



Course Programme

September 2024 to February 2025

See where learning can take you...!



Welcome



Introduction

Karen Wignall

Service Lead –

Adult Learning and Employment Support

Welcome to our new academic year!

I hope you have found having only two editions of the course brochure easier to work with? It should help you to plan ahead and think about how the offer can help you enhance your CV or develop skills to help you in your every day or work life.

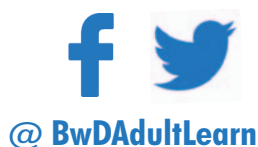
We try to include something new in each brochure and, once again, we have developed our offer to include a range of new qualifications that will help you to get the job you are looking for. These include: Introduction to Mental Health and Wellbeing; Understanding Dementia; Retail Knowledge and Customer Service.

This year we are also looking to work with local employers to help them recruit to the jobs they have available. This will be through the Employment, Skills and Support Hub and it will help us to make sure we are providing the right courses to get people into the jobs that are available. You can find out more about what the Hub can help with on Page 35, you will also find contact details on there.

If you need help with finding a job, developing a career or gaining the skills you need to help you achieve this, please get in touch. Working together, our teams aim to provide specific and tailored support to help people identify what they might need and where they can go to develop the skills and gain the necessary qualifications to put them on the path to securing meaningful employment.

As always, we are keen to continue to build our offer in Darwen, so if you have any thoughts or suggestions about what you would like to see running there, please let us know.

Karen W.



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!

Welcome to our latest course programme for
September 2024 – February 2025.

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 Julie Gunn,

*Deputy Leader and
Executive Member for
Children, Young People
and Education*

Contents

How to Enrol	4
 Darwen Town Hall	5
 ICT & Digital Skills	7
- Digital Skills Builder	8
- Digital Skills for Employment	9
 Employability	10
- Skills for Employment	11
 English and Maths	14
 ESOL - English for Speakers of Other Languages	17
 Family Learning	21
 Health & Wellbeing	23
- Mental Health	24
- Courses to support employment	24
- Dementia Awareness	25
- Personal Wellbeing	25
- Connect with Nature	25
 Positive Minds	26
 Supported Learning	29
National Careers Service	33
Job Club	34

Book on a course



It's even
easier to
book onto a
course

If you are viewing this Course Programme online, simply click anywhere on the course to open the booking page.

Booking is easy – find a course that you would like to try, sign up and away you go.

Book online at www.bwdlearning.org

Or you can call us on **(01254) 507720** or **581175**

Or email us at: adultlearning@blackburn.gov.uk

(Please say which session you are interested in, together with your details).

Welcome to Blackburn with Darwen Borough Council's Adult Learning Service.

In this brochure you will find a range of courses to support you with your health and wellbeing, employability prospects, volunteering and future learning opportunities.

Once enrolled on a course we ask that you attend, or notify us if you are unable to. Persistent non attendance may result in your place being allocated to others who are waiting for a place.

When booking courses please ensure that you are not booked on multiple courses which are scheduled at the same time, if this does happen we will contact you to identify your preferred selection.

We welcome all who have a desire to learn and progress their personal and professional development. We do this in a supportive and welcoming environment which all learners are encouraged to uphold for the comfort and enjoyment of each other.

If you have any questions please contact us, we welcome your feedback and suggestions to help build on our ever-evolving offer. Non-accredited courses and workshops are free, there is a small charge for accredited courses if you earn over £22,308 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).

Most
courses
are Free!



Darwen Town Hall

ESOL

Darwen Town Hall	Monday	12.15pm – 2.45pm	16/09/2024	18 weeks
Darwen Town Hall	Thursday	12.15pm – 2.45pm	19/09/2024	18 weeks
Family Hub Darwen	Monday	12.15pm – 2.45pm	16/09/2024	18 weeks
Family Hub Darwen	Friday	12.15pm – 2.45pm	19/09/2024	18 weeks

Digital Skills for Employment

ICT Skills and Job Club

- Skills Builder/Job Club is for those of you who need the flexibility to come to sessions when you need support.
- Come and improve your ICT and Job skills for life, work and confidence.
- Brush up your skills to gain confidence before joining an accredited course and finding employment.

You can either use our devices or bring your own laptop or tablet so you can see how it works on your own device.

Skills required: None. Suitable for absolute beginners. No booking required.

099	Darwen Town Hall	Tuesday	9.30am – 11.30am	10/09/2024 to 15/07/2025
-----	------------------	---------	------------------	--------------------------

Preparing for Employment and Volunteering

Highfield Level 2 Award in Customer Service

New Course for 2024

This qualification is to support learners working or preparing to work in a customer service role. The course is suitable for all industries where customer service is a requirement. The qualification covers the principles of customer service including how to meet customers' expectations, the importance of appropriate behaviour and communication techniques as well as ways to deal with problem customers.

Skills required: Must have English language skills at Level 1 or higher to be able to complete this course.

023	Darwen Town Hall	Tuesday	9.30am – 12.30pm	19/11/2024	4 weeks
-----	------------------	---------	------------------	------------	---------

Health and Wellbeing

Five Ways to Wellbeing

This five-week course offers you the chance to explore how we can all improve our wellbeing by connecting with others and the world around us, learning new skills, giving back, being active, and taking notice. Each week we will offer tools to improve wellbeing, new activities and ideas to try and the opportunity to reflect on the things you try each week.

