



Blackburn with Darwen

ADULT LEARNING

**SEE WHERE LEARNING
CAN TAKE YOU!**



ICT & Digital Skills



Employability



Health & Wellbeing



Positive Minds



Family Learning



ESOL




Course Programme

January - March 2021

Welcome!



Cllr Mustafa Desai,
Executive Member for
Adult Services and Prevention



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

Welcome to our latest course programme for January – March 2021.

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

With a wide range of courses and workshops across Blackburn with Darwen there is something for everyone. Why not join us and be an adult learner? You can gain a qualification, boost your confidence or learn new skills.

WHY NOT FOLLOW US ON SOCIAL MEDIA?

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



@ BwDAdultLearn

Introduction

In such testing times adult education has never been more important. Whether it is to help you to improve your mental or physical health and wellbeing, or to improve your job prospects, we have a wide range of courses to support you. Of course, we are constantly looking at new ways of delivering courses to make sure that our learners are safe and we hope that this new programme offers a good variety of courses in safe and accessible environments.

We are offering a combination of face to face classes and remote, virtual classes so there should be something for everybody. Our centres are Covid-Secure and you can be assured that all relevant health and safety precautions are in place to ensure your learning is safe. These measures include:

- Smaller class sizes
- Staggered start times
- Face coverings to be worn in corridors and public spaces
- Sanitising hands on entering the building
- One way systems and social distancing measures in place
- Mix of classroom based and online learning

If you are nervous about starting online courses, we can offer some digital support to help you get online, and ensure that you are safe whilst you are learning with us.

Take care and stay safe

Karen Wignall
Service Lead – Adult Learning and Employment Support



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Adult Enrolment Event

We are here to help you get on to the right course for you. We can answer your questions about the courses and provide advice on how to get where you would like to be?

Whether you would like to enhance your career prospects, get back into education after a break, or are looking for a way to support your wellbeing. We have a range of programmes on offer for you to choose from.

Our online open events will be held on:

Tuesday 15th December 10am – 2pm and 4pm – 8pm

Thursday 17th December 10am – 2pm and 4pm – 8pm

Book your place via www.bwdlearning.org or call us on 01254 507720 or 01254 581175.

Come and talk to the tutors and learners to find out what it is really like to learn with us.



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

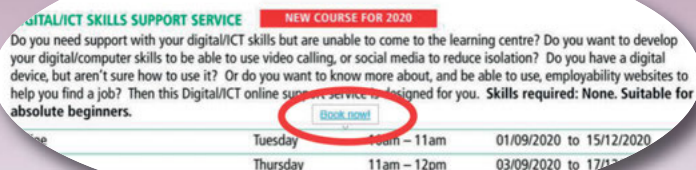
N.B. Full fee remission is available if you are in receipt of: Jobseekers Allowance, Universal Credit or any other state benefits (conditions apply).

**Most
courses
are FREE!**

How to Enrol

IT'S NOW EVEN EASIER TO BOOK ONLINE!

If you're viewing this Course Programme online, simply click anywhere on the course to open up the booking page:



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

HOW DO LIVE ONLINE SESSIONS WORK?

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

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

Desktop computers

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

Mobile devices

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



IDEA

Being confident with technology brings many benefits to everyday life, as well as in the workplace. We have courses for absolute beginners and for those wanting to gain an ICT qualification.

Get online!





English and Maths Skills



We are offering Ascentis Entry 3 and Level 1 English and maths qualifications, which are designed for people who have no maths or English qualifications and want to make a start with small manageable units. We are holding assessment sessions to ensure the course is right for you, so please book on to this before attending a class

	Audley NLC	Assessment Sessions	Call to book your place 01254 507720	Approx 40 minutes per subject	07/01/2021 to 11/01/2021	
ENGLISH SKILLS						
395	Audley NLC	Class	Tuesday	9.30am – 12.00pm	12/01/2021	8 weeks
	Online	Tutorial	Wednesday	By arrangement	13/01/2021	8 weeks
MATHS SKILLS						
394	Audley NLC	Class	Thursday	5.30pm – 7.30pm	14/01/2021	8 weeks
	Online	Tutorial	Wednesday	By arrangement	20/01/2021	8 weeks

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.



ICT and 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 a qualification, then have a look at the Start IT (iTQ) qualification.

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

Digital Buddies

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

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

We are looking for people with excellent IT and Social Media skills who can support those who are digitally excluded because of low level skills or the lack of access to devices and connectivity.

The project aims to help people stay connected with family and friends and continue the learning they are participating in. We also aim to help combat loneliness through regular phone calls from our digital volunteers.

Eligibility

- Volunteers working within the Adult Learning Service are required to undergo DBS clearance.
- Volunteers need to be 19+
- Supporting from home

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

If you are interested in this opportunity please contact the Volunteer Co-ordinator for a chat, or click apply now.

Email: lvp@lancashire.gov.uk

DIGITAL/ICT SKILLS SUPPORT SERVICE

This is a unique aspect of our provision, whatever your query whether it's how to use social media to reduce isolation or how to access websites for information, research or employment we are here for you. Just call us or drop us an email and we'll get back to you.

Contact us via email at employability@blackburn.gov.uk and please type Employability in the subject box or call us on 01254 507720/01254 581175

DIGITAL/ICT SKILLS BUILDER (TERM TIME ONLY)

Do you find it difficult to commit to a course due to shifts or other commitments? If so, the Skills Builder is for you, these sessions are delivered on a flexible basis where you work at your own pace on your own skills.

You can bring along your *device to find out how to use it effectively and have your queries answered by our tutor. We will show you how to make the most of your device and support you to find a solution to your query.

