

Blackburn with Darwen

# ADULT LEARNING

## Course Programme

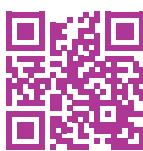
February 2026 - July 2026



*See where learning  
can take you....!*



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- ICT & DIGITAL SKILLS
- EMPLOYABILITY
- ENGLISH & MATHS
- ESOL
- FAMILY LEARNING
- HEALTH & WELLBEING
- POSITIVE MINDS
- SUPPORTED LEARNING



**BLACKBURN  
with  
DARWEN**  
BOROUGH COUNCIL



# Welcome

Most  
courses  
are Free!

## Welcome to Blackburn with Darwen'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).

# Karen's Message



Blackburn with Darwen Adult Learning is here to help you learn new skills and grow with confidence. Have a look at what's coming up and celebrate some of the great things we've achieved together.

As we head into 2026, we're excited to share our latest programme, designed to give you more opportunities and support right here in the community. Our February to July 2026 brochure is packed with courses to help you develop personally and professionally.

You'll find courses in digital skills, health and wellbeing, childcare, health and social care and employability as well as core subjects like English and Maths to help you progress in work or life.

To make learning easier and accessible, we've introduced a flexible learning offer with some courses online where you can work through the content at your own pace and then join us at one of our centres for the final assessment. It's a simple way to fit learning around your life while still getting the support you need.

2025 was a fantastic year for us and our learners. We brought people together through events like Festive Crafts in our centres and Confidence Building at Shadsworth Community Hub. These achievements show our commitment to improving skills, health, and wellbeing while creating stronger communities.

Learners often tell us how our courses have helped them support their families, build confidence, make new friends, and even move into volunteering or employment. Whatever your starting point, we're here to help you succeed. Take a look at the full programme and see what's possible!

*Karen W.*

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



## Welcome to our latest course programme

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.

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

# Contents

Skills



<b>How to Enrol</b>	<b>5</b>
<b>ICT &amp; Digital Skills</b>	<b>6</b>
<b>Digital &amp; ICT Skills</b>	<b>7</b>
<b>Employability Skills for Employment</b>	<b>9</b>
<b>English and Maths</b>	<b>14</b>
<b>ESOL - English for Speakers of Other Languages</b>	<b>17</b>
<b>Family Learning</b>	<b>22</b>
<b>Health &amp; Wellbeing</b>	<b>25</b>
<b>Health for Employment and Development</b>	<b>26</b>
<b>Mental Health</b>	<b>26</b>
<b>Personal Wellbeing</b>	<b>27</b>
<b>Connect with Nature</b>	<b>28</b>
<b>Sewing Courses</b>	<b>28</b>
<b>Cookery Courses</b>	<b>28</b>
<b>Positive Minds</b>	<b>29</b>
<b>Supported Learning</b>	<b>32</b>
<b>Job Club</b>	<b>34</b>
<b>National Careers Service</b>	<b>38</b>



# Book on a course

If you are viewing this Course Programme online, find the course you are interested in, type the title or number into the search box on the website. Click 'Login to Book'.

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

Book online at  
[www.bwdlearning.org](http://www.bwdlearning.org)

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

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

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



## Our Course Venues

### **Active Outdoor Hub,**

(next to the Pavilion Café)  
Witton Park, Blackburn, BB2 2TP

**Audley Neighbourhood Learning Centre,**  
Pringle Street, Blackburn, BB1 1SF

**Bangor Street Community Centre,**  
Norwich St, Blackburn, BB1 6NZ

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

**Darwen Community Helpers,**  
10 Bridge St, Darwen, BB3 1PN

**Darwen Family Hub,**  
Lord St, Blackburn, Darwen, BB3 0HD

**Darwen Town Hall,**  
Croft Street, Darwen, BB3 1BQ

**Job Centre Plus, Orchard House,**  
Penny St, Blackburn, BB1 6HA

**Little Harwood Family Hub,**  
Robinson St, Blackburn, BB1 5PE

**Livesey Family Hub,**  
Andrew Cl, Blackburn, BB2 4NU

**Shadsworth Family Hub,**  
Shadsworth Road, BB1 2HR



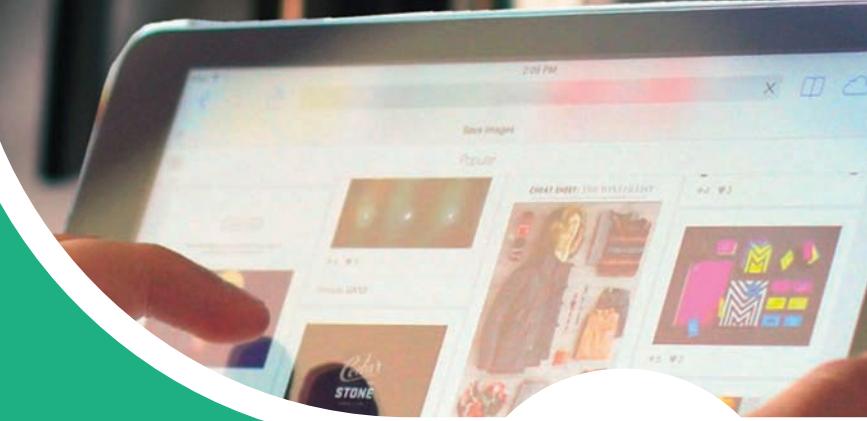
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Book online

## 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.



# ICT & Digital Skills



Book online

## Digital and ICT Skills for Life and Work

### ICT Skills and Job Club (term time only)

#### Skills Builder & Job Club – Flexible Support for Work and Life

Looking to improve your digital and job skills but need something flexible? **Skills Builder/Job Club** is here to support you when you need it most.

