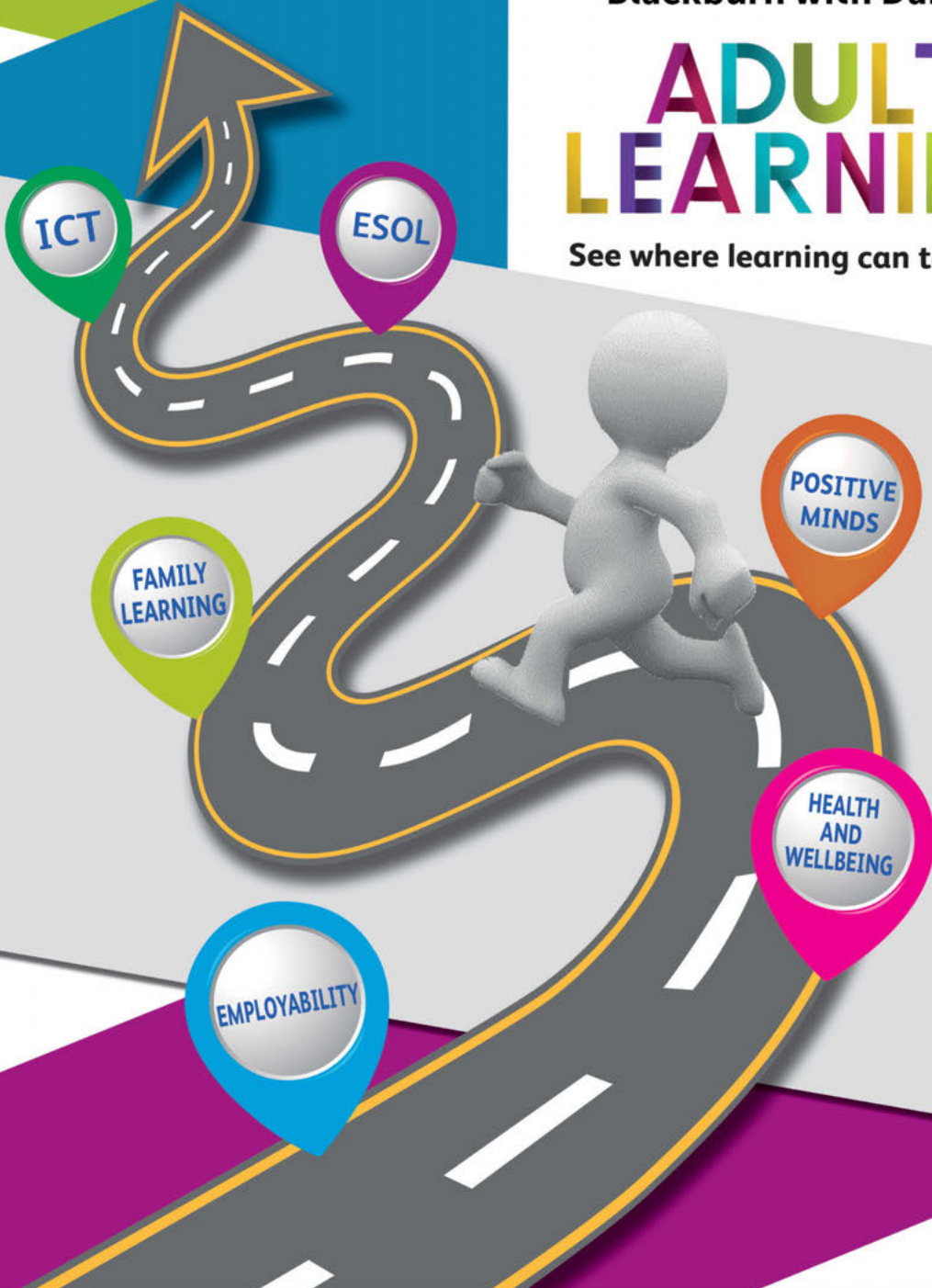


Blackburn with Darwen

ADULT LEARNING

See where learning can take you!



Course Programme

SEPTEMBER - DECEMBER 2019

Welcome

Welcome to our latest course programme for September - December 2019.

Whether you want to learn something new, improve your health and wellbeing, find employment or improve your career prospects we have courses just for you.

The brochure is full of an exciting mix of courses and workshops taking place across Blackburn with Darwen.

Why not join the thousands of adults who have reconnected with learning, gained new skills & qualifications, improved their health and wellbeing or boosted their confidence with us?

We hope you find a course you are interested in and look forward to welcoming you soon.

Cllr Mustafa Desai,
Executive Member for Adult Services
and Prevention



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



Our Venues



BLACKBURN CENTRAL LIBRARY
Town Hall St, Blackburn, BB2 1AG
Tel: (01254) 507720 or 581175



BOULEVARD CENTRE
45 Railway Rd, Blackburn BB1 1EZ
Tel: (01254) 581175 or 507720



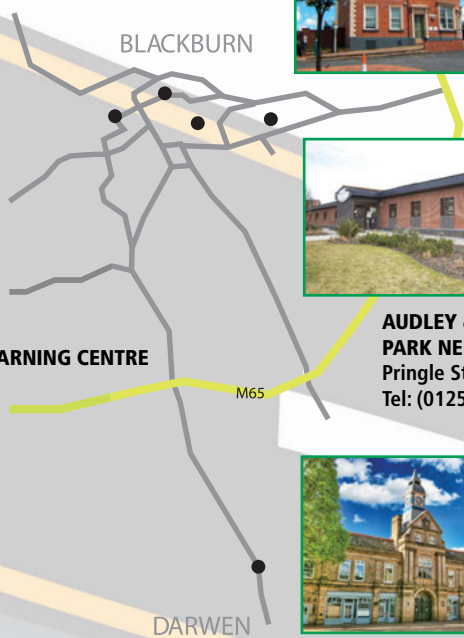
BANK TOP NEIGHBOURHOOD LEARNING CENTRE
Arthur Way, Blackburn, BB2 1QP
Tel: (01254) 581175



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



DARWEN TOWN HALL
Croft Street, Darwen, BB3 1BQ
Tel: (01254) 581175 or 507720



Enrolling is easy

YOU CAN ENROL EITHER IN PERSON OR BY TELEPHONING:

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

Or email adultlearning@blackburn.gov.uk

Opening hours: Monday to Thursday 9:00am – 5:00pm

Friday – 9:00am – 4:00pm

SUPPORT FOR YOU

If you need support with your learning, please let us know when you enrol.

We can provide additional support or assistive technology to help you.

Non –accredited courses and workshops are free, for accredited courses there is a minimal charge of £20 (for courses up to 20 hours) and £30 (for courses up to 30 hours). These charges apply if you are currently working and have an annual gross salary in excess of £15,736.50.