***Following our Covid 19 guidelines**

372	Bank Top NLC	Wednesday	9.30am – 11.30am	06/01/2021 to 24/03/2021
373	Audley NLC	Thursday	1pm – 3pm	07/01/2021 to 25/03/2021
374	Darwen Town Hall	Friday	10am – 12pm	08/01/2021 to 26/03/2021

DIGITAL/ICT SKILLS BUILDER FOR ESOL (TERM TIME ONLY)

Are you an ESOL learner with low level English language and want to develop your digital/computer skills? Come along and join us in the Skills Builder and we'll support you to find a solution to your query. **Skills required: Be able to use a mouse and keyboard and have an email account.**

375	Bank Top NLC	Monday	9.30am – 11.30am	04/01/2021 to 22/03/2021
376	Audley NLC	Tuesday	1pm – 3pm	05/01/2021 to 12/01/2021

Digital Skills for Employment

MAKING THE MOST OF ONLINE APPLICATIONS

Many employers expect job seekers to apply for jobs online, you may need to apply on the employer's website or on an online job board such as [indeed.co.uk](https://www.indeed.co.uk). This short course will show you how to apply for jobs online and upload your CV onto specific websites. **Skills required: Be able to use a mouse and keyboard and have an email account.**

377	Bank Top NLC	Monday	12.30pm – 3pm	11/01/2021	2 ½ hours
378	Bank Top NLC	Monday	12.30pm – 3pm	22/03/2021	2 ½ hours

MAKING THE MOST OF EMAIL

This course is designed for learners who have an Email account and would like to be familiar with the common functions and features found in an Email account. Come and find out how to manage emails as well as the key aspects including etiquette and how to safely and securely. **Skills required: Be able to use a mouse and keyboard and have access to a device to participate.**

379	Bank Top NLC	Monday	1pm – 3pm	18/01/2021	2 weeks
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MAKING THE MOST OF VIDEO CALLING

This short course will look at the equipment and resources you will need to carry out a video call, explore video calling service like MS Teams, Zoom or Skype and how to carry out a video call using a web browser and use its features. **Skills required: Be able to use a mouse and keyboard and have access to a device to participate.**

380	Bank Top NLC	Monday	1pm – 3pm	01/02/2021	2 weeks
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MAKING THE MOST OF POWERPOINT

This course looks at the aspects of creating a presentation using a computer, you will have the opportunity to produce a presentation and present it. The course will also help you to improve your confidence when speaking to a group as well as looking at skills such as voice tone, body language and the use of visual aids. **Skills required: Be able to use a mouse and keyboard.**

381	Bank Top NLC	Monday	1pm – 3pm	22/02/2021	4 weeks
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GETTING STARTED WITH MS TEAMS

This session introduces you to Microsoft Teams, the topics include how to join a scheduled Teams meeting; setting your status; applying a background view; muting and unmuting sound in a meeting, identifying features on the teams program (interface) screen, accessing chat and files. **Skills required: Be able to use a mouse and keyboard and basic computing skills.**

382	Online	Wednesday	3.30pm – 4.45pm	13/01/2021	1 ¼ hours
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MORE ABOUT TEAMS

This session follows on from Getting Started with Teams and the topics include recording meetings, saving files in cloud storage, sending and sharing a document to specific people to view and edit, pinning features in a specific order and using the whiteboard facility, plus much more. **Skills required: Be able to use a mouse and keyboard and basic computing skills.**

383	Online	Wednesday	3.30pm – 4.45pm	20/01/2021	1 ¼ hours
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GETTING TO GRIPS WITH SHOPPING ONLINE

Online shopping is a great way to buy your weekly shop, browse for products, compare prices and find bargains but as its popularity has increased, so have the risks. In this session you will explore ways to shop safely online and tips on keeping your personal details secure. **Skills required: Be able to use a mouse and keyboard and basic computing skills.**

384	Online	Wednesday	1pm – 2.30pm	13/01/2021	1 ½ hours
385	Online	Wednesday	1pm – 2.30pm	10/02/2021	1 ½ hours
386	Online	Wednesday	1pm – 2.30pm	17/03/2021	1 ½ hours

PROTECT YOURSELF FROM ONLINE THREATS

This short session will help learners gain an understanding of some of the common potential risks associated with using the internet including cybercrime and how to protect themselves online. **Skills required: Be able to use a mouse and keyboard and basic computing skills.**

387	Online	Wednesday	1pm – 2.30pm	20/01/2021	1 ½ hours
388	Online	Wednesday	1pm – 2.30pm	24/02/2021	1 ½ hours
389	Online	Wednesday	1pm – 2.30pm	24/03/2021	1 ½ hours

CITY & GUILDS START IT (ITQ), ENTRY LEVEL 3

This is a 9 week accredited course designed for learners who have basic computing skills and are looking for a qualification in computing. The course is split into three units: IT User Fundamentals, Word processing software and Spreadsheet software. Part of the course entails building a portfolio. **Skills required: English language skills at Entry Level 3 or higher and basic computing skills: mouse and keyboard skills are essential.**

Delivery – 3 ½ hours in class, 1 hour independent learning and 1 hour online tutor-led session.

