

Blackburn with Darwen

ADULT LEARNING



COURSE PROGRAMME

September 2026 - February 2027



See where
learning
can take you...!



ICT & DIGITAL SKILLS



EMPLOYABILITY



ESOL, ENGLISH & MATHS



FAMILY LEARNING



HEALTH & WELLBEING



POSITIVE MINDS



SUPPORTED LEARNING



Local courses
for local people.



New skills.
New opportunities.
Brighter futures.

Explore courses
and enrol today! 
www.bwdlearning.org





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 £26,800 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



Welcome to Adult Learning 2026–27

Welcome to another exciting year of learning, skills development, and new opportunities. Whether you're looking to gain a qualification, improve your confidence, progress in your career, or try something new, we're here to support you every step of the way.

New for this year, we're introducing a range of **'Introduction to Working in...'** courses, designed to help you explore different career options before committing to a qualification or career path.

If you're unsure which career is right for you, these courses offer a great opportunity to gain insight into a particular industry, understand what the job involves, and develop the skills employers value. Along the way, you'll build your confidence, communication skills, professionalism, and workplace awareness.

Whether you're starting a new career, returning to work, or simply exploring your options, these courses are the perfect first step. Discover your strengths, explore new opportunities, and gain the skills, knowledge, and confidence to take the next step towards employment and a rewarding future.

We look forward to welcoming you and helping you achieve your goals this year.

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

**FREE Crèche for the
Family Hub Courses**
(must be booked in advance).



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 Qesir Mahmood, Deputy Leader and Executive Member for
Growth and Development**

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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

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).



Book online



Our Course Venues

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

Blackburn Youth Zone,
Jubilee Street, Blackburn, BB1 1EP

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

Darwen Family Hub,
Lord St, 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

Number 1 Coffee Shop,
19 Croft St, Darwen, BB3 1BG

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

St. Lukes and St. Philip's Church Hall,
Hancock Street, Blackburn, BB2 1TA



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)

Boost Your Digital Skills & Job Confidence – Your Way

Looking to build your skills but need flexibility? Our ICT **Skills Builder and Job Club** is here when you need it, no pressure, just support.

What you'll get:

- Flexible drop-in sessions – no booking needed
- Friendly, relaxed support at your own pace
- Help with CVs, applications, emails and job searching
- Build confidence with computers and everyday digital skills
- Get ready for work or your next accredited course

Whether you're returning to work, starting from scratch, or just want to feel more confident, we're here to help you take the next step.

87	Darwen Community Helpers	Tuesday	9.30am - 11.30am	08/09/2026	20 weeks
88	Bank Top NLC	Wednesday	9.30am - 11.30am	09/09/2026	20 weeks
89	Audley NLC	Thursday	12.45pm - 2.45pm	10/09/2026	20 weeks

Getting Started with Computers

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.

