



# BUCKINGHAMSHIRE ADULT LEARNING

*Inspiring learning, changing lives*

## COURSE PROGRAMME



Education & Skills  
Funding Agency



# Digital Skills Courses

Our Digital courses cover topics such as: solving problems, buying and communicating online, creating, saving and editing documents and staying safe - to help you feel more confident and make the most out of your devices.

Through live online classes with your tutor and practical activities you will gain the skills to be able to use devices safely, shop and communicate online, create documents and find information on the internet. The course is assessed via a practical assessed task at the end of the course which will be taken at one of our centres.

**Price: FREE** (Digital Skills courses are free for adults aged 19+ who lack the basic digital skills necessary for life or work.)

Available through live online courses - see [www.adultlearningbc.ac.uk/digital-skills/](http://www.adultlearningbc.ac.uk/digital-skills/) for more information.

*“Now I know how to use a computer confidently, I don't have to ask my children to do it for me and I can also use these skills to help with my career.”*



# English and maths Courses

Our English, maths courses are for adults who want to improve their skills and help them to find a job, gain a qualification or help their children with their homework.

Our tutors are highly experienced and qualified and specialise in working with adults. We pride ourselves in building 'learning confidence'.

We offer Pearson Functional Skills qualifications in English and maths from Entry 1 to Level 2, with the opportunity to progress to GCSE, where appropriate. When you start your course, your tutor will talk to you about your aims and will help you to decide which route is right for you.

**Price: FREE** (Our courses are for adults who do not already have A\*- C or 9-4 grade at GCSE. Most English courses are free if English is your first language\*. Maths courses are free to everyone (depending on residency requirements).)

Available online - for more information see [www.adultlearningbc.ac.uk/english-maths/](http://www.adultlearningbc.ac.uk/english-maths/)



# Employability Courses

Job-searching Online, Using Social Media to Job-search, Completing Application Forms, CV Writing, Preparing for Interviews, Video interviews and English and maths qualifications.

## Benefits of these courses:

- Develop practical skills to help you find work
- Identify your transferable skills
- Reduce social isolation and develop confidence
- Identify your next steps to further learning or work
- Small groups with individual support to work at your own pace and level.

**Duration:** Five, six week and yearlong courses and one-day workshops

**Price:** FREE

Available online - see [www.adultlearningbc.ac.uk/community-outreach/](http://www.adultlearningbc.ac.uk/community-outreach/) for more information.

*"The pressure-free, motivating, encouraging, informative, friendly and supportive input afforded to all students by our tutor, was second to none."*



# Wellbeing Courses

Ways to Wellbeing, Building Confidence through Effective Communication, Write Better Feel Better, Managing Stress with Mindfulness.

## Benefits of these courses:

- Develop skills to manage your wellbeing
- Identify ways to improve your motivation
- Reduce social isolation and develop confidence
- Identify your next steps to further learning or work
- Small groups with individual support to work at your own pace and level.

**Duration:** Five-week courses or one-day workshops

**Price:** FREE

Available online - for more information see [www.adultlearningbc.ac.uk/community-outreach/](http://www.adultlearningbc.ac.uk/community-outreach/)

*"A very worthwhile and valuable course to have completed in improving my wellbeing and self- help."*



# Flexible Online Learning

Level 1 and Level 2 distance learning qualification courses in a wide range of subjects including Mental Health Awareness, Preparing to Work in Adult Social Care, Understanding Autism, Customer Service, Business Administration, Digital Skills, Employability Skills, Digital Skills for Work.

## Benefits of these courses:

- Improve employability and personal skills
- Develop professional knowledge
- Complete online assignments at home
- Flexible start dates
- Identify your next steps to further learning or work.

**Duration:** 12 weeks

**Price:** FREE

Available online – for more information see

[www.adultlearningbc.ac.uk/flexible-learning/](http://www.adultlearningbc.ac.uk/flexible-learning/)

*"I enjoyed the course thoroughly. The class teacher was fantastic at delivering relevant tools that we all need on a day-to-day basis. I'm optimistic about the future as before I didn't know if I was coming or going. Thank you."*



# English for Speakers of Other Languages

We offer ESOL (English for Speakers of Other Languages) courses which are designed to help learners improve their ability to talk, listen, read and write in English and settle in the community.

## An ESOL class is right for you if:

- English is not your first language
- you are living in the UK long-term
- you want to speak and understand everyday English
- you want to improve your reading and writing
- you want an ESOL qualification

**Duration:** You can join most courses throughout the year. If you would like to enrol, please book an appointment to see us.

