



# Adult & Community Learning in Kirklees!

## Free online courses available!

We have a range of courses in Digital Skills, Confidence Building, Food Safety, Health & Wellbeing, Volunteering, Family Learning, Working in Schools, Cooking & Fitness and Employability.

Call **01484 221000** (ask for Skills Work) or visit **[www.worksbetter.co.uk/update-your-skills](http://www.worksbetter.co.uk/update-your-skills)** for more information.



Adult & Community Learning is part funded through the European Social Fund, the Education and Skills Funding Agency and delivered through a collaboration of partners across the Kirklees District. It is managed by Kirklees Council and delivered by Crosland Moor Community Learning Centre, Fusion Housing, Kirklees Success Centres, Paddock Community Trust, Proper Job Theatre Co, Sport Works, S & H Training and the Workers Education Association.

## **Adult & Community Learning has been changing and adapting its offer so that we can support our residents during this period of lockdown and social distancing. Why not take this time to develop your skills or just for fun from the comfort of your own home?**

Offering a range of short courses and workshops, there should be something to suit everyone. We have courses to help with employability skills, boost confidence and thinking skills, health and wellbeing, eating healthily and on a budget as well helping you cope with isolation. We also have courses for supporting family learning, phonics, supporting reading and how to manage challenging behaviour too.

Courses are a combination of tutor led delivery via Zoom (about an hour per session), short homework sessions and individual personalised tutor support time. You will be emailed all the resources that you need to complete the course and will get regular feedback on how you are doing.

We also have “How to use Zoom” workshops if you think you need a bit of support with this before any courses.

Take a look at the courses below – to enrol just click on the link and state the name & reference number of the course that you would like to enrol on.

## **[Enrol Here](#)**

### **All courses are free with no fee to pay.**

Eligibility criteria: You must be aged 19+, live in Kirklees, be a resident of the UK for 3 years or more (or a spouse of a UK resident, or if asylum or refugee that you have been in the UK for 6 months and are yet to have a decision on your status).

**Adult & Community Learning: Lifelong learning, working together, building communities, making a difference**

# Kirklees Adult & Community Learning

Digital Inclusion	Personal Development for Life and Work		Family Learning
<ul style="list-style-type: none"> <li>• <b>Learn all the basics of Zoom:</b> How to use Zoom to access online learning</li> <li>• <b>Understand how to work in a business environment:</b> This is essential for those seeking employment to learn the basics of working in an office, including use of technology.</li> <li>• <b>Office Essentials:</b> Learn more about everyday administrative tasks that are key to the successful function of working in an office environment.</li> <li>• <b>Get to grips with Apps/Online Safety:</b> Learn how to use technology including mobile phones/tablets and Zoom.</li> <li>• <b>Money Matters:</b> Switching Energy Tariffs/Access Online Banking and Staying safe online</li> </ul>	<p><b>Building confidence and developing a positive mindset for life and the workplace</b></p> <ul style="list-style-type: none"> <li>• <b>STEPS:</b> STEPS is a confidence building course that encourages you to set goals You will improve your self-esteem and find ways to think differently about life and work.</li> <li>• <b>Learn, Achieve, Believe:</b> A course combining team working, confidence building and communication skills. Everyone who completes the course will gain an accredited Level 1 Award in Progression.</li> <li>• <b>Progress yourself:</b> This course is designed to progress learners on to meaningful courses, training or employment.</li> <li>• <b>Work it Out:</b> Feel isolated or haven't got a voice? This short course will empower you to be more assertive and feel more confident.</li> <li>• <b>LAB Wellbeing:</b> Based on the 5 Ways to Wellbeing and Rohnkes theory of challenge by choice plus a dedicated innovative induction session. This course will equip participants with tools and skills to develop their emotional resilience.</li> </ul>	<p>Cont....</p> <ul style="list-style-type: none"> <li>• <b>Health &amp; Wellbeing – C19 Befriending</b> Feeling isolated and not sure how to manage during the Coronavirus pandemic? Befrienders will call you and help you to structure your day and help you feel more positive.</li> </ul> <p><b>Cooking &amp; Lifestyle choices</b></p> <ul style="list-style-type: none"> <li>• <b>Come Dine with Us:</b> You will study the basics of healthy eating, cooking and nutrition.</li> <li>• <b>£1 meals:</b> Learn about meals that can be cooked on a tight budget</li> <li>• <b>Fit4Life:</b> This course will enable you to improve your fitness, confidence and feelings of well-being by taking part in physical activities.</li> <li>• <b>Bread and Budget:</b> Learn how to make bread and how to manage on a budget.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>It's all about Me!</b> <b>New parents</b> – routines, relationships, child development and First Aid. <b>Children's Behaviour</b> - What do we class as challenging behaviour? How can we diffuse situations? Things I can do to make my family life easier and more manageable. <b>Families Mental Health</b> - What is mental health compared to mental illness. What can cause mental health problems? Your role and looking after you. What can we do to help us to help others?</li> <li>• <b>Reading Friends</b> – Supporting reading at home. This course supports struggling readers in primary and secondary schools. You will be given strategies and techniques to encourage and develop reading skills.</li> <li>• <b>Phonics:</b> An introduction to Phonics, how they work and help your child to read</li> </ul>
		<p><b>Volunteering</b></p> <ul style="list-style-type: none"> <li>• <b>Preparing for Volunteering and Mentoring:</b> This course will help you develop skills towards volunteering and employability and how to stay safe.</li> <li>• <b>Mentoring:</b> An introduction to mentoring to enable you to support young people and adults to develop their confidence and plan for the future, impacting and supporting others within the community.</li> </ul>	