#### What's on offer?

- Drop-in sessions – come when you need support, no booking required
- Build your confidence with ICT and job-seeking skills
- Get help with CVs, job applications, emails, and more
- Brush up your skills before moving on to an accredited course or employment
- Friendly, relaxed environment with support at your pace

Whether you're returning to work, learning to use a computer, or just want to feel more confident with technology and job searching – we're here to help.

372	Darwen Community Helpers	Tuesday	9.30am - 11.30am	24/02/2026 to 28/07/2026
373	Bank Top NLC	Wednesday	9.30am - 11.30am	25/02/2026 to 29/07/2026
374	Audley NLC	Thursday	12.45pm - 2.45pm	26/02/2026 to 30/07/2026

#### Essential Digital Skills for Life and Work

Digital skills are essential for everyday life, job applications, and the workplace. These sessions cover the key areas to get you started, explore skills set employers value: using devices, creating documents, communicating and learning online, using digital services safely, and being responsible online. You will also learn important digital terms along the way.

**Skills required:** *To take part in the sessions, you'll need English language skills at Entry Level 3 or above, along with some basic computer skills such as using a mouse and keyboard and access to an email account.*

## Introduction to IT, Internet and Emails

This short course is ideal for complete beginners who can use a mouse and keyboard and want to build basic computer skills. You'll learn how to type documents, save and find files, use programs, browse the internet, and send emails with attachments safely.

**Skills required: Mouse and keyboard.**

368	Bank Top NLC	Thursday	9.30am - 11.30am	26/02/2026	3 weeks
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## Introduction to Cyber Security – Stay Safe Online

Learn how to protect your personal information while shopping, booking, and communicating online. This course covers how to spot and avoid scams, fraud, and online risks.

**Skills required: Mouse and keyboard.**

371	Bank Top NLC	Thursday	9.30am - 11.30am	19/03/2026	2 hours
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## Digital Skills for Work

Boost your confidence in using workplace technology. This session introduces key tools for communication and collaboration, including Microsoft Teams, Zoom, and WhatsApp for meetings and messaging, plus OneDrive, Google Workspace, and Office 365 for storing and co-editing documents. You'll also learn practical tips for solving everyday challenges - finding reliable answers online, getting IT support, and staying connected with colleagues.

**Skills required: Mouse, keyboard, Internet, and access to an email account.**

370	Bank Top NLC	Thursday	9.30am - 11.30am	23/04/2026	6 weeks
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## Introduction to Spreadsheets

This is a short introductory course where you will learn how to create basic spreadsheets, input data, and present the information in the form of a graph and save your work to a specific drive.

**Skills required: Mouse and keyboard.**

377	Bank Top NLC	Thursday	9.30am - 11.30am	04/06/2026	3 weeks
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## Secure, Share, Learn: Digital Safety

This session emphasises online security with a focus on antivirus use, sharing information safely, identifying phishing issues and the use of 2 step authorisation. You can also build your skills through online learning, the use of digital platforms and access step-by-step guides to support you in the digital world.

**Skills required: Mouse, keyboard and Internet.**

369	Bank Top NLC	Thursday	9.30am - 11.30am	25/06/2026	3 weeks
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# Employability Skills

## Free Employability Courses

Boost your job prospects with our free, tailored courses. Gain key skills employers look for, improve your CV, get help with job searches, applications, and cover letters—all with tutor support.

If you would like help to look for work and apply for jobs, with support from a tutor we are here, contact us via email at [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk) or call us on 01254 507720/01254 581175.



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[Book online](#)



# Skills for Employment



Book online

## Exploring Skills for Life and Work

### Unsure about your next steps—career, volunteering, or personal development?

This course will help you identify your strengths, explore your skill set, and match them to suitable pathways. You will also learn how to recognise and apply transferable skills for employment, volunteering, or life goals.

302	Bank Top NLC	Tuesday	9.30am - 12pm	24/02/2026	2½ hours
385	Darwen Town Hall	Tuesday	9.30am - 12pm	05/05/2026	2½ hours

## Step into Employment – CV Building

### Stand Out with a Strong CV.

Learn how to create a professional CV that highlights your skills and experience. Whether you are job hunting, volunteering, or advancing your career, this course offers practical guidance to make your CV impactful. Ideal for students, job seekers, and professionals.