N.B Full fee remission is available if you are in receipt of: Jobseeker's Allowance; Employment and Support Allowance (Work Related Activity Group); Universal Credit (work related requirements group, work preparation group or work focused group); or another state benefit (conditions apply).

**National
Careers
Service**

Helping you take
the next step

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

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

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

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

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

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

AUDLEY & QUEEN'S PARK NEIGHBOURHOOD LEARNING CENTRE Pringle Street, Blackburn, BB1 1SF

Tel (01254) 507720

BANK TOP NEIGHBOURHOOD LEARNING CENTRE Arthur Way, Blackburn, BB2 1QP

Tel (01254) 581175

DARWEN TOWN HALL Croft Street, Darwen, BB3 1BQ

Tel (01254) 588891

BLACKBURN COLLEGE The Hub (Located in The Beacon Centre), Blackburn, BB2 1LH

Tel (01254) 292929

DWP customers can also access the National Careers Service at the Jobcentre.

Speak to your work coach to book an appointment.

0800 100 900 www.direct.gov.uk/nationalcareersservice

ICT SKILLS FOR LIFE AND WORK



We have developed a range of computer courses accredited and non-accredited where you can gain valuable computing skills for both life and work. You might be a person who cannot use a mouse or keyboard or someone with limited computing skills who wants to learn more. It could be that you have some ICT skills but would like a certificate in computing or have an iPad/iPhone or tablet and not making the most of the device. Whatever your needs we have just the course for you.

*AWARD IN AWARENESS OF SOCIAL MEDIA AND ONLINE SAFETY LEVEL 1 (ACCREDITED BY ASCENTIS)

NEW COURSE FOR AUTUMN

Social media platforms have become an integral part of online lives. Social networks are a great way to stay connected with others, but you should be wary about how much personal information you post. Keeping safe online is paramount if you want to stay safe, keep your personal details private, not be a victim of fraud and keep your computer updated from hackers. This course is an online course which is taught face to face and using a computer. In this course you will study: The impact of internet technologies on society; the potential risk faced by users online and preventative measures to stay safe online.

Bank Top NLC	Wednesday	9.30am – 2.30pm	27/11/2019	4 weeks
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COMPUTER FOR BEGINNERS (INCLUDING INTERNET AND E-MAIL)

The 'Computer for Beginners' course is designed for learners who may not be able to switch a computer on or are not sure how to use a mouse and keyboard. Learners may also have little or no knowledge and skills in other areas of computing. The course covers: typing text in a word application, saving files, using the internet safely and composing and sending e-mails with attachments. **Skills required: None. Suitable for absolute beginners.**

Bank Top NLC	Monday	1pm – 3pm	09/09/2019	6 weeks
Bank Top NLC	Monday	1pm – 3pm	04/11/2019	6 weeks
Audley NLC	Tuesday	9.30am – 11.30pm	19/11/2019	5 weeks

DIGITAL SKILLS FOR EVERYDAY LIFE — DROP IN

NEW COURSE FOR AUTUMN

Digital skills are essential life skills if you want to fully participate in a digital society. Do you want to learn how to explore and use specific websites for health, to book appointments, to register a child at school, or keep a log of your health records or your child's? Then this digital skills drop in is designed for you. The session is delivered on a flexible basis where learners work at their own pace to achieve their own individual learning outcomes. You can also use or take your own mobile phone, laptop, iPad or tablet.



Bank Top NLC	Monday	10am – 12.30pm	11/11/2019	4 weeks
Audley NLC	Tuesday	12.30pm – 3pm	19/11/2019	5 weeks

“Digital skills learnt will assist me greatly in my current and future jobs as well as lifestyle.”

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

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

ICT SKILLS BUILDER DROP IN (TERM TIME ONLY)

Do you want to learn new computer skills, do you need to use Universal Credit or find a Job website, save and edit your work online or use a computer to help look for work? The ICT Skills Builder drop in is designed for you. The session is delivered on a flexible basis where learners work at their own pace to achieve their own individual learning outcomes. You can also take your own laptop or tablet. **Skills required: None. Suitable for absolute beginners.**

Audley NLC	Thursday	1pm – 3pm	29/08/2019 to 19/12/2019
Bank Top NLC	Thursday	10am – 12pm	29/08/2019 to 19/12/2019
Darwen Town Hall	Friday	10am – 12pm	06/09/2019 to 19/12/2019

ICT SKILLS WITH ESOL

The 'ICT Skills for ESOL' course is designed for learners who have low level English language skills, and may not be able to switch a computer on or are not sure how to use a mouse and keyboard. Learners may also have little or no knowledge and skills in other areas of computing. Then this course is a starting point in gaining basic computer skills. Whilst gaining basic computer skills the course will help you to develop your English language skills at the same time.

Skills required: English language skills from pre entry (limited English) to Entry Level 2.

If you would like to do an ICT with ESOL course or would like more information or to register your interest then please call 01254 507720 or 01254 581175 or e-mail adultlearning@blackburn.gov.uk

*START IT (ITQ) ENTRY LEVEL 3 (ACCREDITED BY CITY & GUILDS)

This is an 8 week accredited course designed for learners who have basic computing skills or have completed the 'Computer for Beginners' course. The course is split into three units: IT User Fundamentals, Word processing software and Spreadsheet software. Part of the course entails building a portfolio. If you would like to gain a certificate in computing then this could be the course for you.

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

City & Guilds

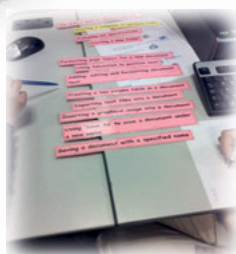
Bank Top NLC	Tuesday	9.30am – 2.30pm	17/09/2019	8 weeks
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*USING ICT SKILLS IN THE WORKPLACE ENTRY 1 (ACCREDITED BY ASCENTIS)

NEW COURSE FOR AUTUMN

This accredited course is designed as a progression opportunity for learners who have limited computer and English language skills. On this course you will explore the different ICT skills used in a workplace environment; identify ICT skills gap required for work and then develop these skills on the course. This course is tailored for learners attending Talk English classes at Entry 1 level or Entry 1 or 2 ESOL classes who would like to gain ICT skills and an accreditation.

Audley NLC	Tuesday	9.30am – 2.30pm	17/09/2019	7 weeks
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“ The ICT (ITQ) Entry 3 has been great and I have definitely learnt more about computers and improved my computer skills. The tutors and learning support workers have been excellent in supporting and teaching when I needed help and tuition. Thank you. ”

MOST COURSES ARE FREE

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

EMPLOYABILITY

The Employability curriculum is an ever-changing area aiming to meet the needs of citizens, employers and local needs. We recognise that **employability skills** are increasingly becoming as important to employers as educational achievement. Apart from an academic background, employers require individuals with a range of core work competencies such as team working, commercial awareness and presentation skills. Our extensive Employability courses both accredited and non-accredited aim to achieve this. By enrolling onto these courses you can gain valuable and appropriate employability skills needed by employers and help you to build and enhance your CV. For instance, you could achieve an accredited certificate in Customer Care, Health and Social Care, First Aid, Food Safety and/or in computing. Check out the programme below for our varied range of employability courses.



