their understanding of food safety in the home.



|              |        |              |            |         |
|--------------|--------|--------------|------------|---------|
| Bank Top NLC | Monday | 1pm – 2.30pm | 12/10/2020 | 2 weeks |
|--------------|--------|--------------|------------|---------|

*I have learnt lots of new things about cooking and the correct equipment and tools to use. All these new skills and knowledge would help me if I look for a job in this area.*

**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)  
\*FREE ACCREDITED COURSES FOR LEARNERS WHO ARE UNEMPLOYED AND ON A LOW INCOME WAGE.

# HEALTH & WELLBEING

Our Health and Wellbeing area has something for everyone from one off workshops, introducing new topics, to longer courses where you can hone your skills over a number of sessions. This term we are offering a range of wellbeing sessions, cooking from home and crafts, in addition to offering certificated and introductory courses in mental health first aid and dementia awareness. Come along and try something new!



## MENTAL HEALTH FIRST AID



MHFA England



### MENTAL HEALTH FIRST AID

One in four people in the UK will experience at least one diagnosable mental health issue in any one year (Health & Social Care Information Centre, 2009). Mental Health First Aid (MHFA) is the mental health equivalent of physical first aid. MHFA training provides participants with the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support. We will be offering half-day sessions that provide a general awareness of Mental Health First Aid in addition to the Full Certificated Mental Health First Aid course.

|                        |              |                 |                 |                      |                  |
|------------------------|--------------|-----------------|-----------------|----------------------|------------------|
| MHFA Awareness         | Online       | Tues/Weds/Thurs | 10am – 12pm     | 22 & 23 & 24/09/2020 | 3 x 2hr sessions |
| MHFA Awareness         | Bank Top NLC | Tuesday         | 9.30am – 2.30pm | 13/10/2020           | 1 x 5hr session  |
| MHFA Awareness         | Online       | Tues/Weds/Thurs | 1.30pm – 3.30pm | 10 & 11 & 12/11/2020 | 3 x 2hr sessions |
| MHFA Full Certificated | Bank Top NLC | Weds/Fri/Weds   | 9.30am – 2.30pm | 09 & 11 & 16/09/2020 | 3 x 5hr sessions |
| MHFA Full Certificated | Audley NLC   | Mon/Weds/Thurs  | 9.30am – 2.30pm | 26 & 28 & 29/10/2020 | 3 x 5hr sessions |
| MHFA Full Certificated | Audley NLC   | Thurs/Fri/Thurs | 9.30am – 2.30pm | 05 & 06 & 12/11/2020 | 3 x 5hr sessions |
| MHFA Full Certificated | Audley NLC   | Thurs/Fri/Thurs | 9.30am – 2.30pm | 10 & 11 & 17/12/2020 | 3 x 5hr sessions |

**\*FEES MAY APPLY. PLEASE CHECK WHEN BOOKING.**

**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

## DEMENTIA

DAA

Blackburn with Darwen  
Dementia Action Alliance

This term we are increasing our offer for people with dementia and their carers as we understand how isolating things have been in recent times with most support services unable to visit and facilities remaining closed. We are also aware that being isolated for so long reduces the levels of mental stimulation for people with memory difficulties, which can lead to decline. We have devised a set of courses that increase awareness of dementia and sessions where people with dementia can train their brain.

*People with dementia have been worst hit by coronavirus, accounting for over a quarter of deaths, and additionally by the knock-on effect of lockdown and social isolation.  
(Alzheimer's Society July 2020)*

### DEMENTIA AWARENESS

Do you want to understand more about how dementia can affect a people? Would you like to know how you can better support people with dementia? Our Dementia Awareness sessions give you the opportunity to learn more about dementia and the small ways you can help support people with dementia. We will also explore the changes dementia makes to how people understand the world around them and how we can use this awareness to help make the world less daunting for people with dementia.

|            |           |                |            |          |
|------------|-----------|----------------|------------|----------|
| Online     | Friday    | 10am – 11.15am | 16/10/2020 | 1¼ hours |
| Audley NLC | Monday    | 1pm – 2.30pm   | 09/11/2020 | 1½ hours |
| Online     | Monday    | 1pm – 2.15pm   | 23/11/2020 | 1¼ hours |
| Online     | Friday    | 10am – 11.15am | 04/12/2020 | 1¼ hours |
| Audley NLC | Wednesday | 1pm – 2.30pm   | 09/12/2020 | 1½ hours |

### CREATIVITY FOR WELLBEING

Keeping our brains active and learning something new can help to improve wellbeing. These workshops are aimed at helping people with dementia continue to live well with their condition and sessions contain a range of activities that can help improve wellbeing and keep our brains active. Learners can attend with the support of their carer/family member, (please notify if you intend to do this when booking), or can access together with their carer/family online.