095	Darwen Town Hall	Thursday	9.30am – 12.00pm	14/11/2024	5 weeks
-----	------------------	----------	------------------	------------	---------

Learn to Refocus – Walking Photography

Come and spend time focusing on nature with our Walking Photography course. This will give you a chance to take a moment in nature to help give a different perspective as well as taking lovely photographs.

081	Darwen Town Hall	Tuesday	12.30pm – 3.00pm	01/10/2024	5 weeks
-----	------------------	---------	------------------	------------	---------





ICT & Digital Skills

Our range of digital and computer courses are designed for you to 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.

If you would like to make the most of your laptop, iPad/iPhone or tablet, we have a course for you too, whatever your needs we have just the course or support for you.



Digital and ICT Skills for Life and Work

Digital Skills Builder

Digital/ICT Skills Builder (term time only)

- Skills Builder is for those of you who need the flexibility to come to sessions when you can.
- Come and improve your ICT skills for life, work and confidence.
- Brush up your skills to gain confidence before joining an accredited course.

You can either use our devices or bring your own laptop or tablet so you can see how it works on your own device.

Skills required: None. Suitable for absolute beginners. No Booking Required.

100	Bank Top NLC	Wednesday	9.30am – 11.30am	11/09/2024 to 09/07/2025
101	Audley NLC	Thursday	1pm – 3pm	12/09/2024 to 10/07/2025

Protect Yourself Online

Do you worry about your online safety when you are shopping, banking online or using social media? Do you know what to do if you experience cybercrime or cyberbullying? Do not worry, just call us or drop us an email and we will get back to you and discuss ways to keep you and your family safe.

Digital/ICT Skills Support Service

This is a unique aspect of our provision, whatever your query whether it's how to use, for example, MS Teams, Zoom, social media to reduce isolation or how to access websites for information, research or employment we are here for you. .

We will identify the right support for you to make the most of your device and help you find a solution to your query. We could also assign you to a digital champion. Just call us or drop us an email and we will get back to you.

Contact us via email at adultlearning@blackburn.gov.uk
or call us on 01254 507720/01254 581175

Digital Skills for Employment

ICT Skills and Job Club

- Skills Builder/Job Club is for those of you who need the flexibility to come to sessions when you need the support.
- Come and improve your ICT and Job skills for life, work and confidence.
- Brush up your skills to gain confidence before joining an accredited course and finding employment.

You can either use our devices or bring your own laptop or tablet so you can see how it works on your own device.

Skills required: None. Suitable for absolute beginners. No Booking Required.

099	Darwen Town Hall	Tuesday	9.30am – 11.30am	10/09/2024 to 15/07/2025
-----	------------------	---------	------------------	--------------------------

Introduction to IT, Internet and Emails

This short course is designed for absolute beginners who can use a mouse and keyboard and would like to gain basic computer skills such as typing a letter or passage, saving and finding work in different drives and locating programs. The course will also include using the internet, composing and sending e-mails with attachments safely.

Skills required: Mouse and keyboard.

102	Bank Top NLC	Thursday	9.30am – 11.30am	19/09/2024	4 weeks
-----	--------------	----------	------------------	------------	---------

Getting Ready for Ascentis Level 1 Award in Essential Digital Skills for Life and Work

This progression course is a preparation for the Essential Digital Skills accredited course which will introduce you to the five categories studied: Using Devices and Handling Information; Creating and Editing documents; communicating and sharing information online safely; using online services safely and being safe and responsible whilst using and communicating online. Alongside the practical elements you will learn key terms associated with the course.

Skills required: English language skills at Level 1 or higher and basic computing skills such as mouse and keyboard, basic file management, email and internet skills are essential.

104	Bank Top NLC	Thursday	1pm – 3pm	19/09/2024	8 weeks
-----	--------------	----------	-----------	------------	---------



Digital Buddy - We are looking for volunteers to support our learners with their skills development. Would you like to be a Digital Buddy?

Digital Buddies is a social connection support project linked to the Adult Learning provision in Blackburn with Darwen.

We are looking for people with excellent ICT and social media skills who can support those who are digitally excluded because of low level skills or the lack of access to devices and connectivity. This service is both online and face to face in one of our local community centres.



Employability



We are offering free bespoke and accredited courses to help you improve and develop your employability prospects.

You can gain valuable and appropriate employability skills needed by employers to help enhance your CV. If you would like help to look for work, write a CV/cover letter or apply for jobs, with support from a tutor, we are here to help. Contact us via email at adultlearning@blackburn.gov.uk or call us on 01254 507720/01254 581175.



Skills for Employment



Preparing for Volunteering

Preparing for Volunteering

Volunteering is a rewarding experience that can provide relevant work experience and life skills that are transferable to everyday situations. Come and find out the benefits of volunteering and how to find the right opportunity for you.