SKILLS FOR EMPLOYMENT

BASIC CONFLICT MANAGEMENT

NEW COURSE FOR AUTUMN

This introductory course explores topics and strategies to support an individual when dealing with conflict. On this short course you will identify communication skills that will support you in dealing with conflict and difficult situations. It will also look at your personal safety in reducing tension and diffusing difficult and challenging encounters.

Bank Top NLC	Tuesday	9.30am – 2.30pm	17/09/2019	5 hours
Audley NLC	Tuesday	9.30am – 2.30pm	12/11/2019	5 hours

FIRE SAFETY AWARENESS

Fire safety training for all staff is a requirement for employers. Everyone in the workplace has a duty to prevent fires. This short course provides you with information relating to fire safety legislation and duties, fire prevention, control and sources of fire.

Audley NLC	Tuesday	10am – 12.30pm	29/10/2019	2½ hours
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*HEALTH AND SAFETY LEVEL 1 AWARD (ACCREDITED BY ASCENTIS)

Health and Safety in the workplace is extremely important both for the employer and employee. This course will provide you with the basic knowledge on: rights and responsibilities for Health and Safety; what to do in the event of accidents and emergencies and perform workplace tasks safely. **Skills required: English language skills at Entry Level 3 or higher.**

Audley NLC	Wednesday	9.30am – 2.30pm	18/09/2019	2 weeks
Bank Top NLC	Wednesday/Thursday	9.30am – 2.30pm	4-5/12/2019	2 days

HOW TO SELL YOURSELF AT AN INTERVIEW

Getting the job you want is the first step to starting your career pathway. Having solid interview techniques and skills can make all the difference in getting the job you want. This short course will support you to prepare, plan and help gain or improve your performance at an interview.

Bank Top NLC	Thursday	10am – 12.30pm	26/09/2019	2½ hours
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INTRODUCTION TO ADMINISTRATION SKILLS

This is a basic admin course looking at providing an introduction to working in an office. The course will cover aspects of the administrative sphere preparing you to work efficiently and effectively in a busy office environment.

Bank Top NLC	Wednesday/Thursday	9.30am – 2.30pm	30-31/10/2019	2 days
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Improved my skills to prepare myself for an interview.

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

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

*INTRODUCTION TO CARE WORK LEVEL 1 (ACCREDITED BY ASENTIS)

In this course you will be introduced to work roles that are available within a range of different care organisations. You will explore the principles of care and the skills that you need to work in care related settings including work roles that can lead to a career in care. The introductory subjects covered in the accredited units will contribute to and give you credit for any further learning you may do in adult social care. **Skills required: English language skills at Entry Level 3 or higher.**

Audley NLC	Thursday	9.30am – 2.30pm	19/09/2019	3 weeks
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*INTRODUCTION TO CUSTOMER CARE LEVEL 1 (ACCREDITED BY ASENTIS)

This is a three week customer care course for people who have customer care or retail experience and would like to gain a Level 1 accreditation in customer service. You will learn the elements of positive customer experience; importance of the customer's experience to a business and be familiar with customer safety procedures. The course is an ideal progression opportunity for people achieving the Introduction to Customer Care Entry Level 3.

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

Audley NLC	Wednesday	9.30am – 2.30pm	06/11/2019	4 weeks
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INTRODUCTION TO HEALTH AND SOCIAL CARE

This course will give learners an introduction to health and social care. It will help learners understand some skills and knowledge needed to work in the sector. We will look at the different sectors and provisions in the local community and also develop knowledge of the range and scope of job roles within the different health and social care sectors. Learners will consider the skills needed to fulfil these job roles and the career progression routes available to employees in the sector.

Darwen Town Hall	Monday	9.30am – 2.30pm	11/11/2019	2 weeks
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*INTRODUCTION TO VALUES AND PRINCIPLES OF ADULT SOCIAL CARE LEVEL 1 (ACCREDITED BY ASENTIS)

NEW COURSE FOR AUTUMN

This course explores knowledge and understanding of two main topics: principles and values in health and social care in adults, children and young people; importance of diversity within adult social care. These accredited units will contribute to and give you credit for any further learning you may do in adult social care.

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

Audley NLC	Thursday	9.30am – 2.30pm	10/10/2019	3 weeks
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*INTRODUCTION TO WORKING WITH OTHERS ENTRY 3 (ACCREDITED BY ASENTIS)

In employment working with others is very important. An employee or volunteer needs to understand the skills required to work with others whilst carrying out tasks. This accredited course will help you gain skills like working as a team, effective communication, active listening, organisational skills, process of decision making and importance of responsibilities and reporting to management all of which can lead to efficiently working with others in the workplace.

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

Audley NLC	Tuesday	9.30am – 2.30pm	3 /12/2019	2 weeks
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PATHWAYS TO VOLUNTEERING - ARE YOU VOLUNTEER READY?

NEW COURSE FOR AUTUMN

Join our volunteering induction course and start your journey into volunteering. The programme introduces you to volunteering and covers six key training modules: Data Security Awareness; Equality, Diversity and Human Rights; Fire Safety; Health and Safety; Safeguarding Adults and Safeguarding Children. These learning modules are required by all volunteers, so that they are equipped with relevant training to enable them to feel confident in their volunteering role. This training package is suitable for newly recruited volunteers or existing volunteers wanting to update their training needs. Once completed volunteers can progress onto an accredited Volunteering Unit Level 1 course.



Little Harwood CC	Tuesday	9.30am – 2.30pm	24/09/2019	3 weeks
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MOST COURSES ARE FREE

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

SAFEGUARDING CHILDREN AND YOUNG PEOPLE

This course covers the factors that contribute to keeping a child safe and healthy, including common illnesses, injuries and accidents. The course will show you how to identify indicators, signs and symptoms of different types of abuse, including online abuse and how to help and support children through many challenges. Part of the course looks at the responsibilities of individuals to protect children and how to safeguard yourself through the process.

Blackburn Library	Tuesday	9.30am – 2.30pm	12/11/2019	2 weeks
Darwen Town Hall	Thursday	9.30am – 2.30pm	21/11/2019	2 weeks
Audley NLC	Tuesday/Wednesday	9.30am – 2.30pm	26-27/11/2019	2 days

SAFEGUARDING FOR ADULTS IN LIFE AND WORK

Safeguarding is a key training requirement for employers. This course will provide learners with an introduction to safeguarding in both work situations and in daily life. They will learn how to recognise unsafe practices or signs of potential abuse and will know the procedures for reporting safeguarding concerns. It also explores an awareness of 'personal values', the impact of these on professional practice and procedures for responding to safeguarding concerns.