|            |           |                 |  |                    |
|------------|-----------|-----------------|--|--------------------|
| Audley NLC | Wednesday | 1pm – 2.15pm    | 09/09/2020 – 23/09/2020                            | 3 x 1¼ hr sessions |
| Online     | Monday    | 1.30pm – 2.45pm | 14/09/2020 – 12/10/2020<br>(no session 05/10/2020) | 4 x 1¼ hr sessions |
| Online     | Monday    | 10am – 11.15am  | 09/11/2020 – 30/11/2020                            | 4 x 1¼ hr sessions |

### DEMENTIA FRIENDLY REMINISCENCE AND MEMORY WORKSHOPS

Did you know that doing brain-training activities and exercising your brain could help slow memory decline as we age? These workshops are designed to support learners with dementia and those who feel they are experiencing some memory difficulties. It is also suitable for carers to accompany the person they care for to the sessions. Sessions give you the opportunity to try out some brain-training exercises and create personalised keepsakes that can be used to prompt important memories and spark conversations.

|            |        |                |            |          |
|------------|--------|----------------|------------|----------|
| Audley NLC | Monday | 10am – 11.15am | 21/09/2020 | 1¼ hours |
| Online     | Monday | 10am – 11.15am | 07/12/2020 | 1¼ hours |

**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)



## HEALTH & WELLBEING

### ANXIETY, STRESS AND FEELING OVERWHELMED

In the current climate it is no wonder that more of us than ever as seeing an increase in feelings of anxiety and stress. We are facing an unprecedented situation and it is not surprising that at times this leaves us feeling overwhelmed. This brief workshop helps you to learn how to spot signs of stress and how to deal with it. Discover the impact stress and anxiety can have on us, how to identify triggers, and develop techniques to help us reduce stress, anxiety and feel less overwhelmed.

|            |          |                |            |          |
|------------|----------|----------------|------------|----------|
| Online     | Thursday | 10am – 11.30am | 03/09/2020 | 1½ hours |
| Audley NLC | Monday   | 10am – 12pm    | 30/11/2020 | 2 hours  |
| Online     | Monday   | 1pm – 2.30pm   | 07/12/2020 | 1½ hours |

### HEALTHY HOME COOKING WITH JAN

Join us on this culinary experience where we will teach you how to cook a range of easy, healthy dishes. A list of ingredients will be provided upon booking so you can be prepared to cook along with Jan in the comfort of your own home.

**All sessions will be running online**

|                              |           |                |            |          |
|------------------------------|-----------|----------------|------------|----------|
| Meat-free meals for families | Friday    | 10am – 11.15am | 06/11/2020 | 1¼ hours |
| Soups and Starters           | Friday    | 10am – 11.15am | 04/12/2020 | 1¼ hours |
| Healthy Italian Cooking      | Friday    | 2pm – 3.15pm   | 11/12/2020 | 1¼ hours |
| Christmas Party treats       | Wednesday | 10am – 11.15am | 16/12/2020 | 1¼ hours |

## COMPLEMENTARY THERAPIES

### INTRODUCTION TO MEDITATION

Have you wondered how meditation works? Would you like the opportunity to try different types of meditation? This introductory course gives a brief overview of the benefits of meditation and how it is used to improve mental and physical wellbeing. During the sessions you will learn about the applications of meditation and the different ways it can be built into everyday life to help reduce stress and improve wellbeing.

|        |                  |                |                            |              |
|--------|------------------|----------------|----------------------------|--------------|
| Online | Friday<br>Monday | 10am – 11.30am | 04/09/2020 &<br>07/09/2020 | 2 x 1½ hours |
| Online | Friday<br>Friday | 1pm – 2.30pm   | 20/11/2020 &<br>27/11/2020 | 2 x 1½ hours |

## CREATIVITY FOR WELLBEING

Getting creative is good for our wellbeing and spending time doing something we enjoy or learning a new skill can help improve our mood?

### MAKE YOUR OWN BOTTLE LIGHTS **NEW COURSE**

Our new workshop uses old bottles, paper and glue to create beautiful bottle lights you can use to decorate your home. This workshop takes you through the different techniques required to decorate the bottles using decoupage and how simply adding fairy lights can transform an unwanted bottle into a household ornament.

|              |         |                |            |              |
|--------------|---------|----------------|------------|--------------|
| Bank Top NLC | Tuesday | 10am – 11.15am | 13/10/2020 | 1 x 1¼ hours |
| Bank Top NLC | Tuesday | 1pm – 2.15pm   | 03/11/2020 | 1 x 1¼ hours |

**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

## NATURE THERAPY

The healing power of being outdoors, nature, plants and flowers has been known for centuries. Join us for some Nature Therapy programmes where we will teach you ways to improve your wellbeing through herbs and plants.