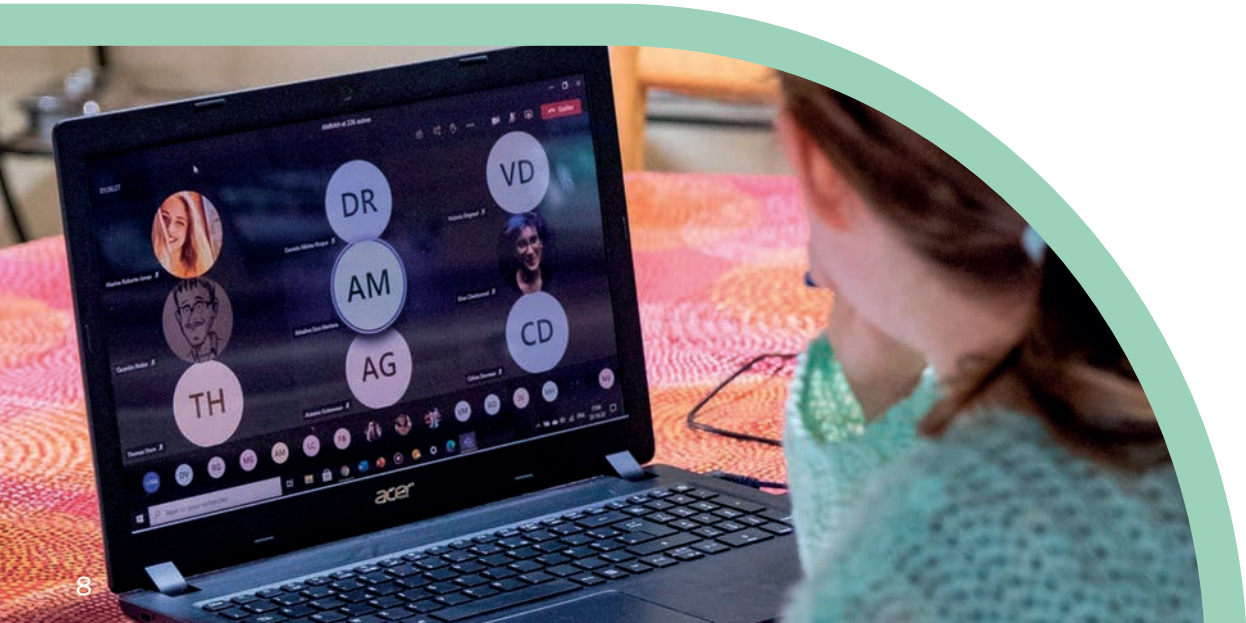
85	Bank Top NLC	Wednesday	12.30pm - 2.45pm	16/09/2026	3 weeks
86	Audley NLC	Wednesday	12.30pm - 2.45pm	25/11/2026	3 weeks

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.

83	Bank Top NLC	Wednesday	12.30pm - 2.45pm	07/10/2026	6 weeks
84	Bank Top NLC	Wednesday	12.30pm - 2.45pm	07/01/2027	6 weeks



JOB CLUB

& ICT Skills

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



employmentsupport@blackburn.gov.uk



01254 666483

**SIMPLY DROP IN
*NO BOOKING
REQUIRED**



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 or call us on 01254 507720/01254 581175.



Skills for Employment



Book online

Try Before You Decide!

New for this year, we're introducing an exciting range of 'Introduction to Working in...' courses, designed to help you explore different career options before committing to a qualification or career path.

Not sure what career is right for you? That's okay! These courses give you the chance to experience what it's really like to work in a particular sector, helping you make informed decisions about your future with confidence.

You'll gain valuable insight into different industries while building the essential skills employers are looking for. Along the way, you'll develop your confidence, communication skills, professionalism, and workplace awareness in an area that interests you.

Whether you're looking to start a new career, return to work, or simply explore your options, these courses are the perfect first step. Discover your strengths, explore new opportunities, and gain the skills, knowledge, and confidence to take the next step towards employment and a rewarding future career.

Explore. Experience. Choose your path with confidence.

Introduction to Working in Health and Social Care

Begin your pathway into the care sector with our *Introduction to Health and Social Care* course. This engaging programme provides a strong start for anyone interested in working in care settings.

You'll explore the basics of care work, including safeguarding, infection control, personal health and hygiene, and safe moving and handling. You'll also gain awareness through Dementia Friends training, helping you better understand and support individuals living with dementia.

Alongside practical knowledge, you'll develop key team working, problem-solving, and time management skills, building the confidence and employability skills needed to succeed in the health and social care sector.

67	Audley NLC	Tuesday	9.30am - 2.30pm	03/11/2026	6 weeks
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Introduction to Working in Hospitality and Catering

Take your first step into the food and hospitality industry with our Introduction to Hospitality and Catering course. This hands-on programme will give you the essential skills needed to work confidently in a kitchen environment. You'll learn the basics of working in a kitchen, including food preparation, cooking skills, and an introduction to catering. You'll also explore healthy eating, budgeting skills, and important practices such as infection control and personal hygiene. Alongside practical training, you'll build vital team working, problem-solving, and time management skills, helping you develop the employability skills needed for a successful career in hospitality.