**Price:** £3.95 per hour but we offer fee concessions for those on benefits or earning less than £17,000 per annum.

For more information visit [www.adultlearningbc.ac.uk/english-for-speakers-of-other-languages-esol/](http://www.adultlearningbc.ac.uk/english-for-speakers-of-other-languages-esol/) or email Angela Cato on [angela.cato@buckinghamshire.gov.uk](mailto:angela.cato@buckinghamshire.gov.uk)



# Fitness and Wellbeing Courses

Yoga, Alexander Technique, Pilates, Tai Chi, Flamenco, Salsa, Exercise for older adults, Step Exercise, Meditation & Mindfulness, Reflexology, Personal Safety & Defence, Bridge, First Aid, Assertiveness and Confidence building.

## Benefits of these courses:

- Improve health, joint flexibility, balance, strength and overall well-being
- Support relaxation, reduce tension, build confidence
- Small group to reduce social isolation
- Individual support to work at your own level and pace.

**Duration:** Five or 11-week courses or one-day workshops

**Price:** £8 per hour, if referred then would be £4 per hour for first course, additional financial support available afterwards for learners receiving benefits.

Available online – see [www.adultlearningbc.ac.uk](http://www.adultlearningbc.ac.uk) for more information.



# Creative Courses

Art, Cookery and Cake Decorating, Creative Writing, Crochet, Digital Photography, Felt Making, Guitar, Lino Printing, Jewellery Making, Knitting, Patchwork & Quilting, Pottery and Ceramics, Sewing & Textiles, Stained Glass and Fused Glass.

## Benefits of these courses:

- Develop a new hobby or skill & keep the brain active
- Reduce social isolation
- Support problem solving, increased confidence and self-esteem
- Small groups with individual support to work at your own pace and level.

**Duration:** Five or 11-week courses or one-day workshops

**Price:** £6.60 per hour (plus materials supplements), if referred then would be £3.30 per hour (plus material supplements) for first course, additional financial support available afterwards if necessary.

Available online – see [www.adultlearningbc.ac.uk](http://www.adultlearningbc.ac.uk) for more information.



# Family Learning Courses

Courses to help parents support their Primary and Early Years children in English, Maths, Science, Wellbeing, Healthy Cookery, Transitions, Craft, Story Sacks, Early Years Development, First Aid and Play.

## Benefits of these courses:

- Skills to support your child
- Reduce social isolation & meet other parents
- Support problem solving, increased confidence and self esteem
- Small groups with individual support to work at your own pace and level.

**Duration:** Five or 11 week courses or one-day workshops

**Price:** FREE

Available online - for more information visit [www.adultlearningbc.ac.uk/family-learning/](http://www.adultlearningbc.ac.uk/family-learning/) or contact [flt@buckinghamshire.gov.uk](mailto:flt@buckinghamshire.gov.uk)



# Courses for Adults with Learning Disabilities

Our broad learning programme offers courses throughout Buckinghamshire, supporting adults with learning disabilities to develop independent living and work skills in a collaborative and creative environment.

## Benefits of these courses:

- gain independence and confidence
- enhance their employability opportunities
- develop their communication skills
- develop their decision making and problem solving skills
- engage with and participate in the community
- have the opportunity to maintain physical and mental well-being
- develop maths and English skills

**Duration:** Ten to 32 week courses

Available online - for more information contact Wendy Tilby on 07921940496 or email [wendy.tilby@buckinghamshire.gov.uk](mailto:wendy.tilby@buckinghamshire.gov.uk)



# Language Courses

German, Italian, French, Spanish, Greek, Chinese, Polish, Russian, Swedish, Portuguese, Sign Language, Lip Reading, Managing Hearing Loss, Deaf and Blind Awareness.

## Benefits of these courses:

- Develop a new hobby or skill & keep the brain active
- Reduce social isolation
- Support problem solving, increased confidence and self-esteem
- Small groups with individual support to work at your own pace and level
- Support other family members

**Duration:** Five or 11-week courses or one-day workshops

**Price:** £6.60 per hour (plus materials supplements), if referred then would be £3.30 per hour (plus material supplements) for first course, additional courses are available at 50% discount for those claiming benefits. (Lip Reading £2.45 per hour for those referred and then £4.85 per hour).

Available online– see [www.adultlearningbc.ac.uk](http://www.adultlearningbc.ac.uk) for more information.



# Home Improvements and Gardening Courses

Flower Arranging, Floristry, Gardening, Upcycling, Interior Design, Upholstery, Woodwork.

## Benefits of these courses:

- Develop a new hobby or skill and keep the brain active
- Reduce social isolation
- Support problem solving, increased confidence and self-esteem
- Small groups with individual support to work at your own pace and level
- Support health, exercise & relaxation, reduce tension, build confidence.

**Duration:** Five or 11-week courses or one-day workshops

**Price:** £6.60 per hour (plus materials supplements), if referred then would be £3.30 per hour (plus materials supplements) for first course, additional financial support available afterwards if necessary.

Available online – see [www.adultlearningbc.ac.uk](http://www.adultlearningbc.ac.uk) for more information.





# Contact us

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