392	Audley NLC	Class	Tuesday	9.30am – 1pm	19/01/2021	9 weeks
	Online	Tutorial	Friday	1.30pm – 2.30pm	22/01/2021	9 weeks



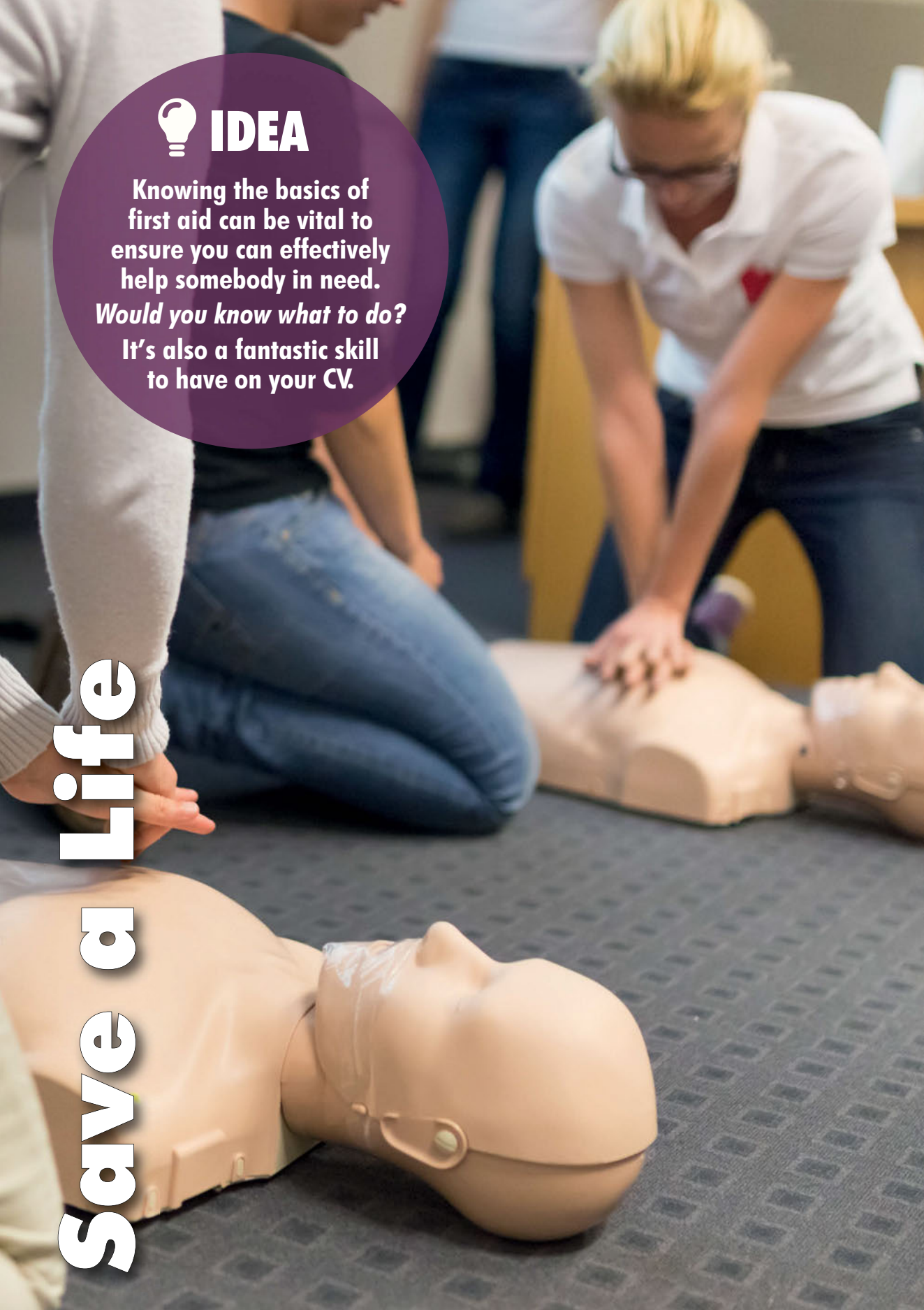
IDEA

Knowing the basics of first aid can be vital to ensure you can effectively help somebody in need.

Would you know what to do?

It's also a fantastic skill to have on your CV.

Save a Life





Skills for Employment



Are you looking to improve and develop your employability prospects?

We are offering a range of free employability courses both online and in our centres. You can gain valuable and appropriate employability skills needed by employers and help you to enhance your CV. Explore the newly revised employability programme below for our latest courses and packages, which include qualifications.

Preparing for Employment

CV WORKSHOP

This workshop is designed to support you in creating or improving your CV with the help of our tutor.

396	Online	Thursday	9.30am – 11am	07/01/2021	1 ½ hours
397	Online	Tuesday	9.30am – 11am	09/02/2021	1 ½ hours
398	Online	Wednesday	9.30am – 11am	17/03/2021	1 ½ hours

FIND MY NEXT JOB

This session focuses on supporting you to look for work and apply for jobs with the support of our tutor.

399	Online	Thursday	1pm – 2.30pm	07/01/2021	1 ½ hours
400	Online	Thursday	9.30am – 11am	11/02/2021	1 ½ hours
401	Online	Thursday	9.30am – 11am	25/03/2021	1 ½ hours

INTERVIEW SKILLS SUPPORT

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 whether it is a face to face interview or online. You will have the opportunity to take part in a mock interview.

402	Online	Monday	9.30am – 11.30am	11/01/2021	2 hours
403	Online	Monday	9.30am – 11.30am	08/02/2021	2 hours
404	Online	Monday	9.30am – 11.30am	15/03/2021	2 hours

TRANSFERABLE SKILLS FOR EMPLOYMENT

NEW COURSE FOR 2021

You have more skills than you know and many of them will be transferable. Transferable skills are a set of core skills and abilities that you have built throughout your life, which can apply to a wide range of jobs. Come and join us to identify your skills and fit them to a desired role.

405	Online	Thursday	9.30am – 11am	14/01/2021	1 ½ hours
406	Online	Thursday	9.30am – 11am	25/02/2021	1 ½ hours
407	Online	Thursday	9.30am – 11am	25/03/2021	1 ½ hours

ASCENTIS LEVEL 1 AWARD IN UNDERSTANDING SAFEGUARDING FOR WORK, EDUCATION AND LIFE

NEW COURSE FOR 2021

Do you need a Safeguarding qualification? This course is designed to give you an understanding of safeguarding in work, education and life contexts. You will cover different types of abuse and how to recognise them, possible safeguarding issues caused by modern technology, the meaning of discrimination and victimisation as well as the importance of disclosing safeguarding concerns to professionals. **Skills required: English language skills at Entry Level 3 or higher.**

412	Audley NLC	Wednesday	9.30am – 1pm	27/01/2021	6 weeks
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Employability Packages

Is there a particular area in which you would like to develop your skills with the prospect of working in this sector? We have a range of packages designed to give you an insight into these areas and develop the skills and knowledge required.

PREPARING FOR EMPLOYMENT IN THE HEALTH AND SOCIAL CARE SECTOR

NEW COURSE FOR 2021

Are you looking for employment or considering a career change to join the Health and Social Care Sector? If so, come along and join us on this course, which will provide you with a wide range of skills, knowledge and experiences to help you on your way.

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

Delivery – 3 ½ hours in class, 1 hour independent learning and 1 hour online tutor-led session.

408	Bank Top NLC	Class	Monday	9.30am – 1pm	11/01/2021	12 weeks
	Online	Tutorial	Wednesday	1.30pm – 2.30pm	13/01/2021	12 weeks

This employability package is made up of units and subjects including:

- Level 1 Award - Introduction to Health and Social Care
- Dementia Awareness
- Mental Health First Aid (MHFA)

For more details regarding this course please contact us, we would be pleased to hear from you.