68	Bank Top NLC	Wednesday	9.30am - 2.30pm	16/09/2026	6 weeks
69	Bank Top NLC	Wednesday	9.30am - 2.30pm	04/11/2026	6 weeks
70	Bank Top NLC	Wednesday	9.30am - 2.30pm	06/01/2027	6 weeks

Introduction to Working in Customer Service

Build the skills and confidence to succeed in today's workplace with our Introduction to Customer Service course. This practical programme covers key areas such as effective communication, conflict resolution, problem-solving, and delivering excellent customer service. You will also gain hands-on experience through shadowing admin staff, reception role play, and conflict scenarios. The course develops essential interpersonal skills, including understanding assertiveness and professionalism, making it ideal for anyone looking to refresh their skills, return to work, or start a career in a customer-focused role.

Alongside this, the course strengthens essential employability skills such as teamwork, time management, working with others, and problem solving helping you become more confident, organised, and job ready. Whether you're starting your career or looking to enhance your skills, this course will support your progression into employment or further training.

66	Bank Top NLC	Monday	9.30am - 2.30pm	04/01/2027	6 weeks
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Introduction to Working in an Office Environment

Take the next step towards employment with our practical Introduction to Working in an Office Environment course, designed to help you develop the organisational and workplace skills needed in a professional office setting. You will learn how to take and relay information effectively, write formal and informal emails, create professional documents, and manage workloads efficiently. These skills will help prepare you for working in a professional office environment.

You will also have the opportunity to gain work experience and put your learning into practice through activities such as shadowing admin staff, carrying out mock office scenarios including meetings and email writing exercises. This course is ideal for anyone looking to refresh their skills, return to work, or begin a career in an office environment. Alongside practical training, you'll build vital team working, problem-solving, and time management skills, helping you develop the employability skills needed for a successful career in an office setting.

63	Audley NLC	Monday	9.30am - 2.30pm	14/09/2026	6 weeks
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Introduction to Working in Mental Health Services

Develop the skills and confidence needed to support others with mental health challenges in this focused and practical course. Designed for those interested in working within mental health services, this programme will help you understand how to provide effective, compassionate support.

You'll explore key topics including mental health awareness, depression and anxiety, and how factors such as food for mood, sleep, and stress management can impact wellbeing. You'll also learn about the Five Ways to Wellbeing and techniques for building confidence, both for yourself and those you support.

Alongside this, you'll build essential workplace skills such as team working, problem-solving, and time management, as well as develop the employability skills needed to begin a career in mental health support.

60	Bank Top NLC	Monday	9.30am - 2.30pm	21/09/2026	5 weeks
61	Bank Top NLC	Monday	9.30am - 2.30pm	02/11/2026	6 weeks
62	Audley NLC	Monday	9.30am - 2.30pm	04/01/2027	6 weeks

Introduction to Working in Childcare

Develop your knowledge and confidence in supporting children's learning and development with our *Introduction to Childcare* course. This engaging programme is designed to help you understand the fundamentals of working with children in a variety of settings.

You'll explore the basics of working with children, including how to create fun and engaging activities. The course also introduces key areas such as autism, ADHD, and dyslexia, helping you develop awareness of different needs and how to provide appropriate support.

Alongside this, you'll build essential team working, problem-solving, and time management skills, as well as important employability skills to prepare you for further training or a career in childcare.

64	Bank Top NLC	Friday	9.30am - 2.30pm	18/09/2026	6 weeks
65	Livesey Family Hub	Monday	10.30am - 12.30pm	02/11/2026	6 weeks

Introduction to Caring

Are you looking after adults or children with additional needs including those with physical, mental, emotional or behavioural difficulties. Gain a clear understanding of what it means to take on a caring role and how to manage it effectively. This supportive course explores the responsibilities of a carer, the importance of self-care, and where to access help and guidance.

Ideal for anyone new to caring or supporting a loved one, helping you build confidence and feel more prepared in your role.

79	Shadsworth Family Hub	Wednesday	10.30am - 12.30pm	14/10/2026	8 weeks
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Progression to Work Readiness

This course is designed to identify and develop both personal and professional skill sets, equipping learners with the essential knowledge, skills, and confidence needed to successfully apply for jobs, present themselves professionally, and perform effectively in interviews. It supports individuals at different stages of their career journey by helping them recognise their strengths and build key employability skills required for the workplace.