032	Bank Top NLC	Wednesday	9.30am – 12pm	05/02/2025	2½ hours
-----	--------------	-----------	---------------	------------	----------

Volunteer Learning Passport

The Volunteer Learning Passport is a selection of online courses equipped for volunteers to gain skills and knowledge in key subject areas to enable them to feel confident in their volunteering role. However, we recognise that e-learning is not for everyone. If you are a volunteer or an organisation with volunteers who would like to complete the Volunteer Passport in a classroom, with a tutor, then contact us. .



Contact us via email at adultlearning@blackburn.gov.uk
or call us on 01254 507720/01254 581175

Food Safety

Level 1 Food Safety for Catering

This accredited course is designed for learners or volunteers who would like to work in an environment where you handle and prepare food. You will learn the role an individual plays in reducing food contamination, personal hygiene procedures and how hazards can be controlled.

Skills required: *English language at Entry 3 or above to be able to complete this course.*

090	Audley NLC	Monday	9.30am – 3pm	20/01/2025	5½ hours
125	Bank Top NLC	Thursday	9.30am – 3pm	14/11/2025	5½ hours

Level 2 Food Safety for Catering

The Level 2 Food Safety course is designed for learners or volunteers who have completed the level 1 Food Safety course and require a level 2 qualification to work in the catering and hospitality industry.

Skills required: *Learners must have completed their Level 1 Food Safety and have English language skills at Level 1 or above to complete this course.*

097	Audley NLC	Monday	9.30am – 3pm	27/01/2025	2 sessions
		Tuesday	9.30am – 3pm	28/01/2025	

First Aid

Emergency First Aid at Work (Adult)

These accredited courses offer practical lifesaving skills and develop techniques for emergency situations.

All of the first aid courses involve written and practical assessments therefore learners must have English language skills at Entry Level 3 or higher and be physically able to get up and down from the floor to complete the practical elements of these courses.

087	Bank Top NLC	Thursday	9.30am – 2.30pm	07/11/2024	2 sessions
		Friday	9.30am – 2.30pm	08/11/2024	
092	Bank Top NLC	Wednesday	9.30am – 2.30pm	29/01/2025	2 sessions
		Thursday	9.30am – 2.30pm	30/01/2025	

Highfield Level 2 Award in Customer Service

New Course for 2024

This qualification is to support learners working or preparing to work in a customer service role. The course is suitable for all industries where customer service is a requirement. The qualification covers the principles of customer service including how to meet customers' expectations, the importance of appropriate behaviour and communication techniques as well as ways to deal with problem customers.

Skills required: *Must have English language skills at Level 1 or higher to be able to complete the course.*

016	Audley NLC	Monday	1pm - 3pm	30/09/2024	6 weeks
-----	------------	--------	-----------	------------	---------

Ascentis Level 1 Understanding Safeguarding for Work, Education and Life

This safeguarding course is designed to give you knowledge of safeguarding when in work, education, volunteering and in life contexts. The qualification covers how to recognise different types of abuse, the possible safeguarding issues caused by modern technology, the meaning of discrimination and victimisation and the importance of disclosing safeguarding concerns to professionals. This is an important course for anyone wanting to work or volunteer with children and informative for a parent wanting to learn about safeguarding.

Skills required: *Must have English language skills at Entry Level 3 or higher to be able to complete the course.*

020	Bank Top NLC	Wednesday	9.30am – 12.30pm	30/10/2024	6 weeks
-----	--------------	-----------	------------------	------------	---------

Preparing for Employment in the Adult Social Care Sector

Ascentis Level 1 Introduction to Health and Social Care

Are you looking for employment or considering a career change to join the Health and Social care sector? If so, come along and join us on this Level 1 course to start your career pathway in social care. This course will introduce you to a range of skills, knowledge and experience to help you on your way.

Skills required: *Must have English language skills at Entry Level 3 or higher to be able to complete the course.*

014	Bank Top NLC	Monday	9.30am – 2.30pm	16/09/2024	8 weeks
-----	--------------	--------	-----------------	------------	---------

Ascentis Level 2 Certificate in Health and Social Care Professions

The Level 2 Health and Social Care course is designed as a progression opportunity from Level 1 Health and Social Care course enabling you to build on your skills, knowledge and experience gained and study key topics like safeguarding and dementia. It is also suitable for people who have experience in the social care sector and want to achieve a qualification in Health and Social Care.

As part of the course there are 2 full day placements in the adult social care sector and enrichment activities to give you an insight of roles and working practices in Health and Social Care to support your career development.

Skills required: *Must have English language skills at Level 1 or higher to be able to complete this course.*

025	Bank Top NLC	Monday	9.30am – 2.30pm	13/01/2025	22 weeks
-----	--------------	--------	-----------------	------------	----------

Preparing for Employment in Education

NCFE Level 1 Award in Caring for Children

Are you thinking about a career in schools? This course is a great introduction and first steps towards this, come and join us to start your journey.

Skills required: *Must have English language skills at Entry Level 3 or higher.*

004	Audley NLC	Monday	9.30am – 12.30pm	16/09/2024	12 weeks
026	Bank Top NLC	Tuesday	9.30am – 12.30pm	14/01/2025	12 weeks

NCFE Level 2 Support Work in Schools and Colleges

The Level 2 Support Work in Schools course is designed as a progression opportunity for learners who have previously attended our Ascentis Level 1 Introduction to Childcare course or similar. It is also suitable for people who have skills, knowledge and experience of working in an educational setting and want to achieve a Level 2 qualification in working in Schools and Colleges.