### GROW YOUR WELLBEING

Being outside and getting close to nature are proven to be great for our wellbeing. On this short course, we will explore different ways in which we can connect with the natural world including spending time performing horticultural activities in our community garden, making feeders and homes for wildlife and learning more about local species. Each session will provide the opportunity to make a positive contribution to our local natural environment and recognise the impact this can have on our own wellbeing.

|              |        |             |  |                  |
|--------------|--------|-------------|--|------------------|
| Bank Top NLC | Friday | 10am – 12pm | 25/09/2020 – 06/11/2020<br>(no session 30/10/2020) | 6 x 2hr sessions |
|--------------|--------|-------------|--|------------------|

### HERBS, HEALTH & HAPPINESS

In this session you will learn the history of “Herb Lore”, explore ways of using herbs to improve health and wellbeing and be given a craft pack to take home to practice your skills and make a lavender bag.

|              |           |                |            |          |
|--------------|-----------|----------------|------------|----------|
| Audley NLC   | Monday    | 10am – 11.30am | 07/09/2020 | 1½ hours |
| Bank Top NLC | Wednesday | 1pm – 2.30pm   | 04/11/2020 | 1½ hours |

### REFOCUS: AN INTRODUCTION TO SMARTPHONE PHOTOGRAPHY

Taking time to stop and observe nature can be helpful in improving our wellbeing. Our smartphone photography session will not only show you ways to use your smartphone to take better photographs but also how taking a moment in nature can give us a different perspective. This workshop also incorporates photography techniques you can use to take impressive photos using your smartphone.



|              |           |               |            |          |
|--------------|-----------|---------------|------------|----------|
| Bank Top NLC | Tuesday   | 1pm – 3.30pm  | 29/09/2020 | 2½ hours |
| Bank Top NLC | Wednesday | 9.30am – 12pm | 04/11/2020 | 2½ hours |

### AMBLE INTO AUTUMN: PHOTOGRAPHY TRAIL NEW COURSE

An exciting course to help improve your health through walking while also developing your digital photography skills. You will take part in planned walks around Witton Park and surrounding areas, increasing your stamina and be given tasks to complete by using your smartphone or digital camera. What better way to improve your health and wellbeing while learning a new skill at the same time?

**\*\*\*Due to current restrictions, learners will need to bring their own digital camera or smartphone for the photography elements of this course\*\*\***



|             |        |              |                         |                    |
|-------------|--------|--------------|-------------------------|--------------------|
| Witton Park | Monday | 1pm – 3.30pm | 07/09/2020 – 28/09/2020 | 4 x 2½ hr sessions |
|-------------|--------|--------------|-------------------------|--------------------|

**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

# POSITIVE MINDS

## ABOUT OUR COURSES FOR IMPROVED MENTAL HEALTH AND WELLBEING

Our Positive Minds Courses are all specifically developed to help you improve your emotional wellbeing, whilst learning something new, meeting people and having fun! Courses take place in community venues and provide the opportunity to identify and practice ways to cope and feel better. Our tutors all have empathy and experience in mental health and will support you to build your confidence.

*Positive Minds*

Learn for Wellbeing

### BOOKING ON COURSES

To make sure the course is right for you we like to meet you first. You can contact us on 01254 507720 and let us know which course you are interested in and we will arrange an appointment for you. Or email us at [Positive.Minds@blackburn.gov.uk](mailto:Positive.Minds@blackburn.gov.uk)

### WHAT WILL HAPPEN WHEN I RING UP?

When you call, we will take some information about you and the course you would like to do. We will then arrange an appointment to meet one of our learning advisors. You can discuss with them what courses are appropriate for you, what you hope to gain from any course you undertake and any concerns you might have.

### IS THERE AN ASSESSMENT?

No; however we will ask you to complete a Mood and Wellbeing Questionnaire when we first meet you and at regular intervals throughout the course. This helps us check if the Positive Minds courses are right for you and helps to assess what impact the course has on your mood and wellbeing.

### WHAT HAPPENS IF POSITIVE MINDS ISN'T RIGHT FOR ME?

Your Learning Advisor will help you find another course that is more suitable and discuss any other support that may help you.

### WHAT WILL HAPPEN AFTER THE COURSE?

Throughout the course your Learning Advisor will support you to think about your next steps. We also offer regular top up/refresher sessions to all our learners after courses finish.