Blackburn Library	Tuesday	9.30am – 2.30pm	17/09/2019	2 weeks
Darwen Town Hall	Tuesday	9.30am – 2.30pm	29/10/2019	2 weeks

*SHARING LEARNING EXPERIENCES WITH CHILDREN LEVEL 1 (ACCREDITED BY ASCENTIS)

NEW COURSE FOR AUTUMN

This course will explore: how children learn through play, stories and rhymes and through experience; how socialising with adults and other children enables them to experiment and come to conclusions; the natural word and its role in supporting children's learning and how the local community can be used to broaden children's experiences. These accredited units will contribute to and give you credit for any further learning you may do in childcare.

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

Bank Top NLC	Monday	9.30am – 2.30pm	16/09/2019	7 weeks
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*UNDERSTANDING CONFLICT MANAGEMENT LEVEL 2 (ACCREDITED BY HIGHFIELDS)

NEW COURSE FOR AUTUMN

Conflict in the workplace is bad for business. It is destructive and detrimental to all stakeholders. It can lead to disengaged employees, unhappy customers and reputational damage. Unfortunately, from time to time, conflict situations can arise. Highfield's Understanding Conflict Management course outlines the knowledge and skills to reduce the risk of abusive and threatening behaviour occurring within the workplace. **Skills required: English language skills at Entry Level 1 or higher.**

Bank Top NLC	Tuesday	9.30am – 2.30pm	01/10/2019	2 weeks
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*VOLUNTEERING UNIT LEVEL 1 (ACCREDITED BY AIM AWARDS)

This is a four-week progressive accredited volunteering course where you will start with Volunteering Unit Entry 3 beginning with the basics of volunteering which involves: what is a volunteer and what voluntary organisations are; how to match your skills and qualities to various volunteering roles; look at different skills that could be useful to organisations roles in a specific setting; create a letter of application for a specific voluntary role. On completion of the Volunteering Unit Entry 3 course you can progress onto the level 1 course subject to meeting the course requirements. On the level 1 course you will cover the following topics: the range of volunteering opportunities available; benefits that could be gained from volunteering and rights and responsibilities that volunteers can expect when volunteering. At the end of the course you learn how to apply for a volunteering position and gain accreditation at Level 1 in volunteering.

Skills required: English language skills at Level 3 or higher.

Bank Top NLC	Thursday	9.30am – 2.30pm	31/10/2019	4 weeks
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MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

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

FOOD SAFETY

FOOD SAFETY FOR BEGINNERS

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



Bank Top NLC	Thursday	10am – 2pm	26/09/2019	4 hours
Audley NLC	Wednesday	10am – 2pm	02/10/2019	4 hours

*LEVEL 1 FOOD SAFETY IN CATERING (ACCREDITED BY HIGHFIELDS)

The Level 1 Food Safety in catering course is accredited and designed for learners or volunteers who would like to work in an environment where you handle and prepare food. You will learn the role an individual plays in reducing food contamination, personal hygiene procedures and how hazards can be controlled. The course is accredited by Highfield Qualifications.

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

Bank Top NLC	Thursday	9.30am – 3pm	10/10/2019	1 day
Darwen Town Hall	Thursday	9.30am – 3pm	14/11/2019	1 day
Audley NLC	Thursday	9.30am – 3pm	28/11/2019	1 day

*LEVEL 2 AWARD IN FOOD ALLERGEN AWARENESS AND CONTROL IN CATERING - (ACCREDITED BY HIGHFIELDS)

The Level 2 Award in Food Allergen Awareness and Control in Catering is aimed at learners and volunteers who would like to work within a catering industry where staff are involved in food preparation and service and have been successful in completing the Level 1 Food Safety course. This course is designed to provide knowledge and understanding of food allergens and food that commonly causes intolerance, their characteristics and effects, the importance of effectively communicating information regarding allergenic ingredients to customers, and how staff can minimise the risk of cross-contamination from allergenic ingredients. This qualification is supported by Allergy UK and is accredited by Highfield Qualifications.

Skills required: English language skills at Level 1.

Bank Top NLC	Wednesday	9.30am – 3pm	25/09/2019	1 day
Audley NLC	Wednesday	9.30am – 3pm	04/12/2019	1 day

*LEVEL 2 FOOD SAFETY IN CATERING (ACCREDITED BY HIGHFIELDS)

The Level 2 Food Safety in catering course is designed for learners or volunteers who require a qualification to work in the catering and hospitality industry. Topics include hazards and controls, food safety management and temperature controls, food poisoning control, personal hygiene, cleaning and disinfection, food pests, and the role of the food handler in keeping food safe. The course is accredited by Highfield Qualifications.

Skills required: English language skills at Level 1.

Blackburn Library	Wednesday/Thursday	9.30am – 3pm	06-07/11/2019	2 days
Audley NLC	Wednesday/Thursday	9.30am – 3pm	13-14/11/2019	2 days
Darwen Town Hall	Tuesday/Wednesday	9.30am – 3pm	10-11/12/2019	2 days

“The courses were very informative and gave me excellent knowledge about Food Safety standards.”

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

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

FIRST AID

BASIC FIRST AID (ADULT CHOKING, CPR AND AED)

Learn basic practical lifesaving skills and develop techniques for emergency situations such as the recovery position, CPR (Cardiopulmonary Resuscitation), bandaging, how to assist an adult casualty when they are choking and how to use an AED (Automated External defibrillator).



Audley NLC	Monday	9.30am – 2.30pm	16/09/2019	1 day
Bank Top NLC	Thursday	9.30am – 2.30pm	03/10/2019	1 day
Darwen Town Hall	Tuesday	9.30am – 2.30pm	3/12/2019	1 day

BASIC FIRST AID FOR WALKERS

NEW COURSE FOR AUTUMN

Learn basic practical lifesaving skills and develop techniques for emergency situations and minor injuries that walkers may encounter in an outdoor environment. This will range from the recovery position, CPR (Cardiopulmonary Resuscitation), bandaging, sprains, dislocations and dealing with emergency situations taking into account your outdoor environment.

Bank Top NLC	Tuesday	9.30am – 2.30pm	10/09/2019	1 day
Audley NLC	Tuesday	9.30am – 2.30pm	26/11/2019	1 day

BASIC PAEDIATRIC FIRST AID (CHILD AND BABY CHOKING, CPR AND AED)

Learn basic practical lifesaving skills for baby and child and develop techniques for emergency situations such as recovery position, CPR, bandaging, choking and how to use an AED.