Skills required: *Must have English language skills at Level 1 or higher to be able to complete this course.*

007	Bank Top NLC	Tuesday	9.30am – 2.30pm	17/09/2024	24 weeks
-----	--------------	---------	-----------------	------------	----------

Employability in the Workplace

This is only a small number of the courses we have on offer, if there is something you would like to do that isn't in the brochure please contact us.

Are you a local business, community group, school or a Family Hub that would like courses to be delivered in your venue then we can come:

- Family Learning
- Health and Social Care
- Safeguarding
- Maths
- English
- Training for Volunteers



English and Maths

If you want to brush up your English or maths skills and not sure where to start then come to us and we'll help you take that first step. We offer a range of courses including those without a qualification and others where you will get a certificate to show your learning. Come and meet our supportive team who are waiting to help you make a start.



English and Maths

Don't have the English and Maths qualification to get the job you want, complete an apprenticeship or progress your career? Then book your assessment now!

Assessment Week

Monday 26th August to Thursday 29th August 2024

Wednesday 4th September to Wednesday 11th September 2024

Monday 6th January to Thursday 9th January 2025

Call to book your place on 01254 581175/01254 507720. Once you complete your assessment, we will signpost you to the right class for you. Allow approximately 40 minutes per subject.

Introduction to English

We are offering Ascentis Level 1 English qualifications, these are designed for people who currently have no English qualifications and want to build their confidence with small manageable units. We are holding assessment sessions to ensure the course is right for you, so please book on to this. We will be offering classes in a range of venues across the borough throughout the week.

Introduction to Maths

We are offering Ascentis Level 1 Maths qualifications, these are designed for people who currently have no maths qualifications and want to build their confidence with small manageable units. We are holding assessment sessions to ensure the course is right for you, so please book on to this. We will be offering classes in a range of venues across the borough throughout the week.

Level 1 and Level 2 Functional Skills English and Maths

We are also offering NCFE Level 1 and Level 2 Functional English and Maths classes. You will need to book an assessment and will be offered a class if you are working at an appropriate level.

English

English Skills Builder (term time only)

- Skills Builder is for those of you who need the flexibility to come to sessions when you can.
- Come and improve your English skills for life, work and confidence.
- Brush up your English skills to gain confidence before joining an accredited course.

Skills required: None. Suitable for anyone wanting to improve or gain English skills. No booking required.

002	Bank Top NLC	Monday	1pm – 3pm	16/09/2024 to 07/07/2025
012	Audley NLC	Wednesday	1pm – 3pm	18/09/2024 to 09/07/2025

Maths

Maths Skills Builder (term time only)

- Skills Builder is for those of you who need the flexibility to come to sessions when you can.
- Come and improve your maths skills for life, work and confidence.
- Brush up your number skills to gain confidence before joining an accredited course.

Skills required: None. Suitable for anyone wanting to improve or gain maths skills. No booking required.

008	Audley NLC	Tuesday	1pm – 3pm	17/09/2024 to 08/07/2025
010	Bank Top NLC	Wednesday	1pm – 3pm	18/09/2024 to 09/07/2025

Fun with Numbers

BWD86	Audley NLC	Thursday	9.30am – 11.30am	19/09/2024	5 weeks
-------	------------	----------	------------------	------------	---------

Painting with Numbers

BWD85	Bank Top NLC	Tuesday	9.30am – 11.30am	17/09/2024	5 weeks
-------	--------------	---------	------------------	------------	---------

Sewing Skills

BWD87	Audley NLC	Tuesday	1pm – 3pm	17/09/2024	6 weeks
-------	------------	---------	-----------	------------	---------



What is Multiply?

Multiply is a nationwide government-funded programme to help you improve your numeracy skills, build your confidence and possibly gain a qualification.

Do you feel uncomfortable when you think about maths? If yes, then we have just the solution for you. Our classes will help you build confidence in your everyday life, which includes budgeting money, helping your children with their school homework and many other life skills. With the current situation of the cost of living, it is the best time now to improve your own skills in working with numbers. Good numeracy skills can also help open a variety of different job opportunities for you. All of our courses will be suitable for beginners and you will be able to learn at your own pace.

What are the entry requirements?

- You must be aged 19+
- Reside or work in Blackburn with Darwen
- Have the right to live and work in the UK
- Not have a GCSE maths in grade C/4 or above

If you would like to join our qualification based courses, you will be asked to come in for an initial assessment to see what level you are currently at.

If you would like further information, please call **01254 507720** or **01254 581175**

Email **multiply@blackburn.gov.uk**

We also work in partnership with the following organisations who also offer a variety of different courses through Multiply.





ESOL

If English is not your first language, you can join an ESOL course to help develop and improve your English language skills. You can gain a qualification to help build your knowledge of the English language & allow you to live more independently in the UK.



English for Speakers of Other Languages

Our ESOL courses are delivered in community settings and supports people to learn English, access services and get involved in the community. As part of the course, participants will take part in local community activities and workshops to improve confidence and social integration.