## Timetable

Provider	Course Name	Theme	Course Reference Number	Day	Start date	Finish date	Start time	Finish time
Crosland Moor Community Learning Centre	Get to Grips with Zoom	Digital	CM1920021	Wednesday	06/05/20	06/05/20	10.30	11.30
Crosland Moor Community Learning Centre	Get to Grips with Zoom	Digital	CM1920022	Wednesday	13/05/20	13/05/20	10.30	11.30
Crosland Moor Community Learning Centre	Get to Grips with Zoom	Digital	CM1920023	Wednesday	20/05/20	20/05/20	10.30	11.30
Paddock Community Trust	Digital Me - Learn to Zoom	Digital	PA1920017	Thursday	07/05/20	07/05/20	10.30	11.30
Paddock Community Trust	Money Matters - Switching Energy Tariffs	Digital - Skills for Budgeting	PA1920014	Thursday	07/05/20	21/05/20	14.00	15.00
Paddock Community Trust	Money Matters - Accessing On-line Banking and Internet Safety	Digital - Skills for Budgeting	PA1920015	Monday	11/05/20	25/05/20	14.45	15.45
S&H Training	It's All About Me- Understanding and supporting mine and my Family's Mental Health	Family Learning	SA1920017	Tuesday & Thursday	12/05/20	28/05/20	10.00	11.00
S&H Training	It's All About Me- Understanding and supporting mine and my Family's Mental Health	Family Learning	SA1920018	Tuesday & Thursday	02/06/20	18/06/20	10.00	11.00
S&H Training	It's All About Me- Understanding my New Baby and my Emotions	Family Learning	SA1920019	Tuesday & Thursday	12/05/20	28/05/20	14.30	15.30
S&H Training	It's All About Me- Understanding my New Baby and my Emotions	Family Learning	SA1920020	Tuesday & Thursday	02/06/20	18/06/20	14.30	15.30