303	Bank Top NLC	Tuesday	9.30am - 12pm	03/03/2026	2½ hours
386	Darwen Town Hall	Tuesday	9.30am - 12pm	12/05/2026	2½ hours

## Step into Employment – Interview Skills

### Want to Ace Your Next Job Interview?

Join our interview skills course and gain the confidence to impress! Whether you are stepping into your first role or aiming for a promotion, this workshop will help you master key techniques to succeed in any interview.

304	Bank Top NLC	Tuesday	9.30am - 12pm	10/03/2026	2½ hours
387	Darwen Town Hall	Tuesday	9.30am - 12pm	19/05/2026	2½ hours

## Highfield Level 2 Award in Customer Service

### Boost Your Customer Service Skills



Whether you are in a customer-facing role or preparing for one, this course is for you. Learn key principles like meeting customer expectations, effective communication, professional behaviour, and handling difficult situations—across all industries, including telephone-based roles.

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

305	Bank Top NLC	Tuesday	9.30am - 2.30pm	17/03/2026	2 weeks
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# Food Safety

## Highfield Level 1 Food Safety for Catering



This accredited course is ideal for learners or volunteers working with food. This course covers how to reduce contamination risks, maintain personal hygiene, and control hazards in food preparation environments. Gain the essential knowledge needed to handle food safely and responsibly.

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

296	Bank Top NLC	Thursday	9.30am - 3pm	26/03/2026	5½ hours
388	Darwen Town Hall	Tuesday	9.30am - 3pm	28/04/2026	5½ hours
299	Bank Top NLC	Thursday	9.30am - 3pm	18/06/2026	5½ hours

## Highfield 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.

297	Bank Top NLC	Tuesday	9.30am - 3pm	14/04/2026	2 weeks
Must attend both weeks					
300	Bank Top NLC	Thursday	9.30am - 3pm	25/06/2026	2 weeks
Must attend both weeks					

## Highfield Level 2 Award in Food Allergen Awareness



This accredited course is ideal for learners and volunteers who have completed Level 2 Food Safety and need an allergen awareness qualification to work in food service, catering, or hospitality. You will learn how to manage allergens safely in food environments.

**Skills required:** Completion of Level 2 Food Safety and English skills at Level 1 or above.

298	Bank Top NLC	Tuesday	9.30am - 3pm	28/04/2026	5½ hours
301	Bank Top NLC	Thursday	9.30am - 3pm	09/07/2026	5½ hours



# First Aid

The first aid courses are designed to meet individual needs. This includes both non-accredited and accredited first aid courses..



## Emergency First Aid at Work (Adult)

This certificated first aid course helps you gain essential lifesaving skills and emergency response techniques when dealing with adults. Courses include written and practical assessments, so learners must have **English at Entry Level 3 or above and be physically able to get up and down from the floor.**

364	Bank Top NLC	Thursday	9.30am - 2.30pm	09/07/2026	2 sessions
		Friday	9.30am - 2.30pm	10/07/2026	Must attend both sessions

**NEW FOR 2026**



## Emergency First Aid at Work (Adult) FLEXIBLE LEARNING

Gain essential life-saving skills through flexible online modules, completed at your own pace within a set timeframe. Then attend a practical, hands-on session with certified trainers to build confidence and meet workplace HSE compliance. Includes a free course handbook for study and a take-home delegate pack on assessment day.

**English at Entry Level 3 or above and be physically able to get up and down from the floor.**

365	Online via MS Teams	Thursday	10am -11am (Induction)	19/03/2026	1 hour
	Bank Top NLC	Thursday	9.30am - 2.30pm (Final Assessment)	20/03/2026	5 hours

**NEW FOR 2026**



## Paediatric First Aid (Child and Baby) FLEXIBLE LEARNING

Gain essential life-saving skills through flexible online modules, completed at your own pace within a set timeframe. Then attend a practical, hands-on session with certified trainers to build confidence and meet Early Years & OFSTED requirements. Includes a free course handbook for study and a take-home delegate pack on assessment day.

**English at Entry Level 3 or above and be physically able to get up and down from the floor.**

367	Online via MS Teams	Tuesday	10am -11am (Induction)	28/04/2026	1 hour
	Audley NLC	Tuesday	9.30am - 2.30pm (Final Assessment)	19/05/2026	5 hours

# Outdoor First Aid

## Accredited Outdoor First Aid Course

Perfect for walkers, walk leaders, and those working outdoors where emergency help may be delayed. Ideal for walking group leaders, forest school teachers, and scout leaders needing a full First Aid certificate.

**Suitable clothes must be worn for participating in outdoor activities.**

**Skills required: English language at Entry 3 or above and some prior First Aid experience including CPR and recovery position.**

366	Active Outdoor Hub	Wednesday	9.30am - 3.30pm	13/05/2026	3 sessions
		Thursday	9.30am - 3.30pm	14/05/2026	Must attend all sessions
		Friday	9.30am - 3.30pm	15/05/2026	



# Preparing for Employment in Childcare and Education



## Ascentis Level 1 Understanding Safeguarding for Work, Education and Life

This safeguarding course equips learners with key skills to recognise abuse, navigate online risks understand discrimination, and report concerns. Ideal for anyone working with adults or children, is also valuable for everyday awareness.