ESOL *courses will help you to:*

- Feel more confident in the community
- Be more independent
- Progress onto other courses or training
- Get a qualification
- Be job ready
- Help your children with schoolwork
- Improve digital skills
- Be happy!

Free ESOL *classes take place at:*

- Audley & Queen's Park Neighbourhood Learning Centre, Pringle Street, Blackburn BB1 1SF
- Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn BB2 1QP
- Bangor Street Community Centre, Norwich Street, Blackburn BB1 6NZ
- Family Hub-Darwen, Lord Street, Darwen BB3 0HD
- Darwen Town Hall, Croft Street, Darwen BB3 1BQ

To find out more visit www.bwdlearning.org
Call 01254 581175
or email: esol@blackburn.gov.uk to book an assessment

Assessments

All learners will be offered an assessment prior to joining the course. It is important we find out your current skill level so we can start you off on the right course.

Pre-Entry ESOL

Bank Top NLC	Monday & Friday	9.15am – 11.45am	16/09/2024 to 31/01/2025
Audley NLC	Monday	12.15pm – 2.45pm	16/09/2024 to 31/01/2025
Audley NLC	Friday	9.15am – 11.45am	16/09/2024 to 31/01/2025
Bangor Street CC	Wednesday & Thursday	9.15am – 11.45am	18/09/2024 to 30/01/2025
Family Hub-Darwen	Monday & Friday	9.15am – 11.45am	16/09/2024 to 31/01/2025

Entry 1 ESOL

Bank Top NLC	Monday	12.15pm – 2.45pm	16/09/2024 to 31/01/2025
	Friday	9.15am – 11.45am	16/09/2024 to 31/01/2025
Audley NLC	Monday & Tuesday	9.15am – 11.45am	16/09/2024 to 28/01/2025
Bangor Street CC	Tuesday & Wednesday	9.15am – 11.45am	17/09/2024 to 29/01/2025
Darwen Town Hall	Monday & Thursday	12.15pm – 2.45pm	16/09/2024 to 30/01/2025

Entry 2 ESOL

Bank Top NLC	Wednesday & Thursday	9.15am – 11.45am	18/09/2024 to 30/01/2025
Audley NLC	Wednesday & Thursday	9.15am – 11.45am	18/09/2024 to 30/01/2025
Bangor Street CC	Monday & Tuesday	9.15am – 11.45am	16/09/2024 to 28/01/2025

Entry 3 ESOL

Bank Top NLC	Wednesday & Thursday	9.15am – 11.45am	18/09/2024 to 30/01/2025
Audley NLC	Wednesday & Thursday	9.15am – 11.45am	18/09/2024 to 30/01/2025
Bangor Street CC	Monday & Tuesday	9.15am – 11.45am	16/09/2024 to 28/01/2025

Level 1 ESOL

Bank Top NLC	Tuesday	9.15am – 11.45am	17/09/2024 to 28/01/2025
Audley NLC	Thursday	9.15am – 11.45am	19/09/2024 to 30/01/2025

Level 1 Award in Citizenship

The Ascentis Level 1 Award in Citizenship introduces learners to the democratic process in the UK. It considers national decision-making processes and shows how learners can become involved as citizens. Learners will identify how politics leads and influences parts of the economy, and the interdependencies of taxation and state provided services. The final part of the unit covers legal responsibilities, including the safeguarding of human rights, law administration and enforcement.

Audley NLC	Monday	12.15pm – 2.45pm	16/09/2024 to 27/01/2025
Bangor Street CC	Wednesday	12.15pm – 2.45pm	18/09/2024 to 29/01/2025

ESOL Conversation Clubs

Conversation clubs are a relaxed and informal way to practice your English skills outside of the classroom in an informal, supportive space. These clubs are a great way to support your English language journey, get extra practice or provide a chance to learn whilst waiting for an ESOL Class.

Audley NLC - (Pre-Entry & Entry 1)	Tuesday	12.15pm – 1.30pm	17/09/2024 to 28/01/2025
Audley NLC - (Entry 2 & Entry 3)	Tuesday	1.45pm – 2.45pm	17/09/2024 to 28/01/2025
Bank Top NLC - (Pre-Entry & Entry 1)	Thursday	9.15am – 10.30am	19/09/2024 to 30/01/2025
Bank Top NLC - (Entry 2 & Entry 3)	Thursday	10.45am – 11.45am	19/09/2024 to 30/01/2025
JCP - (Pre-Entry & Entry 1)	Tuesday	9.30am – 10.30am	17/09/2024 to 28/01/2025
JCP - (Entry 2 & Entry 3)	Tuesday	10.45am – 11.45am	17/09/2024 to 28/01/2025

JCP conversation clubs for JCP clients only



learn language

adjectives

nouns

verbs

adverbs

To join our **FREE** classes, please call 01254 581175
or email ESOL@blackburn.gov.uk



Family Learning

We work in partnership with Blackburn with Darwen Family Hubs and Schools to deliver a range of courses for parents to develop their skills and support their children with learning and development.



Family Learning



Family Learning Courses

We work in partnership with Blackburn with Darwen Family Hubs and Schools to deliver a range of courses for parents to develop their skills and support their children with learning and development. Courses include Family Language, Budgeting skills, Family Mental Health and many others.