PREPARING FOR EMPLOYMENT IN SCHOOLS

NEW COURSE FOR 2021

Are you thinking about a career in schools? This course is a great introduction and first steps towards this, come and join us to start your journey. **Skills required: English language skills at Entry Level 3 or higher.**

Delivery: 3 ½ hours in class, 1 hour independent learning and 1 hour online tutor-led session.

414	Bank Top NLC	Class	Thursday	9.30am – 1pm	14/01/2021	10 weeks
	Online	Tutorial	Monday	1.30pm – 2.30pm	18/01/2021	10 weeks

This employability package is made up of units and subjects including:

- Ascentis Level 1 Award in Supporting a Child's Learning in School
- Ascentis Level 1 Understanding Safeguarding for Work, Education and Life
- Ascentis Entry 3 Award in Equality and Diversity

For more details regarding this course please contact us, we would be pleased to hear from you.

PREPARING FOR EMPLOYMENT IN THE CLEANING SERVICES

NEW COURSE FOR 2021

Are you thinking about setting up your own cleaning business or looking for employment in this area? If so, this suit of course will help you on your way. **Skills required: English language skills at Entry Level 3 or higher.**

416	Bank Top NLC	Class	Monday	9.30am – 1pm	11/01/2021	10 weeks
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This employability package is made up of units and subjects including:

- Ascentis Level 1 Award in Infection Control and Prevention
- Moving and Handling in the Workplace
- Ascentis Entry 3 or Level 1 Award in Health and Safety in the Workplace

For more details regarding this course please contact us, we would be pleased to hear from you.

PREPARING FOR EMPLOYMENT IN CUSTOMER SERVICES

NEW COURSE FOR 2021

Do you work in customer services or are looking for career opportunity within this sector? If so this suite of qualifications will provide you with the skills and knowledge required to support you in this area. **Skills required: English language skills at Entry Level 3 or higher.**

419	Audley NLC	Class	Wednesday	9.30am – 1pm	13/01/2021	10 weeks
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This employability package is made up of units and subjects including:

- Ascentis Entry 3 or Level 1 Introduction to Customer Care
- Ascentis Entry 3 Award in Equality and Diversity
- Highfield Level 2 Understanding Conflict Management

For more details regarding this course please contact us, we would be pleased to hear from you.

PREPARING FOR EMPLOYMENT, BUSINESS AND ENTERPRISE

NEW COURSE FOR 2021

Are you considering setting up your own business, have a general interest in enterprise or would like to know more about principles of employment? If so then this course will get you started. **Skills required: English language skills at Entry Level 3 or higher and how to navigate around a computer and use the internet.**

420	Bank Top NLC	Class	Tuesday	9.30am – 1pm	12/01/2021	10 weeks
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You will explore the importance of entrepreneurial skills within business, the skills and qualities needed in a workforce to ensure its success and understanding the value of a good customer service for an employer.

This employability package is made up of units and subjects including:

- Ascentis Level 1 Award Understanding Employment, Business and Enterprise
- Developing a Starter Website using Wix
- Using Social Media for Marketing
- Promoting Work Wellbeing

For more details regarding this course please contact us, we would be pleased to hear from you.



Food Safety

This introductory course covers food safety and hygiene skills that are required by anyone who handles food or drink as part of their work or volunteering role. This course is suitable for beginners, learners who have completed level 1 Food Safety and would like to refresh their knowledge or anyone interested in improving their understanding of food safety in the home.

FOOD SAFETY

This introductory course covers food safety and hygiene skills that are required by anyone who handles food or drink as part of their work or volunteering role. This course is suitable for beginners, learners who have completed level 1 Food Safety and would like to refresh their knowledge or anyone interested in improving their understanding of food safety in the home.

421	Bank Top NLC	Friday	9.30am – 1pm	29/01/2021	3 ½ hours
422	Bank Top NLC	Tuesday	9.30am – 1pm	23/02/2021	3 ½ hours
423	Bank Top NLC	Tuesday	9.30am – 1pm	23/03/2021	3 ½ hours

First Aid

LANCASHIRE LIFESAVERS

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, which will guide you on how to conduct CPR and use an AED machine in an emergency situation.

If you are interested in this session whether it is for yourself to join a session or where you would like us to bring the session to you for a local group please contact us on (01254) 581175 or email us at: adultlearning@blackburn.gov.uk



BASIC FIRST AID (ADULT)

Learn practical lifesaving skills and 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).

424	Bank Top NLC	Thursday	9.30am – 1pm	28/01/2021	3 ½ hours
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INTRODUCTION TO PAEDIATRIC FIRST AID (CHILD AND BABY)

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

426	Bank Top NLC	Thursday	9.30am – 1pm	18/03/2021	3 ½ hours
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LEVEL 2 CERTIFICATE IN EMERGENCY FIRST AID AT WORK

This accredited course covers practical lifesaving skills and develop techniques for emergency situations required in the workplace. 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. The course involves written and practical assessments therefore learners need to be physically mobile to achieve the accredited certificate. **Skills required: English language skills at Entry Level 3 or higher.**

425	Bank Top NLC	Tuesday/Wednesday	9.30am – 2.30pm	16/02/2021	2 days
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What Next?

Are you looking to continue your learning and interested in the next level of qualification? Working in partnership with CVS Blackburn, we are pleased to be able to offer you higher level qualifications in Health and Wellbeing, Business, Leadership and Management and much more.

CVS are offering:

- Level 2 Awards, Diplomas and Certificates in Administration
- Level 2 Awards in Alcohol Misuse and Substance Misuse
- Level 3 & 5 Awards, Certificates and Diplomas in Leadership Management
- Level 3 & 4 Award, Certificate and Diploma in Advice and Guidance

To find out more visit www.communitycvcs.org.uk or call (01254) 583957 and ask to speak to Lynn Trickett.





IDEA

Many people find that being creative through arts and crafts has a very positive effect on their mental health and wellbeing.

Why not come along and try something new?

Get Creative!