Bank Top NLC	Thursday	9.30am – 3pm	31/10/2019	1 day
Audley NLC	Friday	9.30am – 3pm	15/11/2019	1 day

BASIC SPORTS AND ACTIVITY FIRST AID

This course is designed for learners who have an involvement in sports and recreational activities in both the professional and voluntary sectors. You will learn basic practical lifesaving skills and develop techniques for common emergency situations in sports and activities, which includes injuries to bone, muscles and joints, extreme temperatures and suspected head and neck injuries.

Bank Top NLC	Tuesday	9.30am – 2.30pm	29/10/2019	1 day
Audley NLC	Thursday	9.30am – 2.30pm	21/11/2019	1 day

*EMERGENCY FIRST AID AT WORK (ACCREDITED FIRST AID FOR ADULTS)

Learn practical lifesaving skills and develop techniques for emergency situations required in the workplace. Achieve a level 2 certificate in Emergency First Aid at Work. The course covers: roles and responsibilities of a first aider; managing and assessing a casualty in shock or choking; items contained in a First Aid box; recovery position; CPR with an AED; bandaging, burns and scalds. **Skills required: English language skills at Entry Level 3 or higher.**

Audley NLC	Tuesday/Wednesday	9.30am – 2.30pm	24-25/09/2019	2 days
Bank Top NLC	Wednesday/Thursday	9.30am – 2.30pm	9-10/10/2019	2 days
Darwen Town Hall	Monday/Tuesday	9.30am – 2.30pm	4-5/11/2019	2 days
Bank Top NLC	Monday/Tuesday	9.30am – 2.30pm	9-10/12/2019	2 days

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

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

*PAEDIATRIC FIRST AID (ACCREDITED FIRST AID FOR BABY AND CHILD)

Learn practical child and baby lifesaving skills and develop techniques for emergency situations required in a work environment involving children. Achieve a certificate in Paediatric First Aid. The course covers: roles and responsibilities of a first aider; managing and assessing a casualty in shock or choking; items contained in a First Aid box, recovery position; CPR with an AED; bandaging, burns and scalds. **Skills required: English language skills at Entry Level 3 or higher.**

Audley NLC	Monday/Tuesday/Wednesday	9.30am – 2.30pm	14-16/10/2019	3 days
Bank Top NLC	Monday/Tuesday/Wednesday	9.30am – 2.30pm	18-20/11/2019	3 days



LANCASHIRE LIFESAVERS

NEW COURSE FOR AUTUMN

When a person has a cardiac arrest, there are a few vital minutes to save them! Would you know what to do? We have teamed up with Lancashire Lifesavers to roll out short sessions on what to do in those vital few minutes. The session will also guide you on how to conduct CPR and use an AED machine in an emergency situation.

Bank Top NLC	Tuesday	10am – 11.30am	24/09/2019	1½ hours
Darwen Valley CC	Wednesday	10am – 11.30am	25/09/2019	1½ hours
Little Harwood CC	Tuesday	10am – 11.30am	08/10/2019	1½ hours
Audley NLC	Tuesday	1pm – 2.30pm	05/11/2019	1½ hours
Mill Hill CC	Friday	10am – 11.30am	22/11/2019	1½ hours

“ I have learnt so much about first aid and I feel very confident to be able to handle emergency situations relating to first aid and health problems. ”

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

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

HEALTH & WELLBEING

Our Health and Wellbeing area has something for everyone. From Complementary Therapies to Dementia Awareness, we've got the perfect mix. We also have a range of new courses & workshops such as Zentangling and the return of our popular Bake for Wellbeing.



MENTAL HEALTH FIRST AID



MHFA England

Very informative - would like to do another course.

MENTAL HEALTH FIRST AID

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

MHFA AWARENESS - HALF DAY	Bank Top NLC	Thursday	9.30am – 2.30pm	07/11/2019	5 hours
MHFA FULL ACCREDITATION	Bank Top NLC	Tues/Weds/Thurs	9.30am – 2pm	15-17/10/2019	3 days
MHFA FULL ACCREDITATION	Audley NLC	Tues & Thurs	9.30am – 4pm	03 & 05/12/2019	2 days

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

Staff and tutor wonderful, friendly, helpful and understanding. Relaxed atmosphere, lovely people on the course.

DEMENTIA

DAA

Blackburn with Darwen
Dementia Action Alliance



DEMENTIA FRIENDS AND MENTAL HEALTH AWARENESS

Dementia Friends involves learning more about dementia and the small ways you can help create a more Dementia friendly community. We will also explore mental health and wellbeing and look at some of the signs and symptoms of mental health.

Bank Top NLC	Tuesday	10am – 12.30pm	01/10/2019	2½ hours
Bentham Road Health Centre	Tuesday	1pm – 3.30pm	12/11/2019	2½ hours

REMINISCENCE AND MEMORIES WORKSHOP

This short workshop will explore how creative arts can help us recall memories and events from the past. We will also explore strategies to help us to recall and recollect important events and people.

Audley NLC	Thursday	9.30am – 1pm	17/10/2019	3½ hours
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MEMORY WALKS **NEW COURSE**

Join us on one of our memory walks. The group will meet at Blackburn Bus Station and we will travel to Turton Tower where you can reminisce about days gone by. If you have a NoW card please bring this with you otherwise we will cover the cost of your travel.

Connect Turton Tower (Blackburn to Turton)	Thursday	10.30am – 4.45pm	26/09/2019	1 day
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**meet at Blackburn Bus Station*

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

HEALTH & WELLBEING

The tutors are very nice and supportive at all times. They have made me feel very comfortable and this did settle my nerves.

COOKING FOR DIABETES **NEW COURSE**

A basic cooking course with a focus on the small but positive changes you can make to your diet and cooking techniques to help manage Type 2 Diabetes. You will be guided through a range of recipes that cater for anyone with, or at risk of developing Type 2 diabetes.

Bank Top NLC	Tuesday	1pm – 3pm	10/09/2019 – 01/10/2019	4 weeks
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STRESS AWARENESS

Learn how to spot stress and to deal with it. You'll come away being able to identify triggers and recognise the impact stress can have on your body and your daily life.

Bentham Road Health Centre	Tuesday	1pm – 4pm	08/10/2019	3 hours
Audley NLC	Thursday	1pm – 3.30pm	24/10/2019	2½ hours
Bank Top NLC	Wednesday	9.30am – 12pm	06/11/2019	2½ hours
Audley NLC	Wednesday	1pm – 3.30pm	06/11/2019	2½ hours

RELAXATION FOR MIND AND BODY **NEW COURSE**

We all need to look after our bodies and our minds. This workshop shows you different ways that relaxing your mind and body can relieve stress, anxiety or depression.