### MEDITATION IN CHALLENGING TIMES NEW COURSE

Have the opportunity to learn and try a variety of meditation and relaxation techniques, and see how they can be adapted to modern life. Learners are encouraged to follow up and practice techniques they have learnt to manage stress in their everyday lives.

|              |        |                 |                         |               |                  |
|--------------|--------|-----------------|-------------------------|---------------|------------------|
| Audley NLC   | Monday | 1.30pm – 3.30pm | 14/09/2020 – 05/10/2020 | Denise Miller | 4 x 2hr sessions |
| Bank Top NLC | Friday | 10am – 12pm     | 06/11/2020 – 27/11/2020 | Denise Miller | 4 x 2hr sessions |

### MANAGE YOUR STRESS NEW COURSE

On this course, we will explore the main symptoms and causes of stress. We will then learn practical ways to deal with stress in our lives and gain control. We will also look at how we manage our time when we feel under pressure, how to tackle problems, and coping with change.

|            |           |               |                         |            |                    |
|------------|-----------|---------------|-------------------------|------------|--------------------|
| Audley NLC | Wednesday | 9.30am – 12pm | 23/09/2020 – 21/10/2020 | Jo Corbett | 5 x 2½ hr sessions |
|------------|-----------|---------------|-------------------------|------------|--------------------|

To make sure your course is right for you we like to meet you first. You can contact us on 01254 507720 and let us know which course you are interested in and we will arrange an appointment for you. Or email us at [Positive.Minds@blackburn.gov.uk](mailto:Positive.Minds@blackburn.gov.uk)

### MINDFUL CRAFTS FOR WELLBEING **NEW COURSE**

Learn the basics of a number of craft activities that you can use in a mindful way to help de-stress and relax. The course will include pebble painting, book folding, origami and Zentangling. Over the sessions you'll create some fantastic items and find out how these crafts give you the chance to use focused attention to escape daily stress.



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|            |           |           |                         |             |                  |
|------------|-----------|-----------|-------------------------|-------------|------------------|
| Audley NLC | Wednesday | 1pm – 3pm | 04/11/2020 – 02/12/2020 | Barry Smith | 5 x 2hr sessions |
|------------|-----------|-----------|-------------------------|-------------|------------------|

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### WRITE FOR ME

Perhaps you have lots of thoughts and feelings buzzing around in your head, but you have never thought that writing about them might help? Maybe you are someone who has already had experience of the therapeutic benefit of writing? During this informal creative writing course we will explore different ways of expressing our thoughts and feelings through writing. It doesn't matter if you are a complete beginner - we will learn together in a friendly and supportive way as we practise using different writing formats to help us cope with feelings such as lack of motivation, stress or low mood.

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|              |           |               |                         |            |                    |
|--------------|-----------|---------------|-------------------------|------------|--------------------|
| Bank Top NLC | Wednesday | 12.30pm – 3pm | 11/11/2020 – 09/12/2020 | Jo Corbett | 5 x 2½ hr sessions |
|--------------|-----------|---------------|-------------------------|------------|--------------------|

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### LET'S PAINT **NEW COURSE**

On this course, we will find out how painting can help to reduce stress and help us feel better. You will have the chance to try out acrylics, watercolours and other painting and drawing materials. We'll cover techniques to create beautiful landscapes and still-life paintings of your own. With regular breaks and the chance to chat there will be lots of opportunity to share ideas for relaxing and reducing anxiety. All equipment is provided.



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|              |        |           |                         |             |                  |
|--------------|--------|-----------|-------------------------|-------------|------------------|
| Bank Top NLC | Monday | 1pm – 3pm | 16/11/2020 – 07/12/2020 | Barry Smith | 4 x 2hr sessions |
|--------------|--------|-----------|-------------------------|-------------|------------------|

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### FOOD FOR MOOD **NEW COURSE**

In this course, we will explore the relationship between nutrition and mental health. We will look at how we can work towards positive changes for improving our wellbeing through the way we eat. You will be provided with recipes to take away and try at home each week that include healthy, appetising dishes, using ingredients that are thought to help us feel better.

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|            |           |             |                         |             |                  |
|------------|-----------|-------------|-------------------------|-------------|------------------|
| Audley NLC | Wednesday | 10am – 12pm | 04/11/2020 – 09/12/2020 | Ilhaam Umer | 6 x 2hr sessions |
|------------|-----------|-------------|-------------------------|-------------|------------------|

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### LIVING LIFE TO THE FULL

In partnership with Minds Matter, this course covers common mental health challenges like low mood, anxiety and stress and looks at the common linked problems this causes. It gives you the chance to work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm and tackle upsetting thinking.