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

411	Bank Top NLC	Tuesday	9.30am - 2.30pm	02/06/2026	3 weeks
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## Highfield Level 2 Award in Safeguarding and Protecting Children and Young People



This qualification supports anyone working or volunteering with children and young people, including unpaid roles. It covers safeguarding practices, legal responsibilities, and how to respond to abuse concerns. Aligned with key legislation, it ensures staff are trained to protect both themselves and others.

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

308	Bank Top NLC	Tuesday	9.30am - 2.30pm	23/06/2026	3 weeks
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## NCFE Level 1 Award in Caring for Children



This course is designed to build essential knowledge and understanding for caring for young children. Whether you are considering a career in early years settings or want to support your own children at home, this is a great first step into the world of childcare.

**Skills required: English language and literacy skills at Entry Level 3 or above to be able to complete this course. A literacy assessment will take place at the start of the course to check eligibility.**

389	Darwen Town Hall	Wednesday	9.30am - 2.30pm	25/02/2026	14 weeks
379	Audley NLC	Monday	9.30am - 2.30pm	13/04/2026	14 weeks

## NCFE Level 1 Award in Preparing to Work in Schools



This qualification is designed to prepare learners for further training or roles in a school environment. It provides a foundation in teaching and learning, helping you understand how to support the development and wellbeing of children and young people.

**Skills required: English language and literacy skills at Entry Level 3 or above to be able to complete this course. A literacy assessment will take place at the start of the course to check eligibility.**

381	Bank Top NLC	Friday	9.30am - 2.30pm	27/02/2026	12 weeks
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## NCFE Level 2 Award in Support Work in Schools and Colleges



This course is ideal for learners who have completed a Level 1 childcare course or working at a Level 1 standard. It's also suitable for those with experience in educational settings who want to gain a recognised Level 2 qualification to work in schools and colleges.

**Skills required: English language and literacy skills at Level 1 or above to be able to complete this course. A literacy assessment will take place at the start of the course to check eligibility.**

376	Bank Top NLC	Wednesday	9.30am - 2.30pm	25/02/2026	18 weeks
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## 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



Book online

## Free English & Maths Courses for Adults – Build Skills for Life and Work!

Want to feel more confident in everyday situations or boost your chances at work? Whether you're helping your children with homework, applying for jobs, or managing your money, improving your English and Maths can make a big difference.

***Join our friendly, adult-only classes and take the next step towards your goals!***

### What You'll Gain:

- Reading, writing, and number skills
- More confidence in work, interviews, and daily tasks
- Help with job applications and CVs
- Skills to support your children's learning
- Improved budgeting and problem-solving
- A stepping stone to further training or qualifications

### Why Learn With Us?

- Learn at your own pace in a relaxed, supportive environment
- No exams unless you want them
- Small, welcoming groups
- Free for all learners!

# Level 1 and Level 2 Functional Skills English and Maths

Looking to boost your skills for work, further study, or everyday life? Our **NCFE-accredited Functional Skills English and Maths courses at Level 1 and Level 2** are the perfect next step!

Whether you're aiming for a new job, a promotion, or just want to feel more confident with reading, writing, or numbers - we're here to help you succeed.

## What's on offer:

- Nationally recognised qualifications
- Practical, real-world learning
- Supportive tutors and small class sizes
- Flexible learning to fit around your life

## How to get started:

Book an assessment with us to find the right level for you.

**Interested? Get in touch today to book your assessment and take the first step!**

## English Skills Builder (term time only)

### Join Our Skills Builder English Sessions – Learn Your Way!

Looking to improve your English but need something flexible? **Skills Builder** is designed just for you!

#### Why join?

- Drop in when you can – no pressure, no commitment, no booking required
- Build your English skills for everyday life, work, and confidence
- Perfect for brushing up before moving on to a qualification course
- Friendly, supportive sessions at your pace

Whether you're writing a CV, helping your kids with homework, or just want to feel more confident speaking and writing in English – **Skills Builder** is a great place to start.

384 Bank Top NLC

Monday

12.45pm - 2.45pm

23/02/2026 to 13/07/2026





# ESOL



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Book online

## ESOL

### Learn English with Free ESOL Classes

If English isn't your first language, our **FREE ESOL (English for Speakers of Other Languages)** courses can help you build confidence in speaking, listening, reading, and writing.

Our friendly and supportive classes are designed to help you communicate effectively in everyday life and achieve a qualification that supports your independence, work, and future learning goals.



# ESOL



Book online

## Why Join an ESOL Course?

### Our courses can help you:

- Feel more confident using English in your community
- Become more independent in daily life
- Gain a nationally recognised qualification
- Prepare for employment opportunities
- Progress to further training or education
- Support your children with their schoolwork
- Develop your digital skills
- Meet new people and enjoy learning together

## Enrolment & Assessment

Before joining a class, you'll be invited to a **free assessment**.