Bank Top NLC	Friday	1pm – 3.30pm	11/10/2019	2½ hours
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SLIPS, TRIPS AND FALLS AWARENESS **NEW COURSE**

Learn how to avoid slips and trips in your home and practical ideas about what to do should you have a fall at home. This course provides links to local support services. These can help you to improve your mobility and increase your confidence and awareness.

Bank Top NLC	Wednesday	9.30am – 12.30pm	13/11/2019	3 hours
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Super venue, great tutors with a great deal of knowledge. This course could benefit so many people! Thanks.

COMPLEMENTARY THERAPIES & BEAUTY

INTRODUCTION TO REIKI

Learn how this ancient Japanese technique uses the power of touch to help balance your energy and help the body heal itself.

Audley NLC	Tuesday	9.30am – 12.30pm	01/10/2019	3 hours
Darwen Town Hall	Friday	10.30am – 1.30pm	04/10/2019	3 hours

INTRODUCTION TO MEDITATION

Learn how meditation can help you manage stress and create a space for reflection and contemplation.

Audley NLC	Friday	9.30am – 12.30pm	01 & 08/11/2019	2 weeks
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MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

INTRODUCTION TO INDIAN HEAD MASSAGE

Indian Head Massage, also known as Champissage has been practiced for over 1000 years. Join us on this workshop which will give you an introduction to techniques aimed at promoting relaxation, revitalisation and improving mental alertness.

Bank Top NLC	Monday	1.30pm – 4.30pm	30/09/2019	3 hours
Darwen Town Hall	Tuesday	2.30pm – 5.30pm	26/11/2019	3 hours

INTRODUCTION TO AROMATHERAPY

In this workshop you will learn how to prepare aromatherapy oils and perform a simple face massage. We will also explore the benefits and uses of aromatherapy oils for different skin types.

Bank Top NLC	Friday	12.30pm – 3.30pm	18/10/2019	3 hours
Darwen Town Hall	Wednesday	12.30pm – 3.30pm	23/10/2019	3 hours

BEAUTY THERAPY – NAIL ART (SHELLAC NAILS)

This introductory course to nail art will teach techniques to treat and take care of nails. We'll demonstrate the tools needed to keep your nails in tip top shape. We'll introduce to you the five ways to wellbeing and how you can look to improve the look of your nails whilst improving your wellbeing.

Please ensure any false nails and varnish is removed before attending this course.



Bank Top NLC	Tuesday	9.30am – 2.30pm	29/10/2019	5 hours
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💧 This course has been excellent; all the information has been marvellous. 💧

NATURE THERAPY

The healing power of being outdoors, nature, plants and flowers has been known for centuries. As well as the benefits to health & the environment, plants and flowers can play an important part in Arts & Crafts. Join us for some Nature Therapy where we will teach you ways to improve your wellbeing through herbs, plants and also how to use and reuse nature creatively.

HERBS, HEALTH & HAPPINESS

Herbs can help us on our path to wellbeing. Identifying and finding different uses for herbs can be a great hobby. In this session you will learn the history of "Herb lore", explore ways of using herbs to improve our health and wellbeing and make a craft gift to take home.

Bank Top NLC	Friday	10am – 12pm	27/09/2019	2 hours
Audley NLC	Friday	1pm – 3pm	08/11/2019	2 hours

AMBLE INTO AUTUMN: LEARNING WALKS FOR WELLBEING & DIGITAL PHOTOGRAPHY

An exciting course where you will be walking with a qualified walk leader to help improve your health through walking. You will also develop your digital photography skills. You will take part in planned walks around Blackburn and surrounding areas, increasing your stamina and be given tasks to complete using our digital cameras. You can improve your health and wellbeing and learn a new skill at the same time.



Audley NLC	Monday	10am – 12pm	30/09/2019 – 21/10/201	4 sessions
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MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

UPCYCLING FESTIVE PLANT POTS **NEW COURSE**

We'll show you how to brighten up terracotta plant pots with an array of different colours and designs. Show off your creativity and get ready for the festive period!

Audley NLC	Thursday	1pm – 3.30pm	19/12/2019	2½ hours
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CREATIVITY FOR WELLBEING

Getting creative is good for our wellbeing. Spending time doing something we enjoy or learning a new skill can help improve our mood and help us connect with other people which in turn can make us feel better. Creativity can be anything from drawing to crafts to cooking - whatever gives you a spark to get creative!



ZENTANGLING **NEW COURSE**

Zentangling is a method of drawing where patterns fill defined spaces to form beautiful designs. They are deceptively simple to create; anyone can do it. There are hundreds of patterns to try and endless possibilities to create a wonderful piece of artwork. We're sure this workshop will help you to relax and bring out the artist in you. Beginners most welcome!



Bangor Street Community Centre	Thursday	12.30pm – 3.30pm	05/09/2019	3 hours
Audley NLC	Monday	9.30am – 12.30pm	16/09/2019	3 hours

BOOK FOLDING WORKSHOP **NEW COURSE**

We'll take worn-out books and give them a new lease of life by upcycling them into art. Make an adorable book animal, and then find out how to make amazing 3D shapes and letters! All materials provided.



Audley NLC	Wednesday	10am – 12am	18/09/2019	2 hours
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ORIGAMI WORKSHOP **NEW COURSE**

Explore the ancient art of paper folding. As well as being fun and creative, origami can be very therapeutic. We'll show you how to make realistic paper flowers in just a few minutes. The session will also give you the chance to try some more traditional modular origami. Suitable for complete beginners, we'll guide you through all the steps.

Audley NLC	Monday	12.30pm – 3.30pm	23/09/2019	3 hours
Bangor Street Community Centre	Monday	1pm – 3pm	28/10/2019	2 hours

CRAFTING FOR WELLBEING **NEW COURSE**

Join us to learn new crafting skills! Use your imagination and practice creating something new for the home. The workshop will provide you with all you need to make something special using decoupage to make a gift or something to keep for yourself as a treat.

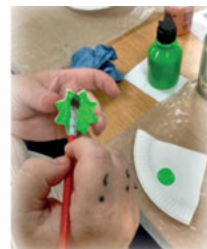
Greenfields Community Centre	Monday	1.30pm – 3.30pm	30/09/2019	2 hours
Mill Hill Community Centre	Friday	10.30am – 12.30pm	04/10/2019	2 hours

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

CLAY MODELLING **NEW COURSE**

In this 2-week course you will use air-dry clay to make all kinds of models. Come and make a bowl, animal, miniature house, or ornament for you to take away. Maybe you have a unique idea of your own? We have lots of tools, stamps and templates to try out. In week 2 we will paint the models using acrylic paint. A very relaxing workshop to show off your creativity. **We have introduced a £2 charge to cover the cost of clay.**



Bank Top NLC	Friday	9.30am – 12.30pm	11 & 18/10/2019	2 weeks
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MAKE YOUR OWN BOTTLE LIGHTS **NEW COURSE**

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

Audley NLC	Tuesday	9.30am – 12.30pm	19/11/2019	3 hours
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FESTIVE CRAFTS **NEW COURSE**

Get ready for the festive period with these exciting workshops using simple items that you can find around your home and garden to make handmade gifts and household decorations to brighten your home in the festive season.