Please contact the centre and we will take details and let you know as soon as we have confirmed dates and venues for this course. Tutor - Chris Truckle or Lynette Banister

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*It helped me gain new skills, improve my concentration and awareness of surroundings. It helped me feel happier, I was really struggling emotionally before.*

To make sure your course is right for you we like to meet you first. You can contact us on 01254 507720 and let us know which course you are interested in and we will arrange an appointment for you. Or email us at [Positive.Minds@blackburn.gov.uk](mailto:Positive.Minds@blackburn.gov.uk)

## ESOL

English for Speakers of Other Languages

If English is not your first language, you can take a course to help you improve your English language skills. You can gain a qualification at the end of your learning. These qualifications offer the first steps in helping build your knowledge of the English language and will allow you to live more independently in the UK.



### OUR ESOL COURSES WILL HELP YOU TO:

- Feel more confident in the community
- Move onto other courses or training
- Progress onto work
- Help your children with their school work
- Become independent with everyday life activities

*“ I had a good learning experience. Now I feel more confident and my skills have improved. ”*

We are hoping to start classes again in our centres from September 2020. All learners will be offered an assessment prior to joining the course. It is important we find out your current level of skills so we can start you off at the right level.

### ESOL @ HOME

Being at home doesn't mean you have stop learning English. We have lots of resources available on our new Adult Learning ESOL website.

**Visit: [www.bwdlearning.org/esol](http://www.bwdlearning.org/esol)**

**To join our classes or for support with accessing the website, please call 01254 507720 or email [esol.talkenglish@blackburn.gov.uk](mailto:esol.talkenglish@blackburn.gov.uk)**



# FAMILY LEARNING COURSES

At Blackburn with Darwen Adult Learning we have a team of dedicated, expert Family Learning tutors who deliver a range of courses in our learning centres, online, in schools, family centres and community settings.

By finding out how children are learning and developing in nursery or school, Family Learning enables parents and carers to support this learning at home. Evidence shows that when parents or carers are involved in their children's education, children achieve more. We use exciting resources and activities which make learning FUN!

We also provide a route back into education for those adults who want to improve their skills.



## INTRODUCTORY SESSIONS

We have developed a suite of introductory sessions to enable parents and carers to explore the strategies used in schools to teach children a wide range of subjects, based around the Early Years Foundation Stage and the Key Stage 1 National Curriculum. Don't worry if you have limited English, Maths and Science skills, we are here to help.

### INTRODUCTION TO ENGAGING ENGLISH

#### NEW ONLINE LEARNING FOR 2020

Do you want to develop your literacy skills to be able to support your child with English? Would you like to help your child understand and use nouns, verbs, adjectives, homophones and much more? Then join us for as few or as many of these sessions as you like. Each session is delivered online using Microsoft Teams. During the session, you will take part in online activities and receive information for independent learning.

**Skills required: A basic level of English is needed in order to understand key terms and phrases. This session is suitable for absolute beginners.**

|        |                                |        |             |            |        |
|--------|--------------------------------|--------|-------------|------------|--------|
| Online | Get set for Nouns              | Monday | 10am – 11am | 28/09/2020 | 1 hour |
| Online | Get set for Verbs              | Monday | 10am – 11am | 05/10/2020 | 1 hour |
| Online | Get set for Adjectives         | Monday | 10am – 11am | 12/10/2020 | 1 hour |
| Online | Get set for Punctuation        | Monday | 10am – 11am | 19/10/2020 | 1 hour |
| Online | Get set for Sentence Structure | Monday | 10am – 11am | 02/11/2020 | 1 hour |
| Online | Get set for Tenses             | Monday | 10am – 11am | 09/11/2020 | 1 hour |
| Online | Get set for Dictionaries       | Monday | 10am – 11am | 16/11/2020 | 1 hour |
| Online | Get set for Homophones         | Monday | 10am – 11am | 23/11/2020 | 1 hour |

**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

## INTRODUCTION TO MARVELLOUS MATHS

NEW ONLINE LEARNING FOR 2020

Do you want to develop your Maths skills to be able to support your child with their number development? Would you like to be able to help your child understand and use addition, subtraction, fractions, decimals and much more? Then join us for as few or as many of these sessions as you like. Each session is delivered online using Microsoft Teams. During the session, you will take part in online activities and receive information for independent learning.