For more information contact us via email at adultlearning@blackburn.gov.uk or call us on 01254 507720/01254 581175

Supporting Families with Special Educational Needs

Hints and Tips for parents of children with additional needs: The aim of these sessions is to enable parents and carers to gain knowledge about a range of special educational needs and disabilities to support their family and friends in the local community.

Introduction to Autism

118	Audley NLC	Tuesday	9.30am – 12pm	05/11/2024	2½ hours
121	Bank Top NLC	Wednesday	9.30am – 12pm	22/01/2025	2½ hours
122	Darwen Town Hall	Thursday	9.30am – 12pm	03/02/2025	2½ hours

Introduction to Dyslexia

119	Audley NLC	Tuesday	9.30am – 12pm	12/11/2024	2½ hours
-----	------------	---------	---------------	------------	----------

Introduction to ADHD

120	Audley NLC	Tuesday	9.30am – 12pm	19/11/2024	2½ hours
-----	------------	---------	---------------	------------	----------



Health & Wellbeing

Our Health and Wellbeing area offer courses that will support you in life and work. Spending time learning a new skill and trying something new can help improve our mood and help us to connect with other people. This in turn can improve our overall wellbeing.



Health & Wellbeing



Mental Health

Mental Health First Aid

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Learn to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe.

093	Adult Mental Health First Aid (Full Certificate) at Bank Top NLC	Wednesday Thursday	9am – 5pm 9am – 5pm	18/09/2024 19/09/2024	2 sessions Must attend both sessions
094	Adult Mental Health First Aid (Full Certificate) at Audley NLC	Tuesday Wednesday	9am – 5pm 9am – 5pm	29/10/2024 30/10/2024	2 sessions Must attend both sessions
086	Youth Mental Health First Aid (Full Certificate) at Bank Top NLC	Wednesday Thursday	9am – 5pm 9am – 5pm	06/11/2024 07/11/2024	2 sessions Must attend both sessions
098	Youth Mental Health First Aid (Full Certificate) at Audley NLC	Wednesday Thursday	9am – 5pm 9am – 5pm	29/01/2025 30/01/2025	2 sessions Must attend both sessions

Courses to support employment and personal development:



Highfield Level 1 Award in an Introduction to Mental Health & Wellbeing

New Course for 2024

This course introduces learners to concepts of mental health, mental illness and wellbeing. It provides an understanding that all individuals have mental health and how you can support others and how to manage your own mental health and wellbeing. **Skills required:** *Must have English language skills at Entry Level 3 or higher to be able to complete the course.*

080	Audley NLC	Wednesday	9.30am – 4.30pm	18/09/2024	7 hours
-----	------------	-----------	-----------------	------------	---------

Dementia Awareness

NCFE Level 2 Unit in Understanding Dementia Unit



New Course for 2024

This course will provide you with an understanding of dementia and its causes. You will develop an understanding of what dementia feels like and the symptoms that may be experienced. You will also gain an understanding of ways in which dementia can be managed, and treated, and an appreciation of the roles and needs of family and friends living with Dementia.

083	Bank Top NLC	Tuesday	9.30am – 12pm	29/10/2024	6 weeks
-----	--------------	---------	---------------	------------	---------

Personal Wellbeing

Confidence Building

This course will support you in developing strategies around building and maintaining self-confidence to progress in life and work. It will cover topics such as positive thinking, stress management and goal setting, giving you the tools to be more confident.

079	Bank Top NLC	Friday	9.30am – 11.30am	13/09/2024	6 weeks
-----	--------------	--------	------------------	------------	---------

Menopause and Me

Are you experiencing menopause or perimenopause symptoms? This course offers the opportunity to look at the common symptoms of perimenopause and things we can do to manage them. It focuses on how important looking after our wellbeing is during this challenging time while giving people the opportunity to meet others going through a similar experience and share tips.

088	Audley NLC	Tuesday	1pm – 3pm	14/01/2025	5 weeks
-----	------------	---------	-----------	------------	---------

Five Ways to Wellbeing

This five-week course offers you the chance to explore how we can all improve our wellbeing by connecting with others and the world around us, learning new skills, giving back, being active, and taking notice. Each week we will offer tools to improve wellbeing, new activities and ideas to try and the opportunity to reflect on the things you try each week.

095	Darwen TH	Thursday	9.30am – 12pm	14/11/2024	5 weeks
-----	-----------	----------	---------------	------------	---------

Learn to Refocus – Walking Photography

Come and spend time focusing on nature with our Walking Photography course. This will give you a chance to take a moment in nature to help give a different perspective as well as taking lovely photographs.

081	Darwen TH	Tuesday	12.20pm – 3pm	01/10/2024	5 weeks
-----	-----------	---------	---------------	------------	---------

Mindfulness Workshop

Come along to this workshop to explore the basics of practicing mindfulness. You will be guided through a series of activities to bring focus and attention to the present moment. With practice mindfulness can help calm your nerves, see challenges in a new light, tap into your creativity, and improve your response to stress.