This short session helps us understand your current level of English so we can place you in the class that's right for you.

# Conversation Clubs

Join our friendly **ESOL Conversation Clubs** and build your confidence in speaking English in a relaxed and supportive environment.

These informal sessions are open to learners of **all levels** and focus on practising everyday English, improving pronunciation, and developing fluency. Led by experienced facilitators, each session explores practical, real-life topics such as shopping, travel, work, and living in the UK.

Whether you're new to English or looking to improve your skills, our Conversation Clubs offer a welcoming space to **learn, share experiences, and meet new people.**

## Bank Top NLC

Lower Level	Tuesday	9.15am - 10.30am	Ongoing course
Mixed/Higher Level	Tuesday	10.45am - 12.00pm	Ongoing course

## Bangor Street Community Centre

Lower Level	Tuesday	9.15am - 10.30am	Ongoing course
Mixed/Higher Level	Tuesday	10.45am - 12.00pm	Ongoing course

## Audley NLC

Lower Level	Tuesday	12.30pm - 13.30am	Ongoing course
Mixed/Higher Level	Tuesday	13.45am - 14.45pm	Ongoing course

Come along, practise your English, and connect with others in a friendly, encouraging setting.

# New ESOL Courses

## Level 1 & 2 Community Interpreting

We offer a pathway into community interpreting through two nationally recognised Ascentis qualifications, giving you the skills and confidence to support multilingual communities and help them access vital public services.

### Level 1 Award in Understanding Community Interpreting

This is an ideal introduction for anyone new to interpreting. The course explores the role of the community interpreter, key public service settings, and essential language and listening skills, providing a strong foundation for progression to Level 2.

### Level 2 Certificate in Preparing for the Community Interpreting Role

This course builds practical interpreting skills, cultural awareness, and confidence across public service settings such as healthcare, education, and local government. Completion provides a nationally recognised qualification with progression to Level 3, volunteering, employment, or further study.

**Skills requirements: Learners must hold ESOL Level 1 or above.**

# Get to Know Life in the UK

## Level 1 Award in Citizenship for ESOL Learners



### ***Discover Life in the UK while improving your English!***

Learn about government, rights, and community involvement—all while building everyday language skills. Perfect if you're new to the UK or planning to take the Life in the UK Test.

#### ***You'll cover:***

- How government and elections work
- Taxes and public spending
- Your rights and responsibilities
- Practical English for daily life

#### ***Ideal for:***

- ESOL learners wanting confidence
- Adults new to the UK
- Anyone preparing for work, study, or volunteering

#### ***Why join?***

- Use English confidently in real situations
- Gain a recognised qualification
- Take the first step toward work or further study

***Learn English. Learn about the UK. Build your future!***



# ESOL Skills for Employment

Boost your English skills and your confidence at work with this practical, employment-focused ESOL course. You will develop speaking, listening, reading and writing skills for everyday life and workplace communication while learning how to create a CV, complete job applications, and prepare for interviews. This course is designed for adults who speak English as a second language and are ready to take the next step toward work, volunteering, or new opportunities. Join us to build your skills, feel more confident, and move closer to your career goals-your future starts here!

## Learn in Your Community

We offer ESOL courses in local community venues, making it easier for you to study close to home.

You'll also be able to take part in community activities and workshops designed to boost your confidence, connect you with local services, and help you meet others.

## Where to Find Us

Free ESOL classes and Conversation Clubs are held at the following locations:

- **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
- **Darwen Family Hub**  
Lord Street, Darwen, BB3 0HD
- **Job Centre Plus**  
Orchard House, Penny Street, Blackburn, BB1 6HA



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Book online

## Family Learning

We offer a range of courses in schools and family hubs to enable parents to develop their skills and support their children with learning and development.



# Family Learning



Book online

## What is Family Learning?

Family learning supports parents, carers, and children to learn side by side building and gaining skills, confidence, and stronger family bonds through shared fun educational experiences.

## What can Family Learning offer?

### We can offer:

- Creative workshops that bring learning to life for children and family members.
- An insight into how literacy and numeracy are taught as well as how you can support your own development in this area.
- Fun, hands-on activities that promote collaboration, communication and health
- Pathways to further education and personal development through our accredited provision and flexible learning approach.

Whether it's crafting, storytelling, language, or digital skills, our sessions are designed to be inclusive, engaging, and empowering for the whole family.

## What are the benefits of Family Learning?

- Boosts children's achievement and motivation.
- Promotes and enhances family life.
- Helps adults gain new skills and confidence.
- Strengthens family relationships.
- Builds community connections.

**To find out more or book a session, email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk) or visit the website at [www.bwdlearning.org](http://www.bwdlearning.org)**

# Family Half Term Fun

## Free Activities for Families

Looking for something fun to do this half term? Join us for exciting, family-friendly activities designed to bring everyone together. **What's On: Spring Crafts, Family Fun, Treasure Hunt, Tasty Treats.**

401 Audley NLC	Tuesday	10am - 1pm	07/04/2026	3 hours
402 Bank Top NLC	Wednesday	10am - 1pm	08/04/2026	3 hours

**Booking:** Book early to avoid disappointment, visit [www.bwdlearning.org](http://www.bwdlearning.org) to book your place.