Mindful Crafts for Wellbeing
~ **Darwen Town Hall**



Health and Wellbeing

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

MENTAL HEALTH FIRST AID

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



314	MHFA Awareness	Audley NLC	Wednesday	9.15am – 2.45pm	13/01/2021	5 ½ hours
333	MHFA Awareness	Online	Tuesday Thursday Friday	10am – 12pm	02/02/2021 04/02/2021 05/02/2021	3 Sessions
360	MHFA Awareness	Bank Top NLC	Friday	9.15am – 2.45pm	26/03/2021	5 ½ hours
316	Adult MHFA Full Certificated	Audley NLC	Friday Wednesday Friday	9.15am – 2.45pm	15/01/2021 20/01/2021 22/01/2021	3 Sessions
346	Adult MHFA Full Certificated	Bank Top NLC	Friday Wednesday Friday	9.15am – 2.45pm	26/02/2021 03/03/2021 05/03/2021	3 Sessions
328	Youth MHFA Full Certificated	Audley NLC	Monday Wednesday Monday Wednesday	9.30am – 2.30pm	25/01/2021 27/01/2021 01/02/2021 03/02/2021	4 Sessions
343	Youth MHFA Full Certificated	Audley NLC	Monday Wednesday Monday	9am – 3.30pm	22/02/2021 24/02/2021 01/03/2021	3 Sessions
356	Youth MHFA Full Certificated	Online 3 hr online session plus 2 hr independent study per day	Friday Monday Friday Monday	9.30am – 2.30pm	12/03/2021 15/03/2021 19/03/2021 22/03/2021	4 Sessions

Dementia

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

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

DEMENTIA AWARENESS

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

DAA
Blackburn with Darwen
Dementia Action Alliance

330	Online	Friday	1pm – 2.30pm	29/01/2021	1 ½ hours
345	Online	Thursday	1pm – 2.30pm	25/02/2021	1 ½ hours
353	Online	Friday	10am – 11.30am	05/03/2021	1 ½ hours

CREATIVITY FOR WELLBEING

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

329	Audley NLC	Friday	10.30am – 12pm	29/01/2021	4 weeks
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DEMENTIA FRIENDLY REMINISCENCE AND MEMORY WORKSHOPS

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

342	Online	Friday	1.30pm – 3pm	12/02/2021	1 ½ hours
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The courses below are aimed at giving you tips to better manage your physical and mental health. The courses are designed to help you make small practical changes that could have an impact on your overall health and wellbeing.

ANXIETY, STRESS AND FEELING OVERWHELMED

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

315	Online	Thursday	1pm – 2.30pm	14/01/2021	1 ½ hours
351	Audley NLC	Monday	1pm – 3pm	01/03/2021	2 hours

FIVE WAYS TO EMBRACE THE SEASONS

NEW COURSE FOR 2021

This 4 week online course looks at the five ways to wellbeing and how we can use these to embrace the changing seasons. This term we have a winter course (361) which brings together a mixture of crafts, recipes, nature, art and music to help nurture a healthy mind over the winter months; we also have a spring course (362) which uses nature, art, crafts and recipes to help us maximise our wellbeing and embrace the coming spring.

361	Online	Tuesday	12pm – 1.45pm	19/01/2021	4 weeks
362	Online	Friday	1pm – 2.15pm	26/02/2021	4 weeks

HEALTHY HOME COOKING WITH JAN

Join us on this culinary experience where we will teach you how to cook a range of easy, healthy dishes. This online course blends pre-recorded videos and tutor discussions to give you a step by step approach to creating healthy nutritious meals on a budget for you and your family.

Make your budget go further with this healthy meatball recipe served with a delicious roasted pepper sauce.

318	Online	Friday	12.30pm – 1.45pm	15/01/2021	1 ¼ hours
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Winter Warmers - A tasty meat free, budget hotpot served with a healthier fruit crumble.

327	Online	Friday	1.30pm – 2.45pm	22/01/2021	1 ¼ hours
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Homemade Gnocchi with a fresh lemon and chive pesto; a lovely dish for Spring.

334	Online	Friday	1.30pm – 2.45pm	05/02/2021	1 ¼ hours
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Savoury Muffins, for breakfast, lunchboxes or a snack. A good way to get both adults and children to eat more veg!

358	Online	Wednesday	10am – 11.15am	17/03/2021	1 ¼ hours
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Complementary Therapies

INTRODUCTION TO MEDITATION

Have you wondered how meditation works? Would you like the opportunity to try different types of meditation? This introductory course gives a brief overview of the benefits of meditation and how it is used to improve mental and physical wellbeing.

320	Audley NLC	Monday	1pm – 3pm	18/01/2021	2 hours
347	Online	Friday	1pm – 2.15pm	26/02/2021	2 weeks



Nature Therapy



IDEA

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



Grow Your Wellbeing
~ Bank Top NLC Community Garden

Nature Therapy

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

GROW YOUR WELLBEING

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

344	Bank Top NLC	Tuesday	10am – 12pm	23/02/2021	5 weeks
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HERBS, HEALTH & HAPPINESS

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

317	Bank Top NLC	Friday	10am – 11.30am	15/01/2021	1 ½ hours
355	Bank Top NLC	Wednesday	10am – 11.30am	10/03/2021	1 ½ hours

REFOCUS: AN INTRODUCTION TO SMARTPHONE PHOTOGRAPHY

NEW COURSE FOR 2021

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

337	Audley NLC	Wednesday	1pm – 3pm	10/02/2021	2 hours
350	Audley NLC	Monday	10am – 12pm	01/03/2021	2 hours

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 paper folding, whatever gives you a spark to get creative!

MAKE YOUR OWN BOTTLE LIGHTS

NEW COURSE FOR 2021

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.

341	Audley NLC	Wednesday	10am – 12pm	10/02/2021	2 hours
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MAKE YOUR OWN SPRINGTIME JARS

NEW COURSE FOR 2021

Ever fancied putting those old jars to a new use? Want to learn how to make low cost home made gifts for family and friends? Why not join us for a free springtime jar workshop. All you will need is a clean glass jar or bottle.

A resource pack will be delivered to the postal address you provide when booking

349	Online	Friday	10am – 11.15am	26/02/2021	1 ¼ hours
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ORIGAMI AND 3D PAPER CRAFT WORKSHOP

NEW COURSE FOR 2021

Explore the ancient art of paper folding. As well as being fun and creative, origami can be very therapeutic. We will 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 will guide you through all the steps.