089	Bank Top NLC	Thursday	9.30am – 12pm	16/01/2025	2½ hours
-----	--------------	----------	---------------	------------	----------

Connect with Nature

Food Growing Outdoors

Do you love the idea of growing your own food but don't have an outside space to use? Come along, learn some horticulture skills, and have a go at getting involved in a community planting space. Learn how to plan a growing space in your own garden or community space.

077	Bank Top NLC	Tuesday	1pm – 3pm	03/09/2024	6 weeks
-----	--------------	---------	-----------	------------	---------

Cookery Courses

These courses will cover the basics of cookery and help you to create a range of food and snacks. **£2.50 each week to cover the cost of ingredients.**

Cooking for Christmas

128	Bank Top NLC	Thursday	9.30am – 12pm	21/11/2024	4 weeks
-----	--------------	----------	---------------	------------	---------

Healthy Homemade Snacks

129	Bank Top NLC	Thursday	9.30am – 12pm	06/02/2025	2 weeks
-----	--------------	----------	---------------	------------	---------

Indian Cooking

130	Bank Top NLC	Thursday	9.30am – 12pm	26/09/2024	5 weeks
-----	--------------	----------	---------------	------------	---------



Positive Minds

This programme is specifically designed to improve emotional wellbeing through a range of relaxing engaging activities and practical skills building.

Courses take place in community venues, offering opportunities to identify and practice ways to cope and feel better while meeting new people and having fun!



Positive Minds

Courses for improved Mental Health and Wellbeing:

Our Positive Minds courses are 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 and skills.

Positive Minds
Learn for Wellbeing

Booking on Courses

To ensure the course is right for you, we want to speak to you first. You can contact us on 01254 507720 , book through our website or email us at adultlearning@blackburn.gov.uk and one of the team will get back to you to arrange an appointment to talk about the courses we offer.

Is there an assessment?

No; however, the advisor will discuss with you the aims of the course and how best they can support your mental wellbeing.

What happens if Positive Minds isn't right for me?

Your Learning Advisor will talk to you about alternative options. That might be another course that is more suitable, or an alternative activity that is better suited to what you have said you would like to do. They would also discuss any other support that may help you and where else you can access support.

To ensure your course is right for you, we want to speak to you first.
You can contact us on 01254 507720, let us know which course you are interested in,
and we will arrange for a member of the team to contact you directly.

Cooking for Wellness

Learn how to prepare and cook tasty dishes that will nourish your mind and body. Learn how making healthy meals can have a positive benefit on your general wellbeing.

110	Bank Top NLC	Friday	10am – 12.30pm	15/11/2024	5 weeks
-----	--------------	--------	----------------	------------	---------

Mindful Crafts for Relaxation

Did you know that spending time being engaged on a task can help reduce racing thoughts and a busy mind? On this course you will learn a range of craft activities that you can use in a mindful way to help you relax.

109	Audley NLC	Thursday	1pm – 3.30pm	14/11/2024	6 weeks
-----	------------	----------	--------------	------------	---------

Learn to Refocus: Walking Photography

Does your mind skip from one topic to another? On this course, you will learn strategies to improve focus and concentration through learning the basics of digital photography techniques. Come and spend time focusing on nature with our walking photography course.

108	Audley NLC	Monday	1pm – 3.30pm	30/09/2024	6 weeks
-----	------------	--------	--------------	------------	---------

Grow your Wellbeing

Being outside and getting close to nature has been proven to be great for our wellbeing. This course provides connections with nature and the opportunity to explore horticulture. 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 wellbeing.

105	Bank Top NLC	Wednesday	9.30am – 12pm	18/09/2024	5 weeks
-----	--------------	-----------	---------------	------------	---------

Sleep and Relaxation

Being outside and getting close to nature has been proven to be great for our wellbeing. This course provides connections with nature and the opportunity to explore horticulture. 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 wellbeing.

106	Audley NLC	Tuesday	9.30am – 12pm	24/09/2024	2½ hours
-----	------------	---------	---------------	------------	----------

Sleep and Relaxation

Being outside and getting close to nature has been proven to be great for our wellbeing. This course provides connections with nature and the opportunity to explore horticulture. 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 wellbeing.

107	Bank Top NLC	Thursday	9.30am – 12pm	03/10/2024	2½ hours
-----	--------------	----------	---------------	------------	----------



To ensure your course is right for you, we want to speak to you first.
You can contact us on 01254 507720, let us know which course you are interested in,
and we will arrange for a member of the team to contact you directly.



Supported Learning

These courses are designed to be accessible for people with learning disabilities or other challenges that impact their learning.



Supported Learning

First Steps to employment, volunteering or further training

Do you have a learning disability but want to work towards a volunteer role or supported employment?

This 6-week course is the first steps into thinking about the things we might need to do to be successful in a volunteer or work role. Covering topics like, how to find a role that fits your passions and skills, what questions might be asked in an interview and what sort of skills we will need to do in different roles.

Explore opportunities, develop skills and gain confidence within these supportive friendly classes.