Audley NLC	Wednesday	9.30am – 12.30pm	11/12/2019	3 hours
Bentham Road Health Centre	Wednesday	2pm – 4pm	11/12/2019	2 hours
Audley NLC	Friday	1pm – 3.30pm	20/12/2019	2½ hours

UPCYCLING FURNITURE

3 DAY WORKSHOP

Upcycling is an easy way to save money and learn new creative skills at the same time. During this three day course you will be able to upcycle a small piece of your household furniture and transform it into something unique to be proud of.

During the course you will learn the art of applying furniture paint and wax and learn the art of decoupage. Relaxing and being creative go hand in hand with this course. Come and see for yourself.

Please bring along a small piece of household furniture to transform during your time with us.



Audley NLC	Tue/Wed/Thur	9.30am – 3pm	29-31/10/2019	3 days
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1 DAY WORKSHOP

Our upcycling workshop will provide you with the opportunity to create new pieces out of your household items. Using creative ways to paint, apply decoupage and relax with us on this practical and fun workshop.

Please bring along any old and tired glass bottles, jars, picture frames, or any small household items that will be transformed for you to take home and enjoy.

Bentham Road Health Centre	Wednesday	9.30am – 3pm	25/09/2019	6 hours
Audley NLC	Friday	10am – 3pm	27/09/2019	4 hours

MOST COURSES ARE FREE

To book on call 01254 507720 or 01254 581175 or email adultlearning@blackburn.gov.uk

COOK AND EAT **NEW COURSE**

Join us for a culinary experience where we will teach you how to simply cook favourite dishes and then enjoy them with the rest of the group straight away. **We have introduced a £2 charge to cover the cost of ingredients.**

Bank Top NLC	Thursday	9.30am – 12.30pm	19/09/2019	3 hours
Bank Top NLC	Friday	9.30am – 12.30pm	04/10/2019	3 hours
Bank Top NLC	Friday	9.30am – 12.30pm	13/12/2019	3 hours

HEALTHY COOKING **NEW COURSE**

Join us for a culinary experience where we will teach you how to simply cook tasty healthy dishes that you can cook on a budget and use repeat at home for you and your family. **We have introduced a £2 charge to cover the cost of ingredients.**

Bank Top NLC	Thursday (weekly)	9.30am – 12.30pm	07/11/2019 - 05/12/2019	4 weeks
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HEALTHIER CUPCAKES **NEW COURSE**

Find out how to reduce sugar and “hide” veggies in this exciting workshop exploring tasty treats with a healthier twist.

Bank Top NLC	Wednesday	9.30am – 12.30pm	09/10/2019	3 hours
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CAKE DECORATING **NEW COURSE**

An introduction to cake decorating where you can learn techniques to create fabulous celebration cakes. **We have introduced a £1 charge to cover the cost of ingredients.**

Bank Top NLC	Wednesday	9.30am – 12.30pm	23/10/2019	3 hours
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CONNECTING WITH OTHERS

ROUND MY WAY: LOCAL HISTORY

Our local area is steeped in history and lore. Learning about our past can be a fascinating way to improve our sense of belonging in an area and to get the learning bug. Discover more about our heritage and some of the famous people past and present who were born and raised on our streets.

Bank Top NLC	Monday	9.30am – 12.30pm	30/09/2019 – 11/11/2019 (no session in half term)	6 weeks
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PEER SUPPORT AND VOLUNTEERING

Providing Peer Support to others in a similar situation can be both a rewarding and mutually beneficial experience. During this course we will explore how to provide effective support to others and develop the key skills relevant to being a volunteer in a Peer Support environment. We will discuss ways to provide effective help and consider opportunities to support others in a safe and positive manner.

Bank Top NLC	Wednesday	9.30am – 12.30pm	06/11/2019 – 11/12/2019	6 weeks
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CREATIVE AND CULTURAL ACTIVITIES

Come along and join us for 4 weeks of creative and cultural activities. These will include innovative approaches to supporting creativity and imagination. Learning about each other and connect with new people through creative activities.

Bank Top NLC	Thursday	1pm – 3.30pm	07/11/2019 – 28/11/2019	4 weeks
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*Super venue. Great tutors with a great deal of knowledge.
This course could benefit so many people! Thanks.*

POSITIVE MINDS

ABOUT OUR COURSES FOR IMPROVED MENTAL HEALTH AND WELLBEING

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

Positive Minds

Learn for Wellbeing

BOOKING ON COURSES

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

WHAT WILL HAPPEN WHEN I RING UP?

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

IS THERE AN ASSESSMENT?

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

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

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

WHAT WILL HAPPEN AFTER THE COURSE?

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

FIVE WAYS TO WELLBEING

Sometimes small changes to our lifestyle and daily routine can have a surprisingly big impact on how we feel. The Five Ways to Wellbeing are proven to help us find ways to cope better with issues such as anxiety, stress and low mood. Our experienced tutors will help you to explore each of the five ways through simple activities which are easy to make part of our daily lives.



Bank Top NLC	Thursday	1.30pm – 3.30pm	05/09/2019–03/10/2019	Chris Truckle	5 weeks
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LIVING LIFE TO THE FULL

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

Bank Top NLC	Wednesday	1pm – 3pm	11/09/2019–16/10/2019	Chris Truckle	6 weeks
Darwen Resource Centre	Monday	1pm – 3pm	04/11/2019–09/12/2019	Lynette Banister	6 weeks
Bank Top NLC	Wednesday	1pm – 3pm	06/11/2019–11/12/2019	Chris Truckle	6 weeks

RELAXATION THROUGH PAINTING AND DRAWING

On this course we will find out together how painting and drawing can help to reduce stress and help us feel better. You will have the chance to try out oil pastels, pencils, acrylics and other painting and drawing materials. With regular breaks and the chance to chat there will be lots of opportunity to share ideas for relaxing and reducing anxiety. All equipment is provided.

Audley NLC	Wednesday	10am – 12.30pm	02/10/2019–06/10/2019	Julie Harris	6 sessions
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To make sure your course is right for you we like to meet you first. You can contact us on 01254 507720 and let us know which course you are interested in and we will arrange an appointment for you.
Or email us at Positive.Minds@blackburn.gov.uk

RELAXATION THROUGH CREATIVE ART

Being creative and learning new skills are excellent ways to boost our minds and improve how we feel. On this course you will get the opportunity to try out a range of art and craft techniques including glass painting and stone painting. Each session provides the chance to socialise and explore how arts and crafts can be used to help improve how you feel and share and explore a range of strategies to help relax and unwind.