76	Audley NLC	Monday	9.30am - 2.30pm	14/12/2026	5½ hours
77	Bank Top NLC	Friday	9.30am - 2.30pm	12/02/2027	5½ hours

Employability Qualifications

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.

50	Number 1 Coffee Shop Darwen	Thursday	9.30am - 3pm	17/09/2026	5½ hours
52	Audley NLC	Monday	9.30am - 3pm	02/11/2026	5½ hours
126	Blackburn Youth Zone	Monday	9.30am - 3pm	07/12/2026	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.

57	Audley NLC	Monday	9.30am - 3pm	09/11/2026	2 weeks
					Must attend both weeks
127	Blackburn Youth Zone	Monday	9.30am - 3pm	11/01/2027	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.

53	Number 1 Coffee Shop Darwen	Thursday	9.30am - 3pm	8/10/2026	5½ hours
54	Audley NLC	Monday	9.30am - 3pm	23/11/2026	5½ hours
128	Blackburn Youth Zone	Monday	9.30am - 3pm	25/01/2027	5½ hours

NCFE Level 1 Award in Preparing to Work in Adult Social Care



Thinking about a new career or looking for work in the Health and Social Care sector? This Level 1 course is a great starting point. You will gain a basic understanding of adult social care, explore different roles, and build the foundation for a rewarding career in the field.

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.

45	Bank Top NLC	Monday	9.30am - 2.30pm	02/11/2026	13 weeks
46	Darwen Town Hall	Wednesday	9.30am - 2.30pm	04/11/2026	12 weeks

NCFE Entry 3 Award in Caring for Children



This qualification is designed for learners to gain and develop parenting and life skills in caring for a baby or a young child and an opportunity to progress onto L1 Award in Caring for Children.

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.

49	Audley NLC	Tuesday	9.30am - 2.30pm	15/09/2026	4 weeks
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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.

47	Bank Top NLC	Wednesday	9.30am - 2.30pm	04/11/2026	13 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.

48	Bank Top NLC	Tuesday	9.30am - 2.30pm	06/10/2026	20 weeks
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NCFE Level 2 Introduction to Specific Learning Difficulties



Build your understanding of specific learning difficulties such as dyslexia, dyspraxia and ADHD. This accessible course introduces key concepts and practical strategies to support learners effectively and inclusively. Ideal those looking to gain employment in education, childcare and anyone looking to better understand and support individual learning needs.

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.

44	St. Lukes and St. Philip's CH	Monday	9.30am - 2.30pm	05/10/2026	25 weeks
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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.

41	Bank Top NLC	Thursday	9.30am - 2.30pm	08/10/2026	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.

43	Bank Top NLC	Thursday	9.30am - 2.30pm	05/11/2026	3 weeks
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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.**

37	Bank Top NLC	Monday	9.30am - 4.30pm	21/09/2026	7 hours
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129	Blackburn Youth Zone	Monday	9.30am - 2.30pm	12/10/2026	2 weeks
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Emergency Paediatric First Aid (Child and Baby)



This certificated first aid course helps you gain essential lifesaving skills and emergency response techniques when dealing with a child or baby. 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.**

39	Bank Top NLC	Monday	9.30am - 4.30pm	28/09/2026	7 hours
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38	Little Harwood Family Hub	Monday	1pm - 3pm	12/10/2026	4 weeks
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130	Blackburn Youth Zone	Monday	9.30am - 2.30pm	16/11/2026	2 weeks
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English



Book online



ESOL, 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.



ESOL, English and Maths



Book online

Free ESOL, English and 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.

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.

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

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.

Assessment & Enrolment

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! These relaxed, informal sessions are perfect for learners of **all levels** who want to practise everyday conversation, improve their pronunciation, and meet new people. Led by experienced facilitators, our clubs cover useful topics like shopping, travel, work, and life in the UK.