113	Bank Top NLC	Friday	12.30pm – 3pm	13/09/2024	6 weeks
-----	--------------	--------	---------------	------------	---------

Craft Project

Would you like to take part in this exciting craft project? During this course you will learn how to make a variety of decorative craft products to be sold at a local festive market (proceeds will go to a charity to be decided by the group)

115	Bank Top NLC	Friday	12.30pm – 3pm	01/11/2024	6 weeks
-----	--------------	--------	---------------	------------	---------

Healthy Cooking

Join us to learn how to make healthy and nutritious meals using budget friendly ingredients. Learn about the types of foods we can eat to stay healthy and how to prepare and cook them safely.

116	Bank Top NLC	Friday	10am – 12.30pm	10/01/2025	6 weeks
-----	--------------	--------	----------------	------------	---------

Please contact us if you need an easy read version of the supported learning courses.

What our learners say:



Employability

"I felt that this course has helped to fill a gap in my knowledge, which will not only help me immensely in my current role but also it will be useful for future employment."



Health and Wellbeing

"It was lovely to meet new people on the confidence building course and to see all our confidence improve week by week. The tutor made everyone feel at ease and we learnt about the scientific psychology which helped me to understand myself better and improve."



ICT/Digital

"Digital Skills Builder - The course has helped me in my life as I can type more confident as a person now. I believe I will be able to use these skills in a job in the future."



English

"I have improved my English; I like my teacher and feel good in class. My teacher is great, she teaches us well and I have learnt a lot about grammar, spelling and asking questions."



Family Learning

"This was a great course for both me and my children. We have learned a lot about clay and how to make things out of it. It has been fun and relaxing. I would recommend this course to my friends."



Maths

"My confidence and understanding of maths have increased and I feel that I have learnt a lot. The time and patience of the tutors has helped me to get this far."



ESOL

"I really enjoy learning; it makes me feel good. I am reaching my goal slowly. My family are happy with me, I am using English more in the community. I think everyone should learn, especially people like me. It is good to be a strong role model for the others to learn English in the future."



Blackburn with Darwen

ADULT LEARNING

**FREE
PRIZE
DRAW ON
THE DAY!**

Neighbourhood Learning Centre Open Day

On: Saturday 7th December 2024

**At: Audley and Queens Park NLC, Pringle Street,
Blackburn, BB1 1SF**

From: 10:30AM – 1:30PM

**Come along to our Open Day where there will be
a range of exciting activities to build your skills,
learn about healthy lifestyle choices and take
part in fun, family workshops.**



***For more information call: Audley & Queens Park
NLC on 01254 507720***



**National
Careers
Service**

Helping you take
the next step

Whatever the
stage of your career...
We are here to help!

We can help you...



**Find your new job or
change your career**



**Discover your career
options through our
skills assessment**



**Access training, courses
and apprenticeships**



**Develop job search,
CV and interview skills**



**Understand the local
job market**

Get in touch

We help adults of **all ages**,
both in and out of work.

01254 507720 / 01254 581175

NCS@blackburn.gov.uk

nationalcareers.service.gov.uk 0800 100 900

JOB CLUB

Supporting People into Work



CV & Cover Letters



Interview Coaching



Getting Online



Job Searching



Build your confidence



Learn a new course

EVERY MONDAY

Bangor St Community Centre,
Norwich St, Blackburn,
BB1 6NZ
1-3pm

EVERY TUESDAY

ICT Skills & Job Club

Darwen Town Hall,
Croft St, Darwen, BB3 1BG

9.30am-11.30am

EVERY TUESDAY

Audley Neighbourhood
Learning Centre, Pringle St,
Blackburn, BB1 1SF

1-3pm

EVERY THURSDAY

Bank Top Neighbourhood
Learning Centre, Arthur Way,
Blackburn, BB2 1QP

1-3pm



www.blackburn.gov.uk/recruitment



employmentsupport@blackburn.gov.uk



01254 666483

SIMPLY DROP IN

***NO BOOKING
REQUIRED**

EMPLOYMENT, SKILLS AND SUPPORT HUB



If you need assistance with any of the following:

- Finding the right job for you
- Retraining and upskilling
- Application and interview preparation
- Building confidence and overcoming barriers
- Improving future prospects
- Changing your career path

Please contact the Employment Skills and Support Hub at:
01254 666483 for more information.



**LANCASHIRE
VOLUNTEER
PARTNERSHIP**

Lancashire Volunteer Partnership (LVP) provides a gateway into public service volunteering.

Volunteering is a great way to give back to the community,
enhance your CV and meet new people
Our volunteers tell us it is very rewarding!

**VOLUNTEER TODAY
FEEL CHAMPION**

ROLES AVAILABLE

- | | |
|-----------------------------------|---|
| ✓ Supporting your neighbourhood | ✓ Supporting Adult Learning |
| ✓ Outdoor Opportunities | ✓ Supporting children and young people |
| ✓ Community safety and resilience | ✓ Improving health & wellbeing |
| ✓ Supporting your local libraries | ✓ Supporting older people and those with a disability |

ARE YOU INTERESTED IN BECOMING A VOLUNTEER

To find out more about the opportunities available, Contact Us

Call: 01254 222519

Email: lvp@blackburn.gov.uk

Visit: www.lancsvp.org.uk



@LANCSVP



@LANCASHIREVP

**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) 581175
(01254) 507720

Email:
adultlearning@blackburn.gov.uk



SCAN ME



www.bwdlearning.org



@ BwDAdultLearn