Bank Top NLC	Monday	1pm – 3.30pm	16/09/2019 – 21/10/2019	Jackie Wicks	6 weeks
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MAKE AND MEND THROUGH FABRIC CRAFT

Each session provides the chance to socialise and explore how arts and crafts can be used to help improve how you feel whilst sharing and exploring a range of strategies to help you relax and unwind.

Audley NLC	Friday	1pm – 3.30pm	08/11/2019 – 13/12/2019	Jackie Wicks	6 weeks
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LEARN TO RE-FOCUS THROUGH DIGITAL PHOTOGRAPHY

Digital photography can be a great way to enhance our mood, thoughts or feelings. It encourages us to take notice of the world around us, be creative and learn new skills. Taking photographs also encourages us to focus our attention on our subject, which can be an effective tool in reducing stress and anxiety. Each session will provide the opportunity for a short learning walk to capture the world around us digitally and express our feelings through photo editing.



Bank Top NLC	Tuesday	10am – 12.30pm	17/09/2019 – 22/10/2019	Chris Truckle	6 sessions
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WRITE FOR ME

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

Bank Top NLC	Tuesday	10am – 12.30pm	26/11/2019 – 17/12/2019	Jo Corbett	4 weeks
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RELAXATION THROUGH MEDITATION **NEW COURSE**

Gently explore the various elements of this mindfulness art, through learning about classic practices, modernised practices & adapted techniques to use to find your relaxed state. Learners are encouraged to try different practices throughout the course and choose those that they can integrate into their daily life to practice regularly.

Bank Top NLC	Monday	1pm – 3.30pm	28/10/2019 – 18/11/2019	Henry Ramsey	4 weeks
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JAPANESE YOGA **NEW COURSE**

This course is a gentle and practical introduction to the different elements of this Japanese art. Each session will focus on a range of techniques based on relaxation, meditation and yoga practices. The tutor will take into account learners' physical limitations and adapt exercises and practices to meet individual capabilities.

Bank Top NLC	Monday	1pm – 3.30pm	25/11/2019 – 16/12/2019	Henry Ramsey	4 weeks
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*It helped me gain new skills, improve my concentration and awareness of surroundings.
It helped me feel happier, I was really struggling emotionally before.*

FAMILY LEARNING COURSES

FUN, FRIENDLY AND FREE!

If you think back to the most important things you've learned in life **values, attitudes and culture, maybe even love of reading** they came from **your family**.

So if you want to share the fun of learning with your children why not try **family learning**?

From helping you understand what your children are learning in school to improving your own reading, writing and maths, family learning offers a wide range of choices to:

- Involve parents' in their child's learning
- Develop active, fun learning programmes with the parents
- Improve parents skills and confidence
- Support families to build better relationships



We work in close partnership with schools, nurseries, children centres and agencies to deliver a wide range of courses and workshop activities across Blackburn and Darwen including:

SUPPORTING YOUR CHILD'S: MATHS – READING – PHONICS

Parents will learn how these skills are being taught and developed in schools. Courses include fun activities to be shared as families at home to improve their child's understanding. The teaching is tailored to each school and includes schemes such as Inspire maths, Phonics (Read, Write, Ink/ Letter and Sounds) and includes reference to SATS.

FAMILY LANGUAGE

For parents where English is not the primary language used at home. Parents will develop their reading, writing, speaking and listening skills to be able to support their children's learning and development.

OTHER COURSES INCLUDE:

ONLINE SAFETY

Parents will learn how to apply online safety practices when using the internet at home with their child.

FIRST AID AWARENESS

Parents will learn practical lifesaving skills and develop techniques to deal with emergency situations.

For further information call **01254 581175** or email **familylearning@blackburn.gov.uk**

FAMILY LEARNING FESTIVAL

Get Together Discover More
19 October to 3 November 2019

Celebrating Family Learning Festival **Coming to a school near you...**



EARTHY EXPLORERS – Step outside and make the most of being outdoors.

WELLBEING WARRIORS - Activities to support the emotional, physical and mental wellbeing of your family.



ESOL

English for Speakers of Other Languages

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



OUR ESOL COURSES WILL HELP YOU TO:

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

ESOL COURSES ARE OFFERED AT A VARIETY OF LEVELS:

- Pre-entry
- Entry 1
- Entry 2
- Entry 3

DAYTIME AND EVENING CLASSES ARE CURRENTLY AVAILABLE AT:

- Audley NLC
- Bank Top NLC

Classes can be set up at a venue near you if there is a sufficient number of learners wanting to learn. All learners will be offered an assessment prior to joining the course. It is important we find out your current level of skills so we can start you off at the right level.

TO JOIN OUR WAITING LIST OR FOR FURTHER INFORMATION ABOUT CLASSES PLEASE CALL 01254 507720 OR EMAIL ADULTLEARNING@BLACKBURN.GOV.UK

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

TALK ENGLISH

Blackburn with Darwen Council works with many organisations to provide courses and activities to help people learn English, access services and get involved in the community.

We provide support to improve skills in reading, writing, speaking and listening. Courses and activities take place in community settings and are taught by volunteer tutors.

Talk English



VOLUNTEER WITH US

We provide training and support to anyone who is interested in volunteering to help people learn English.

To find out more about our current volunteer opportunities and training courses, contact the team on **(01254) 581175** or by emailing **talkenglish@blackburn.gov.uk**

COURSES FOR LEARNERS WITH LEARNING DIFFICULTIES AND DISABILITIES

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

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

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

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

For more information or to be added onto the mailing list please call **(01254) 507720** or email **adultlearning@blackburn.gov.uk**



WHAT ELSE DO WE DO?

MATHS AND ENGLISH

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

NEIGHBOURHOOD ISSUES are managed through the Locality Hubs and services such as Work Clubs, Your Call activities and other community issues. They are supported by our team of Community Connectors based in the hubs. We work with partners including the police, fire service and housing to support local residents to make improvements to their streets and neighbourhoods.

For more information on resolving Neighbourhood Issues or Transforming Lives, please contact:

East Blackburn Hub – Audley Neighbourhood and Children's Centre (01254) 507720

North Blackburn – Little Harwood Children's Centre (01254) 506910

West Blackburn – Bank Top Neighbourhood Centre (01254) 581175

Darwen & Rural – Darwen Town Hall (01254) 585681

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

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

To search or apply for local volunteering opportunities visit: www.lancsvp.org.uk



**LANCASHIRE
VOLUNTEER
PARTNERSHIP**

WHY NOT FOLLOW US ON SOCIAL MEDIA?

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



@ BwDAdultLearn



@ BwDAdultLearn



BLACKBURN
with
DARWEN
BOROUGH COUNCIL

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

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

Email: adultlearning@blackburn.gov.uk



www.bwdlearning.org