352	Bank Top NLC	Friday	1pm – 3pm	05/03/2021	2 hours
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HISTORY ALL AROUND ME – VIRTUAL HISTORY WALKS

Ever wondered about the history of Blackburn? Do you want to know more about the area's historic past? Why not join Jan for our new virtual history walks around Blackburn. Join us from the comfort of your home as we discover some of Blackburn's hidden history.

Circuses, Suffragettes and an Ancient Spring.

326	Online	Friday	10am – 11.30am	22/01/2021	1 ½ hours
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Ballrooms, Bankruptcy and an Old Fish Market.

332	Online	Monday	1pm – 2.30pm	01/02/2021	1 ½ hours
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Ballrooms, Bankruptcy and an Old Fish Market.

354	Online	Monday	1pm – 2.30pm	08/03/2021	1 ½ hours
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Circuses, Suffragettes and an Ancient Spring.

359	Online	Thursday	10am – 11.30am	18/03/2021	1 ½ hours
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ROUND MY WAY: LOCAL HISTORY

Want to know more about our local area, that 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 notable people who were born and raised on our streets.

322	Online	Tuesday	10am – 11.15am	19/01/2021	4 weeks
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348	Online	Friday	10am – 11.15am	26/02/2021	4 weeks
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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.

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.

MEDITATION IN CHALLENGING TIMES

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

357	Bank Top NLC	Friday	1pm – 3pm	15/01/2021	4 weeks
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WRITE FOR ME

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

321	Bank Top NLC	Monday	10am – 12.30pm	18/01/2021	4 weeks
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MINDFUL CRAFTS FOR WELLBEING

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

313	Bank Top NLC	Friday	1pm – 3pm	22/01/2021	4 weeks
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STEP INTO SPRING: WALKING PHOTOGRAPHY TRAIL

NEW COURSE FOR 2021

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

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

331	Witton Park	Tuesday	12.30pm – 3pm	23/02/2021	5 weeks
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LET'S PAINT

NEW COURSE FOR 2021

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

336	Audley NLC	Monday	12.30pm – 2.30pm	08/03/2021	4 weeks
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FOOD FOR MOOD

NEW COURSE FOR 2021

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

338	Audley NLC	Wednesday	10am – 12pm	10/03/2021	4 weeks
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MANAGE YOUR STRESS

NEW COURSE FOR 2021

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

339	Audley NLC	Wednesday	12.30pm – 3pm	03/03/2021	5 weeks
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LIVING LIFE TO THE FULL

In partnership with Minds Matter, this course covers common mental health challenges like low mood, anxiety and stress and looks at the common linked problems this causes. It gives you the chance to work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm and tackle upsetting thinking. **Please contact the centre and we will take details and let you know as soon as we have confirmed dates and venues for this course.**

Mindsmatter

- 
- ESOL can help you:**
- **Feel more confident**
 - **Be more independent**
 - **Help your children with school work**
 - **Get a qualification**
 - **Progress onto other training**
 - **Get ready to get a job**
 - **Improve your IT Skills**

ESOL



Our Learn English Together courses are delivered in community settings and support people to learn English, access services & get involved in the community. As well as English classes, learners will take part in activities and workshops to improve confidence and social integration.



All
courses
are **FREE!**

ESOL ONLINE:

We are now offering online ESOL classes as well as the many resources available on our new Adult Learning ESOL website. Visit: www.bwdlearning.org/esol

All learners will have an assessment before starting the course to make sure we find the right class for you. To join our classes or for support with the website, please call 01254 581175 or email ESOL@blackburn.gov.uk



IDEA

Whether its learning together in class, or helping to support your child with their school work, we are continually adding to the subjects we offer, from maths and English to science and ICT.

Family Learning



Lego Robotics
~ Audley NLC



Family Learning

We offer a range of courses and sessions to support parents to be able to support their children with their learning and development.

Introduction Sessions

ONLINE SESSIONS & NEW TWILIGHT SESSIONS FOR 2021

Welcome to our Suite of Introduction sessions, which enable parents and carers to explore the strategies used in schools to teach children a wide range of subjects based around the National Curriculum. Don't worry if you have limited English, Maths and Science skills we are here to help.

Has Lockdown left you feeling lost with what your children are doing in school? Has it made you think about improving your own skills and knowledge to be able to support your children with English or Maths?

Skills required. A basic level of English in order to understand key terms and phrases. These courses are suitable for absolute beginners.

LET'S READ

Would you like to find out how your child develops their reading skills and what you can do to support this? Our Let's Read sessions focus on supporting you to assist your child with English development. The sessions are designed to work in conjunction with the National Curriculum and the way in which schools teach.

306	Bank Top NLC	Let's Read for Key Stage 1	Thursday	12.45pm – 2.45pm	25/02/2021	1 week
307	Bank Top NLC	Let's Read for Key Stage 2	Thursday	12.45pm – 2.45pm	04/03/2021	1 week

INTRODUCTION TO ENGAGING ENGLISH

Join us to find out how schools teach English and how you can support your child's learning. Attend as many or as few of these sessions as you like. Each session is delivered online using MS Teams.

099	Online	Get Set for Nouns	Wednesday	11.30am – 12.30pm	13/01/2021	1 week
101	Online	Get Set for Verbs	Wednesday	11.30am – 12.30pm	20/01/2021	1 week
226	Online	Get Set for Adjectives	Wednesday	11.30am – 12.30pm	27/01/2021	1 week
239	Online	Get Set for Punctuation	Wednesday	11.30am – 12.30pm	03/02/2021	1 week
240	Online	Get Set for Sentence Structure	Wednesday	11.30am – 12.30pm	10/02/2021	1 week
214	Online	Get Set for Tenses	Wednesday	11.30am – 12.30pm	24/02/2021	1 week
242	Online	Get Set for Dictionaries	Wednesday	11.30am – 12.30pm	03/03/2021	1 week
243	Online	Get Set for Homophones	Wednesday	11.30am – 12.30pm	10/03/2021	1 week

NO NEED TO NEED TO MISS OUT IF YOU ARE WORKING... WE ARE NOW OFFERING EVENING SESSIONS!