**Places:** These are limited to no more than 2 children per adult.

**For more information:** Email [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)  
or visit the website at [www.bwdlearning.org](http://www.bwdlearning.org)





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## Health and 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.



Growing Mental Health Eat Well  
De-Stress Healthy Eating Awareness Growing  
Drawing Stay Active Local Take Notice Friends  
Crochet Mindfulness People History  
First Aid Keep Learning Clay Modelling Calming  
Confidence Relaxation Gardening Happiness  
Relaxation Gardening Reduce Stress Anxiety Art  
Knitting Friendships Healing  
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# Health and Wellbeing



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MHFA England

## Health for Employment and Development

### Mental Health

#### Adult Mental Health First Aid

Adult 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.

***This course is ideal professional development for employees and volunteers and to support mental wellbeing in the workplace.***

342 Audley NLC	Thursday Friday	9am - 5pm 9am - 5pm	26/02/2026 27/02/2026	2 sessions Must attend both sessions
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#### Highfield Level 2 in First Aid for Mental Health



This Level 2 Award in Introduction to First Aid for Mental Health equips learners to act as workplace mental health first aiders, providing initial support and listening skills without diagnosing or treating mental ill health.

343 Online	Tuesday Wednesday Tuesday Wednesday	4pm - 8pm 4pm - 8pm 4pm - 8pm 4pm - 8pm	09/06/2026 10/06/2026 16/06/2026 17/06/2026	4 sessions   Must attend all sessions online
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## Highfield Level 1 Award in an Introduction to Mental Health & Wellbeing

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.**

345	Bank Top NLC	Thursday	9.30am - 1.30pm	05/03/2026	2 weeks
347	Audley NLC	Thursday	1pm - 3pm	23/06/2026	4 weeks

## Personal Wellbeing

### Yarn Craft for Wellbeing

**NEW FOR 2026**

Discover the joy of crafting as you create unique home décor including lanterns, coasters, and hanging decorations. No experience needed—just bring your curiosity and enjoy a relaxing, creative experience!

353	Audley NLC	Tuesday	9.30am - 11.30am	24/02/2026	5 weeks
354	Darwen Town Hall	Wednesday	9.30am - 11.30am	10/06/2026	5 weeks

### 5 Ways to Wellbeing

**NEW FOR 2026**

Explore one of the NHS-endorsed Five Ways to Wellbeing each week—Connect, Be Active, Take Notice, Keep Learning, and Give. Learn how to embed these simple, powerful principles into daily life to boost mental health and resilience.

357	Darwen Town Hall	Wednesday	9.30am - 11.30am	25/02/2026	5 weeks
356	Bank Top NLC	Monday	1pm - 3pm	13/04/2026	5 weeks

### 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.

349	Audley NLC	Thursday	9.30am - 12pm	26/02/2026	5 weeks
350	Darwen Town Hall	Monday	9.30am - 12pm	08/06/2026	5 weeks

### Mindful Mendhi (Henna)

Explore the healing art of henna in this mindful course blending traditional mehndi design with relaxation techniques. Create intricate patterns, deepen cultural understanding, and find calm through creative expression.

351	Bank Top NLC	Monday	9.30am - 11.30am	13/04/2026	5 weeks
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### Art for Wellbeing

Learn how painting can nurture your creativity. Learn key principles of colour theory and perspective through still life painting and explore art as a tool for self-expression and relaxation.

352	Audley NLC	Tuesday	9.30am - 11.30am	14/04/2026	4 weeks
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### Menopause and Me

Are you experiencing symptoms of menopause or perimenopause? This course explores common symptoms and practical ways to manage them. It highlights the importance of self-care and wellbeing during this transition, while offering a supportive space to connect with others, share experiences, and exchange helpful tips.

355	Bank Top NLC	Wednesday	1pm - 3.30pm	22/04/2026	5 weeks
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# Connect with Nature

## Spring Gardening

Join us this Spring at Bank Top Garden for a 5-week course focused on boosting your physical and mental health through Spring gardening. Enjoy fresh air, gentle exercise, and a calming connection with nature!

359	Bank Top NLC	Thursday	1pm - 3pm	26/02/2026	5 weeks
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## 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.

358	Bank Top NLC	Thursday	1pm - 3pm	16/04/2026	6 weeks
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# Sewing to Save

## Stitching for Sustainability & Wellbeing

Embrace mindful sewing with Sewing to Save – repair, upcycle, and personalize clothing while fostering creativity, sustainability, and wellbeing.

360	Bank Top NLC	Wednesday	1pm - 3pm	25/02/2026	5 weeks
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# Cookery Courses

Learn essential cooking skills and create a variety of meals and snacks. A £2.50 weekly fee (cash only) covers ingredients—payable in full one week before the course or weekly in advance.

**Please note: Due to limited spaces, you may only book one course.** Non-attendance may result in removal from the course.