**Skills required: A basic level of English is needed in order to understand key terms and phrases. This session is suitable for absolute beginners. beginners.**

|        |                            |          |             |            |        |
|--------|----------------------------|----------|-------------|------------|--------|
| Online | Get set for Numbers        | Thursday | 11am – 12pm | 01/10/2020 | 1 hour |
| Online | Get set for Addition       | Thursday | 11am – 12pm | 08/10/2020 | 1 hour |
| Online | Get set for Subtraction    | Thursday | 11am – 12pm | 15/10/2020 | 1 hour |
| Online | Get set for Multiplication | Thursday | 11am – 12pm | 22/10/2020 | 1 hour |
| Online | Get set for Division       | Thursday | 11am – 12pm | 05/11/2020 | 1 hour |
| Online | Get set for Place Value    | Thursday | 11am – 12pm | 12/11/2020 | 1 hour |
| Online | Get set for Fractions      | Thursday | 11am – 12pm | 19/11/2020 | 1 hour |
| Online | Get set for Measurement    | Thursday | 11am – 12pm | 26/11/2020 | 1 hour |

## INTRODUCTION TO PHANTOM PHONICS

NEW ONLINE LEARNING FOR 2020

Do you want to develop your skills to be able to support your child with Phonics? Would you like to be able to help your child understand and use phonemes, graphemes, digraphs and much more? Then join us for as few or as many of these sessions as you like. Each session is delivered online using Microsoft Teams. During the session, you will take part in online activities and receive information for independent learning. If you are unsure which phase to join, then please get in touch at [familylearning@blackburn.gov.uk](mailto:familylearning@blackburn.gov.uk) or start with phase 1.

**Skills required. A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**



|        |                             |           |             |            |        |
|--------|-----------------------------|-----------|-------------|------------|--------|
| Online | Get set for phase 1 phonics | Wednesday | 10am – 11am | 30/09/2020 | 1 hour |
| Online | Get set for phase 2 phonics | Wednesday | 10am – 11am | 07/10/2020 | 1 hour |
| Online | Get set for phase 3 phonics | Wednesday | 10am – 11am | 14/10/2020 | 1 hour |
| Online | Get set for phase 4 phonics | Wednesday | 10am – 11am | 21/10/2020 | 1 hour |
| Online | Get set for phase 5 phonics | Wednesday | 10am – 11am | 04/11/2020 | 1 hour |
| Online | Get set for phase 6 phonics | Wednesday | 10am – 11am | 11/11/2020 | 1 hour |

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)



## INTRODUCTION TO SPECTACULAR SCIENCE

NEW ONLINE LEARNING FOR 2020

Do you want to develop your skills to be able to support your child with science? Would you like to be able to help your child understand and use scientific skills linked to electricity, sound, plants, the human body and much more? Then join us for as few or as many of these sessions as you like. Each session is delivered in our learning centre. During the session, you will take part in practical activities and receive information for independent learning.

**Skills required. A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**

|            |                                 |         |                 |            |        |
|------------|---------------------------------|---------|-----------------|------------|--------|
| Audley NLC | Get set for Plants              | Tuesday | 1.45pm – 2.45pm | 22/09/2020 | 1 hour |
| Audley NLC | Get set for the Human Body      | Tuesday | 1.45pm – 2.45pm | 29/09/2020 | 1 hour |
| Audley NLC | Get set for Senses              | Tuesday | 1.45pm – 2.45pm | 06/10/2020 | 1 hour |
| Audley NLC | Get set for Light               | Tuesday | 1.45pm – 2.45pm | 13/10/2020 | 1 hour |
| Audley NLC | Get set for Electricity         | Tuesday | 1.45pm – 2.45pm | 03/11/2020 | 1 hour |
| Audley NLC | Get set for Sound and Vibration | Tuesday | 1.45pm – 2.45pm | 10/11/2020 | 1 hour |

## GET SET FOR SCHOOL ROUTINE

NEW ONLINE LEARNING FOR 2020

This course is for parents who want to establish a routine early in the school year. Do you want hints and tips on building homework, mealtime and sleeping routines? If so, this is the session for you. The session is delivered in our learning centres.

**Skills required. A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**

|              |          |                 |            |        |
|--------------|----------|-----------------|------------|--------|
| Audley NLC   | Tuesday  | 1.45pm – 2.45pm | 15/09/2020 | 1 hour |
| Bank Top NLC | Thursday | 1.45pm – 2.45pm | 17/09/2020 | 1 hour |

## FAMILY LANGUAGE

Do you want to develop your language skills to be able to help your child with school life? In this course we will help you to read and write simple text to support your child's learning. You will develop your communication skills to be able to talk to other parents and teachers. We will also explore ways to use fun educational activities with your child.

This course is delivered in our learning centre so sign up and come along and join us.