265	Online	Get Set for Nouns	Thursday	5pm – 6pm	14/01/2021	1 week
266	Online	Get Set for Verbs	Thursday	5pm – 6pm	21/01/2021	1 week
267	Online	Get Set for Adjectives	Thursday	5pm – 6pm	28/01/2021	1 week
268	Online	Get Set for Punctuation	Thursday	5pm – 6pm	04/02/2021	1 week
269	Online	Get Set for Sentence Structure	Thursday	5pm – 6pm	11/02/2021	1 week
270	Online	Get Set for Tenses	Thursday	5pm – 6pm	25/02/2021	1 week
271	Online	Get Set for Dictionaries	Thursday	5pm – 6pm	04/03/2021	1 week
272	Online	Get Set for Homophones	Thursday	5pm – 6pm	11/03/2021	1 week

INTRODUCTION TO MARVELLOUS MATHS

Remove some of the mystery around maths and find out how you can support your child's learning. Attend as many or as few of these sessions as you like. Each session is delivered online using MS Teams.

244	Online	Get Set for Numbers	Monday	9.30am – 10.30am	11/01/2021	1 week
245	Online	Get Set for Addition	Monday	9.30am – 10.30am	18/01/2021	1 week
246	Online	Get Set for Subtraction	Monday	9.30am – 10.30am	25/01/2021	1 week
247	Online	Get Set for Multiplication	Monday	9.30am – 10.30am	01/02/2021	1 week
248	Online	Get Set for Division	Monday	9.30am – 10.30am	08/02/2021	1 week
249	Online	Get Set for Place Value	Monday	9.30am – 10.30am	22/02/2021	1 week
250	Online	Get Set for Fractions	Monday	9.30am – 10.30am	01/03/2021	1 week
251	Online	Get Set for Measurement	Monday	9.30am – 10.30am	08/03/2021	1 week

NO NEED TO NEED TO MISS OUT IF YOU ARE WORKING... WE ARE NOW OFFERING EVENING SESSIONS!

273	Online	Get Set for Numbers	Wednesday	5pm – 6pm	13/01/2021	1 week
274	Online	Get Set for Addition	Wednesday	5pm – 6pm	20/01/2021	1 week
275	Online	Get Set for Subtraction	Wednesday	5pm – 6pm	27/01/2021	1 week
276	Online	Get Set for Multiplication	Wednesday	5pm – 6pm	03/02/2021	1 week
277	Online	Get Set for Division	Wednesday	5pm – 6pm	10/02/2021	1 week
278	Online	Get Set for Place Value	Wednesday	5pm – 6pm	24/02/2021	1 week
279	Online	Get Set for Fractions	Wednesday	5pm – 6pm	03/03/2021	1 week
280	Online	Get Set for Measurement	Wednesday	5pm – 6pm	10/03/2021	1 week



INTRODUCTION TO PHANTOM PHONICS

Is your child in Reception or Year 1? Are you wondering what Phonics is and how to explain, use and support your child's learning of phonemes, graphemes, digraphs? Attend as many or as few of these sessions as you like. Each session is delivered online using MS Teams.

252	Online	Get Set for Phase 1 Phonics	Tuesday	4.15pm – 5.15pm	12/01/2021	1 week
253	Online	Get Set for Phase 2 Phonics	Tuesday	4.15pm – 5.15pm	19/01/2021	1 week
254	Online	Get Set for Phase 3 Phonics	Tuesday	4.15pm – 5.15pm	26/01/2021	1 week
255	Online	Get Set for Phase 4 Phonics	Tuesday	4.15pm – 5.15pm	02/02/2021	1 week
256	Online	Get Set for Phase 5 Phonics	Tuesday	4.15pm – 5.15pm	09/02/2021	1 week
257	Online	Get Set for Phase 6 Phonics	Tuesday	4.15pm – 5.15pm	23/02/2021	1 week

INTRODUCTION TO SPECTACULAR SCIENCE

In our Spectacular Science sessions, we will be exploring how children are taught about electricity, sound, plants, the human body and much more. Attend as many or as few of these sessions as you like. Each session is delivered online using MS Teams.

258	Online	Get Set for Plants	Wednesday	1.30pm – 2.30pm	13/01/2021	1 week
259	Online	Get Set for the Human Body	Wednesday	1.30pm – 2.30pm	20/01/2021	1 week
260	Online	Get Set for Senses	Wednesday	1.30pm – 2.30pm	27/01/2021	1 week
261	Online	Get Set for Light	Wednesday	1.30pm – 2.30pm	03/02/2021	1 week
262	Online	Get Set for Forces	Wednesday	1.30pm – 2.30pm	10/02/2021	1 week
263	Online	Get Set for Electricity	Wednesday	1.30pm – 2.30pm	24/02/2021	1 week
264	Online	Get Set for Sound and Vibration	Wednesday	1.30pm – 2.30pm	03/03/2021	1 week

FAMILY WELLBEING CRAFTS

NEW COURSE FOR 2021

We have a selection of craft sessions to help you gain ideas of how to keep the family busy. Would you like to know how to support your children to develop learning and wellbeing through craft activities? If so, these are the sessions for you. We have on offer a mix of online and centre based courses and all materials will be provided through collection prior to the course.

296	Online	Family Doodling for Wellbeing	Monday	1pm – 2pm	11/01/2021	1 week
301	Bank Top NLC	Family Doodling for Wellbeing	Thursday	9.30am – 11am	14/01/2021	1 week
297	Online	Family Pebble Painting	Monday	1pm – 2pm	18/01/2021	1 week
302	Bank Top NLC	Family Pebble Painting	Thursday	9.30am – 11am	21/01/2021	1 week
298	Online	Create your own Sock Puppet	Monday	1pm – 2pm	25/01/2021	1 week
303	Bank Top NLC	Create your own Sock Puppet	Thursday	9.30am – 11am	28/01/2021	1 week
299	Online	Family Macramé	Monday	1pm – 2pm	01/02/2021	1 week
304	Bank Top NLC	Family Macramé	Thursday	9.30am – 11am	04/02/2021	1 week
300	Online	Family String Art	Monday	1pm – 2pm	08/02/2021	1 week
305	Bank Top NLC	Family String Art	Thursday	9.30am – 11am	11/02/2021	1 week

FAMILY TIME TO TALK

Body Image - Talking about body image with your child can help them become comfortable in their own skin. Would you like to be able to explore the impact of social media on body image?