## Cook Healthy, Cook Cheap

Learn to cook delicious, nutritious meals on a budget. You'll receive recipes, build confidence in the kitchen, and take home the meal you prepare—perfect for inspiring healthy cooking at home.

362	Bank Top NLC	Friday	9.30am - 11.30am	06/03/2026	4 weeks
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## A Taste of the Mediterranean

Discover the rich flavors and health benefits of the Mediterranean diet. Learn to prepare simple, heart-healthy meals using fresh ingredients including fruit, vegetables, legumes, fish, whole grains, and olive oil. Learn to make perfect meals for boosting energy and overall wellbeing.

363	Bank Top NLC	Thursday	1pm - 3pm	16/04/2026	4 weeks
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## Cooking from Around the World

Join us on a weekly cooking journey around the world—learn to make healthy dishes from places including Turkey, Italy, and Bangladesh while exploring some of their rich traditions.

361	Bank Top NLC	Friday	9.30am - 12pm	05/06/2026	5 weeks
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## 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



Book online

**Positive Minds**  
Learn for Wellbeing

## Courses for improved Mental Health and Wellbeing:

### Positive Minds Courses

Boost your emotional wellbeing while learning new skills, meeting people, and having fun! Our Positive Minds courses take place in welcoming community venues and focus on practical ways to feel better and build confidence. Led by experienced, empathetic tutors, these sessions are designed to support your mental health in a relaxed, supportive environment.

### How to Join

Simply book on the Adult Learning website. Once enrolled, you will be asked to complete a Positive Minds Wellbeing Check in online. Completion of this form is required to reserve your place. Once both forms have been submitted, you may be contacted for an informal conversation, or you will receive confirmation of your course placement via email or text message. If you need support with your booking, please call in at one of our learning centres.

### Is there an assessment?

There is no formal assessment. If needed, we may reach out for a friendly chat to learn more about your goals and explore how we can best support you.

### What if it's not the right fit?

No problem. We'll help you explore other courses or activities that suit your needs and connect you with additional support if needed.

## Mindful Crafts for Relaxation

Did you know that spending time 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.

341	Darwen Town Hall	Monday	1.30pm - 3.30pm	23/02/2026	5 weeks
340	Audley NLC	Thursday	9.30am - 12pm	16/04/2026	5 weeks

## Food 4 Mood

Food and mood are closely linked. The food we eat provides us with the energy and nutrients our brain needs to work well. Learn how to prepare and cook tasty dishes that will nourish your mind and have a positive benefit on your wellbeing.

339	Bank Top NLC	Friday	1pm - 3pm	06/03/2026	4 weeks
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## Art for Wellbeing

Using different art techniques to aid relaxation and reduce stress. Having the opportunity to use a range of paint, pastels and pencils to get creative. Learn new ways to create pieces of art, find focus and lose yourself in a world of creation.

338	Bank Top NLC	Tuesday	1pm - 3pm	14/04/2026	4 weeks
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## Peaceful Painting

Experience the power of creativity in Peaceful Painting a calming art course blending tradition and mindfulness. Explore mehndi, rangoli, painting, and more as you unwind, express, and reconnect. No art experience needed – just a willingness to slow down, create, and connect.

336	Audley NLC	Tuesday	9.30am - 11.30am	02/06/2026	5 weeks
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## Grow your Wellbeing

Spending time outdoors and engaging with nature is a proven way to boost wellbeing. This course offers hands-on horticultural activities that help you connect with the natural world. Each session gives you the chance to care for your local environment and experience the positive impact it can have on your mental health.

337	Bank Top NLC	Thursday	1pm - 3pm	04/06/2026	5 weeks
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## Supported Learning

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



# Supported Learning



Book online

## 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 and develop a basic understanding of social enterprise. The craft items made will be sold at a local spring fair (proceeds to be donated to a charity chosen by the group).

**NEW FOR 2026**

335 Audley NLC	Tuesday	1pm - 3pm	24/02/2026	5 weeks
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## Drama Explorers: Stories Brought to Life

Discover your skills, boost confidence, and embrace creativity through drama and music. This exciting course builds self-esteem, independence, and decision-making—empowering learners to shine on and off the stage!

334 Bank Top NLC	Friday	12.30pm - 3.30pm	17/04/2026	6 weeks
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## Healthy Cooking & Nutrition

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.

333 Bank Top NLC	Friday	1pm - 3pm	05/06/2026	5 weeks
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Please contact us if you need an easy read version of the supported learning courses.

To make sure that the course is right for you we would like to speak to you first. You can contact 01254 507720 and we will talk you through the booking.