Whether you're new to English or looking to polish your speaking skills, Conversation Club is a great way to **learn, laugh, and connect with others in a supportive environment**.

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

English and Maths

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!





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 or visit the website at www.bwdlearning.org



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.



Health and Wellbeing



Book online

Health for Employment and Development

Wellbeing for Life and Work

This engaging six-week course is designed to help you develop practical wellbeing skills, build resilience, and strengthen your sense of connection with others. Through reflective activities and creative exploration, you'll learn strategies to support your emotional wellbeing, increase confidence, and manage life and work challenges more effectively.

Keep a personal wellbeing journal, take part in enjoyable team activities, and discover new approaches to self-development in a friendly and supportive learning environment. Leave feeling more positive, empowered, and equipped to look after your wellbeing.

109	Bank Top NLC	Tuesday	9.30am - 2.30pm	15/09/2026	6 weeks
82	Bank Top NLC	Tuesday	9.30am - 2.30pm	03/11/2026	6 weeks
110	Bank Top NLC	Tuesday	9.30am - 2.30pm	05/01/2027	6 weeks

Mental Health



MHFA England

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

Adult Mental Health First Aid

124	Blackburn Youth Zone	Tuesday	9am - 5pm	02/11/2026	2 sessions
		Monday	9am - 5pm	09/11/2026	Must attend both sessions

Youth Mental Health First Aid

111	Blackburn Youth Zone	Tuesday	9am - 5pm	12/01/2027	2 sessions
		Friday	9am - 5pm	15/01/2027	Must attend both sessions

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.

101	Bank Top NLC	Thursday	9.30am - 3pm	24/09/2026	2 Weeks Must attend both sessions
104	Bank Top NLC	Thursday	9.30am - 3pm	03/12/2026	2 sessions
	Bank Top NLC	Friday	9.30am - 3pm	04/12/2026	Must attend both sessions
103	Darwen Family Hub	Thursday	12pm - 2pm	05/11/2026	4 Weeks Must attend all sessions
125	Blackburn Youth Zone	Monday	9.30am - 2.30pm	01/02/2027	2 Weeks Must attend both sessions

Five Ways to Wellbeing

Explore proven ways to support your mental and emotional health. This course introduces the five key pathways to wellbeing and how to apply them in everyday life. You'll also receive a workbook with practical, engaging activities to help you continue your journey toward greater balance and happiness in life.

92	Little Harwood Family Hub	Monday	1pm - 3pm	16/11/2026	4 weeks
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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.

96	Audley NLC	Thursday	9.30am - 11.30am	07/01/2026	6 weeks
80	Shadsworth Family Hub	Wednesday	10.30am - 12.30pm	06/01/2027	6 weeks
81	Livesey Family Hub	Monday	1pm - 3pm	11/01/2027	6 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.

105	Livesey Family Hub	Monday	1pm - 3pm	14/09/2026	4 weeks
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Pathways to Wellbeing

This is a six-week practical course designed to help build a positive mindset, improve rest and relaxation, and explore creative selfcare. Through handson activities—from mindfulness and sleep tools to nature-based craft—you'll develop personalised strategies to support your wellbeing. By the end, you'll leave with a longterm wellbeing plan and renewed confidence in maintaining balance.

108	Bank Top NLC	Thursday	9.30am - 2.30pm	07/01/2027	6 weeks
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Family Health

Discover simple, practical ways to support the health and wellbeing of you and your family. This friendly course explores key topics such as nutrition, physical activity, mental wellbeing and healthy routines for everyday life. Perfect for anyone looking to build healthier habits, boost confidence, and make positive changes for the whole family.

98	Little Harwood Family Hub	Monday	1pm - 3pm	11/01/2027	6 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.

99	Bank Top NLC	Thursday	1pm - 3pm	24/09/2026	5 weeks
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Autumn Gardening

Join us this autumn at Bank Top Garden for a 4-week course focused on boosting your physical and mental health through autumn gardening. Enjoy fresh air, gentle exercise, and a calming connection with nature.

93	Bank Top NLC	Thursday	1pm - 3pm	05/11/2026	4 weeks
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Healthy Cookery Courses

Learn essential cooking skills and create a variety of healthy meals. 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.