**Skills required: This course is suitable for speakers of other languages.**

|              |          |                  |            |                |
|--------------|----------|------------------|------------|----------------|
| Bank Top NLC | Thursday | 9.15am – 11.30am | 17/09/2020 | 2 hours 15mins |
|--------------|----------|------------------|------------|----------------|

## FAMILY SCRAPBOOKING

NEW COURSE FOR 2020

Have you ever wondered what to do with all those old photographs? Have you ever wanted to preserve memories for future generations? If so, this is the course for you. Our fun family scrapbooking course is delivered in our learning centre and requires no previous experience in arts and crafts. A selection on materials will be provided, please bring photographs with you. You will be able to take your creations home and repeat this with a child.

**Skills required: A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**

|              |        |                 |            |         |
|--------------|--------|-----------------|------------|---------|
| Bank Top NLC | Monday | 1.45pm – 2.45pm | 23/11/2020 | 2 weeks |
|--------------|--------|-----------------|------------|---------|

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

### FAMILY FESTIVE CRAFTS (SALT DOUGH)

NEW COURSE FOR 2020

Salt dough is a modelling material made from a mixture of flour, salt and water. It can be used to make ornaments and sculptures, and can be dried in the oven or microwave. You can make simple salt dough from everyday ingredients in your kitchen cupboards. Save money and keep the kids entertained with this thrifty kitchen craft. Not only will you make your own salt dough, we will show you how to turn your dough into festive crafts. This course is delivered in our learning centre and requires no previous craft experience. You will be able to take your creations home and repeat this with a child. All materials provided.

**Skills required: A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**



|              |        |                 |            |         |
|--------------|--------|-----------------|------------|---------|
| Bank Top NLC | Monday | 1.45pm – 2.45pm | 07/12/2020 | 2 weeks |
|--------------|--------|-----------------|------------|---------|

### FAMILY SAFETY: CHANGING SEASONS

NEW COURSE FOR 2020

As the seasonal change from summer to autumn arrives, it is important to consider what steps to take to keep your family safe as the daylight becomes less and the dark nights becomes longer. This session looks at changes we can make to stay safe around festivities and whilst outdoors. This session is delivered in our learning centre and gives helpful hints and tips about staying safe.

**Skills required: A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**

|            |         |                 |            |        |
|------------|---------|-----------------|------------|--------|
| Audley NLC | Tuesday | 1.45pm – 2.45pm | 20/10/2020 | 1 hour |
|------------|---------|-----------------|------------|--------|

### INTRODUCTION TO CHILD DEVELOPMENT THROUGH PLAY

NEW COURSE FOR 2020

On this course, you will learn how play allows children to use their creativity while developing their imagination, dexterity as well as their physical, cognitive, and emotional strength. As children explore their world, play helps them develop new skills that increase confidence and resiliency. Once you have completed the course you will have the opportunity to progress on to our 'Sharing Learning Experiences with Children' qualification.

**Skills required: A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**



|              |          |                 |            |         |
|--------------|----------|-----------------|------------|---------|
| Bank Top NLC | Thursday | 1.45pm – 2.45pm | 19/11/2020 | 5 weeks |
|--------------|----------|-----------------|------------|---------|

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

**\* STEPPING STONES TO FUNCTIONAL SKILLS MATHS LEVEL 1  
(ACCREDITED BY ASCENTIS) AWARD IN UNDERSTANDING NUMBER**

**NEW COURSE FOR 2020**



This is an 8 week accredited course for learners who have basic maths skills and would like to gain a qualification in recognition of these skills. The course is designed to help you to develop maths skills to assist in supporting your child's learning in school. If you would like to gain a maths qualification then this is the course for you.

**Skills required: A basic level of English in order to understand key terms and phrases. This session is suitable for learners with maths skills at Entry level 3, we will give you an assessment to establish that this is the right course for you.**

|            |         |                  |                                    |         |
|------------|---------|------------------|------------------------------------|---------|
| Audley NLC | Tuesday | 9.15am – 11.30am | 15/09/2020<br>(missing 27/10/2020) | 8 weeks |
|------------|---------|------------------|------------------------------------|---------|

**\* STEPPING STONES TO FUNCTIONAL SKILLS MATHS LEVEL 1  
(ACCREDITED BY ASCENTIS) FAMILY FINANCES**

**NEW COURSE FOR 2020**

This is an 8 week accredited course designed for learners who have basic maths skills. How does a family manage their money? What is the difference between income and expenditure? How can budgeting improve family life? If you have asked yourself these questions and would like to gain an award in data handling then this is the course for you.