# JOB CLUB

Supporting People into Work



CV & Cover Letters



Interview Coaching



Getting Online



Job Searching



Build your confidence



Learn a new course

**EVERY  
TUESDAY**

Darwen  
Community  
Helpers,  
Bridge St,  
Darwen,  
BB3 2AA

9.30am-  
11.30am

**EVERY  
WEDNESDAY**

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

9.30am-  
11.30am

**EVERY  
THURSDAY**

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

12.45pm-  
2.45pm



[www.blackburn.gov.uk/recruitment](http://www.blackburn.gov.uk/recruitment)

✉ [employmentsupport@blackburn.gov.uk](mailto:employmentsupport@blackburn.gov.uk)

📞 01254 666483

**SIMPLY DROP IN  
\*NO BOOKING  
REQUIRED**



# Need help to find or stay in work?

**Connect to Work** can help you if you're finding it tough to get a job or stay in work. Whether you have a disability, a long-term health condition, or you're finding it hard to keep a job, **we're here to support you**. Let's talk.



- ✓ A personal employment specialist to support you
- ✓ A plan to help you meet your work goals
- ✓ Help and support at work and outside of work
- ✓ Support to help make changes at work to make things easier
- ✓ Someone to help you speak up at work

To find out more about this fully funded service, please email:  
**[employmentsupport@blackburn.gov.uk](mailto:employmentsupport@blackburn.gov.uk)**

Scan the QR code to find out more:



# EMPLOYERS

Looking to strengthen your team, upskill your workforce,  
or find tailored recruitment support?

## SUPPORT | RECRUITMENT | TRAINING

The Employment Skills & Support Hub are here to support your  
business every step of the way

### What we offer Employers:



Career Guidance & CV Support



Redundancy Advice



Recruitment Support



Health & Wellbeing Support



Participation at our events



Advertise your Job Vacancies



Learning & Training  
Opportunities\*

### Courses Offered:

First Aid,  
Food safety  
Customer Care  
Mental Health First Aid  
ESOL  
Safeguarding  
Workplace Cultures  
and more

### **Struggling to find the right person for the job? Let us help**

We provide tailored training solutions  
designed specifically for your business  
needs. Whether you're building a team  
or upskilling your current staff, we are  
here to support your success.

## GET IN TOUCH WITH US TODAY!

Drop us an email or give us a call, and let's make it happen.



01254 666483



[employmentsupport@blackburn.gov.uk](mailto:employmentsupport@blackburn.gov.uk)

\*Some training may require a small charge - please speak to the team for full details

## BESPOKE COURSES

*If there is a course that you are interested in that isn't listed, please get in touch, we may be able to help.*

*Are you a local business, community or voluntary group, school, or local organisation?*

*We can deliver courses at your venue or work with you to tailor learning to suit the needs of your staff, clients, or participants.*

*Get in touch for more details and to work together.*

## OUR FLEXIBLE LEARNING OFFER

*We combine the flexibility of online learning with the benefits of face-to-face interaction to create a truly engaging experience. Blended learning gives you the best of both worlds:*

- Online Modules – Learn at your own pace with interactive digital resources, videos, and practical exercises accessible anytime, anywhere.
- Live Sessions – Join scheduled virtual or in-person workshops for real-time discussion, collaboration, and hands-on activities.
- Ongoing Support – Access expert guidance, Q&A opportunities, and support throughout your learning journey.

*This approach ensures you can fit learning around your schedule while still benefiting from personal interaction and practical application. It's designed to build confidence, reinforce skills, and deliver measurable results.*

*Our offer includes:*

- Ascentis Level 1 Understanding Safeguarding for Work, Education and life
- Highfield Level 2 Award in Customer Service
- NCFE Level 1 Preparing to Work in Schools
- Adult Mental Health First Aid
- Paediatric First Aid (Child and Baby)
- Emergency First Aid at Work (Adult)

**Whatever the  
stage of your career...**

**We are here to help!**

**We can help you...**



**Access training, courses  
and apprenticeships**



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



**Understand the local  
job market**



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



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

**Get in touch**

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

01254 507720 / 01254 581175

[NCS@blackburn.gov.uk](mailto:NCS@blackburn.gov.uk)

[nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk) 0800 100 900



**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
- ✓ Outdoor Opportunities
- ✓ Community safety and resilience
- ✓ Supporting your local libraries

- ✓ Supporting Adult Learning
- ✓ Supporting children and young people
- ✓ Improving health & wellbeing
- ✓ 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**



**@LANCASHIREVP**



**Blackburn with Darwen**

## **ADULT LEARNING**

*Join our Volunteer Team today and inspire the lives of our learners!*

### **► Our Volunteer Roles**

- Volunteer Classroom Assistant
- Garden Volunteer
- ESOL Buddy
- Volunteer Adult Reader

### **► What we offer**

- Flexible hours to suit your schedule and needs
- Training and development opportunities
- The chance to give back to your community

This is a brief overview of what we offer and our expectations of you as an Adult Learning Volunteer. For more information, please visit [www.lancsvp.org.uk](http://www.lancsvp.org.uk) and filter opportunities to search all current Blackburn with Darwen Borough Council Volunteer Roles or visit our website [www.bwdlearning.org](http://www.bwdlearning.org)

### **► What you'll do**

- Assist in classrooms to enhance learning
- Help create a supportive learning environment
- Make a difference for individual learning experiences



**For an informal chat, please contact 01254 507720/581175 or**

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

**Join our Adult Learning Team – Volunteer Today!**



**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**



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



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



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