S&H Training	It's All About Me- Understanding Children's Behaviour and my Emotions at this time	Family Learning	SA1920021	Tuesday & Thursday	12/05/20	28/05/20	13.00	14.00
S&H Training	It's All About Me- Understanding Children's Behaviour and my Emotions at this time	Family Learning	SA1920022	Tuesday & Thursday	02/06/20	18/06/20	13.00	14.00
Kirklees Success Centre	Reading Friends - Supporting and engaging your child in books	Family Learning	FL1920016	Tuesday	02/06/20	07/07/20	14.00	14.40
Kirklees Success Centre	Reading Friends - Supporting and engaging your child in books	Family Learning	FL1920017	Monday	11/05/20	22/06/20	14.00	14.40
Kirklees Success Centre	Phonics Workshop	Family Learning	FL1920018	Thursday	07/05/20	21/05/20	14.00	14.40
Kirklees Success Centre	Phonics Workshop	Family Learning	FL1920019	Wednesday	03/06/20	17/06/20	11.00	11.40
Fusion	Come Dine With Us	Personal Development - Confidence & Wellbeing	SH1920013	Tue/Thu	07/05/20	19/05/20	10.30	11.45
Fusion	One Pound Meals	Personal Development - Confidence & Wellbeing	SH1920014	Friday	15/05/20	05/06/20	10.30	11.30
Fusion	Fit4Life	Personal Development - Confidence & Wellbeing	SH1920015	Wednesday	27/05/20	17/06/20	10.00	11.00
Fusion	Come Dine With Us	Personal Development - Confidence & Wellbeing	SH1920016	Tuesday & Thursday	09/06/20	18/06/20	10.30	11.45
Fusion	One Pound Meals	Personal Development -	SH1920017	Friday	19/06/20	10/07/20	10.30	11.30

		Confidence & Wellbeing						
Fusion	Bread & Budget Workshop	Personal Development - Confidence & Wellbeing	<i>SH1920018</i>	Tuesday	23/06/20	23/06/20	13.30	14.30
Fusion	Bread & Budget Workshop	Personal Development - Confidence & Wellbeing	<i>SH1920019</i>	Tuesday	07/07/20	07/07/20	13.30	14.30
Crosland Moor Community Learning Centre	Work it Out - Skills for confidence and positivity	Personal Development - Confidence & Wellbeing	<i>CM1920017</i>	Monday	11/05/20	25/05/20	13.15	14.30
Crosland Moor Community Learning Centre	Progress Yourself	Personal Development - Confidence & Wellbeing	<i>CM1920018</i>	Thursday	21/05/20	04/06/20	13.15	14.30
Crosland Moor Community Learning Centre	Work it Out - Skills for confidence and positivity	Personal Development - Confidence & Wellbeing	<i>CM1920020</i>	Monday	01/06/20	15/06/20	13.15	14.30
Proper Job Theatre Company	LAB Wellbeing	Personal Development - Confidence & Wellbeing	<i>PJ1920017</i>	Wednesdays & Friday	20/05/20	26/06/20	10.30	12.00
Crosland Moor Community Learning Centre	Working in an office - Office skills course	Personal Development - Employability	<i>CM1920016</i>	Tuesday & Thursday	07/05/20	19/05/20	10.30	11.20
Crosland Moor Community Learning Centre	Working in an office - Office skills course	Personal Development - Employability	<i>CM1920019</i>	Tuesday & Thursdays	26/05/20	16/06/20	10.30	11.20
Proper Job Theatre Company	Learn Achieve Believe (LAB) project	Personal Development - Employability, Confidence & Wellbeing	<i>PJ1920016</i>	Tuesdays & Thursdays	19/05/20	25/06/20	10.30	12.00

Paddock Community Trust	Health & Wellbeing - Befriending and support during C19	Personal Development - Confidence & Wellbeing	PA1920018	Mon-Fri	Personalised Sessions via phone calls and video sessions as needed			
Paddock Community Trust	Volunteer & Mentoring	Volunteering	PA1920016	Friday	15/05/20	29/05/20	14.00	15.00
Kirklees Success Centre	Peer Mentoring	Volunteering	FL1920015	Fridays	15/05/20	12/06/20	10.00	11.15

## [Enrol Here](#)



Call **01484 221000** (ask for Skills Work) or email [Adult.Learning@kirklees.gov.uk](mailto:Adult.Learning@kirklees.gov.uk)