**Skills required. A basic level of English in order to understand key terms and phrases. This session is suitable for learners with maths skills at Entry level 3, you will be asked to complete an assessment to establish that this is the right course for you.**

|            |         |                  |            |         |
|------------|---------|------------------|------------|---------|
| Audley NLC | Tuesday | 9.15am – 11.30am | 17/11/2020 | 5 weeks |
|------------|---------|------------------|------------|---------|

**\* LEARNING TOGETHER LEVEL 1  
(ACCREDITED BY ASCENTIS) HEALTHY LIVING, HEALTHY EATING**

**NEW COURSE FOR 2020**

This is an 8 week accredited course designed for learners who want to make positive changes to support their family's health and wellbeing. Do you want to learn about fun physical activity, eating well on a budget and maintaining a healthier lifestyle? Then come along and join us to gain a qualification in this area.

**Skills required: A basic level of English in order to understand key terms and phrases. This session is suitable for absolute beginners.**

|            |          |                  |                                    |         |
|------------|----------|------------------|------------------------------------|---------|
| Audley NLC | Thursday | 9.15am – 11.30am | 24/09/2020<br>(missing 29/10/2020) | 7 weeks |
|------------|----------|------------------|------------------------------------|---------|



**MOST COURSES ARE FREE**

To book on call 01254 507720 or 01254 581175 or email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

\*FREE ACCREDITED COURSES FOR LEARNERS WHO ARE UNEMPLOYED AND ON A LOW INCOME WAGE.

## COURSES FOR LEARNERS WITH LEARNING DIFFICULTIES AND DISABILITIES

We offer a bespoke programme of short courses for adults with learning difficulties & disabilities with the aim of the helping people become more confident, make friends, learn new skills, learn to live independently and to move on to paid or voluntary work.

The courses are free to anybody aged over 19 and normally run once a week.

### **COURSES INCLUDE COOKING, ARTS & CRAFTS, DRAMA AND MUCH MORE**

Apart from the advertised courses we are always open to suggestions from partners for other topics and courses that learners are interested in. We can also deliver flexible shorter programmes covering specific topics tailored for your groups.

For more information or to be added onto the mailing list please call

**(01254) 507720**

or email **[adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)**



## WHAT ELSE DO WE DO?

### MATHS AND ENGLISH

We work closely with our local college who offer Functional Maths and English courses in Blackburn. Classes are free, available throughout the year and are accredited up to Level 2. For more information contact Blackburn college on (01254) 292929 or Community Training Portal (CTP) Blackburn on (01254) 677767.

**THE LANCASHIRE VOLUNTEER PARTNERSHIP** was established in 2016 between public services who wanted to provide one gateway into public service volunteering.

The aim of the partnership is to make volunteering for public services rewarding and to provide opportunities for people to make a real difference in their local communities. We are passionate about supporting people in need of help and building stronger, more resilient communities that can flourish; and at the heart of this are our volunteers.



To search or apply for local volunteering opportunities visit: [www.lancsvp.org.uk](http://www.lancsvp.org.uk)

**National  
Careers  
Service**  
Helping you take  
the next step

**THE NATIONAL CAREERS SERVICE PROVIDES COURSE AND  
CAREER ADVICE TO EVERYONE INTERESTED IN LEARNING**

### **Aged 19+ we can help you with decisions on learning, training and work.**

- Unsure of your next career move?
- Returning to work from time out?
- Finished college or university and considering your next step?
- Unhappy in your current job and ready for a change?

### **Advice is free, confidential and impartial. We can help with:**

- Job application forms
- CVs and cover letters
- Interview techniques
- Effective job search
- Courses/Training

**CALL US on (01254) 588891 or CALL IN to make an appointment at:**

**AUDLEY & QUEEN'S PARK NEIGHBOURHOOD LEARNING CENTRE** Pringle Street, Blackburn, BB1 1SF  
**Tel (01254) 507720**

**BANK TOP NEIGHBOURHOOD LEARNING CENTRE** Arthur Way, Blackburn, BB2 1QP **Tel (01254) 581175**

**DARWEN TOWN HALL** Croft Street, Darwen, BB3 1BQ **Tel (01254) 588891**

**BLACKBURN COLLEGE** The Hub (Located in The Beacon Centre), Blackburn, BB2 1LH **Tel (01254) 292929**

*DWP customers can also access the National Careers Service at the Jobcentre. Speak to your work coach to book an appointment.*

**0800 100 900 [www.direct.gov.uk/nationalcareersservice](http://www.direct.gov.uk/nationalcareersservice)**



**BLACKBURN**  
*with*  
**DARWEN**  
BOROUGH COUNCIL

**Audley & Queen's Park Neighbourhood Learning Centre**  
Pringle Street, Blackburn, BB1 1SF  
Tel (01254) 507720

**Bank Top Neighbourhood Learning Centre**  
Arthur Way, Blackburn, BB2 1QP  
Tel (01254) 581175

Email: [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)



[www.bwdlearning.org](http://www.bwdlearning.org)