Healthy Fakeaways

Discover how to recreate your favourite takeaway dishes the healthy way in this fun, hands-on cooking course. Over six weeks, you'll learn simple, budget-friendly recipes that cut the calories without losing the flavour. Build confidence in the kitchen, explore new ingredients, and enjoy delicious FakeAway meals you can easily make at home. Perfect for anyone wanting healthier choices without giving up the foods they love.

100	Bank Top NLC	Friday	10am - 12pm	18/09/2026	6 weeks
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Book online



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.

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.

112	Audley NLC	Thursday	9.30am - 12pm	10/09/2026	6 weeks
131	Bank Top NLC	Thursday	1pm - 3pm	07/01/2027	6 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.

115	Bank Top NLC	Thursday	10am - 12pm	05/11/2026	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.

116	Bank Top NLC	Thursday	1pm - 3pm	15/10/2026	6 weeks
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Craft & Give Back

This creative wellbeing course will include making handmade items that will be sold to raise money for charity. Through relaxed, feelgood crafting sessions, participants build confidence, connect with others and experience the joy of giving back. Learners also have the optional opportunity to help run the charity stall, gaining real-life skills and a sense of pride in seeing their creations make a difference.

113	Number 1 Coffee Shop	Thursday	9.30am - 12pm	24/09/2026	5 weeks
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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. In this course learn how to prepare and cook tasty dishes that will nourish your mind and have a positive benefit on your wellbeing.

114	Bank Top NLC	Friday	10am - 12pm	06/11/2026	5 weeks
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Book online

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 Makers on a Mission

Come along and create handmade items to sell on a market stall in support of the local hospice, while enjoying a chance to get creative and give back. Learners also build communication, selling and money-management skills, with optional involvement in promoting and running the stall.

117	Bank Top NLC	Friday	1pm - 3pm	25/09/26	5 weeks
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Darwen Does Christmas

Get into the festive spirit with Darwen Does Christmas, a fun and lively drama and singing course where creativity comes to life! Build confidence, develop performance skills, and work together to bring a seasonal production to the stage.

Perfect for anyone who loves to sing, act, or simply try something new in a friendly, supportive environment. No experience needed, just enthusiasm and a love of Christmas!

118	Number 1 Coffee Shop	Thursday	1pm - 3pm	15/10/2026	6 weeks
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Drama, Music and Me

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

119	Bank Top NLC	Friday	1pm - 3pm	06/11/2026	6 weeks
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Introduction to Entering Supported Employment

NEW FOR 2027

Do you have a learning disability and want to work towards volunteering or supported employment?

This 6-week course is designed to help you take your first steps towards a volunteer or work role. You will explore what it takes to be successful in the workplace, including identifying roles that match your interests and strengths, preparing for interviews, and understanding the skills needed for different types of roles.

Through supportive and friendly classes, you will explore opportunities, develop valuable skills, and build the confidence needed to progress towards volunteering or supported employment.

58	Bank Top NLC	Friday	1pm - 3pm	08/01/2027	6 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.

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

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

**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)



**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**

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

Get in touch

01254 507720 / 01254 581175

NCS@blackburn.gov.uk

nationalcareers.service.gov.uk 0800 100 900



**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: lvpr@blackburn.gov.uk

Visit: www.lancsnp.org.uk



@LANCSVP



@LANCASHIREVP



Blackburn with Darwen

ADULT LEARNING

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



Our Volunteer Roles

- Volunteer Classroom Assistant
- ESOL Buddy
- Garden Volunteer
- 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



What you'll do

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

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.lancsnp.org.uk and filter opportunities to search all current Blackburn with Darwen Borough Council Volunteer Roles or visit our website www.bwdlearning.org



For an informal chat, please contact 01254 507720/581175 or email adultlearning@blackburn.gov.uk
Join our Adult Learning Team – Volunteer Today!



Scan
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BLACKBURN
with
DARWEN
BOROUGH COUNCIL



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

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



www.bwdlearning.org



adultlearning@blackburn.gov.uk



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