281	Online	Monday	11.00am – 12pm	11/01/2021	1 week
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Sleep - A good night's sleep can improve a child's mood, memory and health. Join us to find out about the benefits of good quality sleep and how you can help your child to improve this.

282	Online	Monday	11.00am – 12pm	18/01/2021	1 week
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Relationships - This session focuses on learning about friendships and how to deal with some of the challenges that can arise. Come and find out how you can help your child to form healthy friendships and explore strategies for dealing with challenges in friendships.

283	Online	Monday	11.00am – 12pm	25/01/2021	1 week
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Social Media - Come and find out how you can support your child with their wellbeing linked to social media. Discover what actions young people can take to look after their wellbeing both on and off line.

284	Online	Monday	11.00am – 12pm	01/02/2021	1 week
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What to do About Worry - Would you like to be able to talk to your child about recognising what worry might feel or look like and identify actions a young person can take if they are worried?

285	Online	Monday	11.00am – 12pm	08/02/2021	1 week
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Online Worry and Fear of Missing Out - Find out how to support your child to cope with stress linked to using social media. Help them to recognise the difference between online and real friends and understand that social media sometimes does not reflect real life.

286	Online	Monday	11.00am – 12pm	22/02/2021	1 week
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Cyberbullying - We'll help you to talk to your child about the meaning and impact of bullying and cyberbullying, as well as exploring appropriate ways of responding to discriminating, hurtful or intimidating behaviour.

287	Online	Monday	11.00am – 12pm	01/03/2021	1 week
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Coping with Change - Change is inevitable. Would you like to find out how to support your child deal with and respond to change? If so, this session is for you.

288	Online	Monday	11.00am – 12pm	08/03/2021	1 week
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Puberty - Would you like to be able to support your child with the physical and emotional changes that occur in young people during puberty and the impact this can have on everyday life?

289	Online	Monday	11.00am – 12pm	15/03/2021	1 week
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Time to Celebrate

Throughout the year, we have sessions marking special occasions. These sessions focus on gaining knowledge, understanding and raise awareness about the occasion being celebrated.

INTERNATIONAL SCHOOL MEALS DAY

308	Bank Top NLC	Packed Lunch Power	Friday	12.45pm – 2.45pm	12/03/2021	1 week
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SPECIAL SOMEONE SUNDAY

309	Bank Top NLC	Card Making for Someone Special	Thursday	12.45pm – 2.15pm	25/03/2021	1 week
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Next Steps Courses

USING ICT TO SUPPORT YOUR CHILD'S LEARNING

NEW COURSE FOR 2021

This 5 week course will enable you to identify how ICT can support your child's learning. Through the course, you will be able to state how ICT equipment can be used to support learning, carry out an activity with your child using ICT and evaluate the positive outcomes of the activity you carry out.

391	Online	Tuesday	1.30pm – 2.30pm	12/01/2021	5 weeks
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STORY SACKS AT HOME

NEW COURSE FOR 2021

This is a 5 week accredited course that focuses on supporting you to create and use your own story sack with your child. You will be able to discover the benefits of story sacks, create an interest in books and stimulate their minds and imagination by bringing stories to life. **Free Resources: All materials will be available for collection prior to the course.**

294	Audley NLC	Tuesday	1pm – 2.30pm	12/01/2021	5 weeks
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5 WAYS TO FAMILY WELLBEING

NEW COURSE FOR 2021

This is a 5 week course focusing on the wellbeing of the whole family. Take part in family friendly activities linked to each of the 5 Ways to Wellbeing. Explore how to support positive wellbeing within your family and identify one change you can make at home to encourage positive wellbeing.

295	Bank Top NLC	Thursday	1pm – 2.30pm	14/01/2021	5 weeks
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Accredited Courses

Our accredited courses are delivered at Entry 3 and Level 1. A basic level of English is required in order to understand key terms and phrases.



ASCENTIS AWARD IN SHARING LEARNING EXPERIENCES WITH CHILDREN

NEW COURSE FOR 2021

This 10 week accredited course will focus on sharing a variety of learning experiences and activities with children and the importance of these to support a child's learning and development. We will be looking at the importance of stories and rhymes in play and how to make these fun and engaging. We will also look at how children learn in the natural environment, whilst using all their senses.

290	Audley NLC	Tuesday	9.15am – 11.30am	12/01/2021	10 weeks
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AIM AWARD IN HOW TO USE CRAFT ACTIVITIES TO SUPPORT YOUR CHILD'S LEARNING

NEW COURSE FOR 2021

This is a 5 week accredited course focusing on supporting your child's learning through craft activities. During the course, you will learn how craft activities support a child's learning, plan how to use craft activities and identify positive outcomes for a child's learning.

292	Bank Top NLC	Thursday	9.15am – 11.15am	14/01/2021	5 weeks
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AIM AWARD IN HOW TO USE POETRY AND RHYME TO SUPPORT YOUR CHILD'S LANGUAGE DEVELOPMENT

NEW COURSE FOR 2021

This is a 5 week accredited course focuses on how to support a child language development through poetry and rhyme. This uplifting dynamic course gets you involved in developing your child's language whilst having fun.

293	Bank Top NLC	Thursday	12.45pm – 2.45pm	14/01/2021	5 weeks
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*FREE ACCREDITED COURSES FOR LEARNERS WHO ARE UNEMPLOYED AND ON A LOW INCOME WAGE



IDEA

The LDD Drama Group showed us that there really are no barriers to learning. Their amazing work was recognised in our recent Adult Learner Awards.

Where will learning take you?

Take a Bow!

"Sara and the Magic Clog" pantomime
~ Bank Top NLC





Learners with Learning Difficulties and Disabilities

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

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

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

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

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

(01254) 507720

or email **adultlearning@blackburn.gov.uk**

What else do we do?

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



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

WE PROVIDE INFORMATION, ADVICE AND GUIDANCE TO HELP YOU MAKE DECISIONS ON LEARNING, TRAINING AND WORK.

Aged 18+ 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



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@ **BwDAdultLearn**

www.bwdlearning.org