



Blackburn with Darwen

ADULT LEARNING

See where learning
can take you!

-  ICT & Digital Skills
-  Employability
-  English and Maths
-  ESOL
-  Health & Wellbeing
-  Positive Minds
-  Family Learning
-  Supported Learning

Course Programme
April - July 2021

Welcome!



Cllr Mustafa Desai,
Executive Member for
Adult Services and Prevention

Jobs

Career

Benefits

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

Success

Opportunity



Welcome to our latest course programme for April – July 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

As we begin to consider our offer post-Lockdown we want to carry on supporting you to improve your mental or physical health and wellbeing, or to improve your job prospects and we have a wide range of courses to support you. We are currently looking at how we can bring people back into the Learning Centres, making sure that our learners and staff are safe. We also continue to include a great range of courses in safe and accessible environments. This includes remote, virtual classes as well as the re-introduction of some face to face courses, so there should be something for everybody. Our centres remain 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.

Thanks

Karen W.

Karen Wignall
Service Lead – Adult Learning and Employment Support



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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!

Book on a course

**It's even
easier to
book onto a
course**



If you are viewing this Course Programme online, simply click anywhere on the course to open 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 say 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 Teams meeting from any device, whether or not you have a Teams account.

If you need support accessing your session please contact us and we will help you.





Learner

"I didn't know how to use a computer 5 weeks ago... I feel confident in finding a job now with improved prospects".

Digital Skills





Digital and ICT Skills for Life and Work



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 our Essential Digital Skills 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

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 Skills Builder

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.**

714	Bank Top NLC	Wednesday	9.30am – 11.30am	14/04/2021 to 21/07/2021
598	Audley NLC	Thursday	1pm – 3pm	15/04/2021 to 22/07/2021

Digital/ICT Skills Builder Support Service online

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. If you are an ESOL learner with low level English language and want to develop your digital/computer skills this service is for you too.

We will support you to make the most of your device and help you find a solution to your query. Just call us or drop us an email and we will get back to you.

**Contact us via email at adultlearning@blackburn.gov.uk
or call us on 01254 507720/01254 581175**

Digital Skills for Employment

Making the Most of Online Job 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. 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, keyboard and have an email account.**

514	Online	Monday	10am – 11.30am	19/04/2021	1 ½ hours
598	Online	Monday	1pm – 2.30pm	10/05/2021	1 ½ hours
597	Online	Monday	10am – 11.30am	21/06/2021	1 ½ hours

Making the Most of Spreadsheets

Do you want to be able to use spreadsheets to collate and analyse data, calculate numbers and present data clearly and visually? This course covers the basics of creating a spreadsheet; sorting and calculating data using basic functions; formatting numbers, text and displaying data using a chart. **Skills required: Be able to use a mouse, keyboard and basic computing skills.**

158	Online	Monday	1pm – 3pm	17/05/2021	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, keyboard and basic computing skills.**

526	Online	Wednesday	3.30pm – 4.45pm	14/04/2021	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, keyboard and basic computing skills.**

593	Online	Wednesday	3.30pm – 4.45pm	21/04/2021	1 ¼ hours
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Getting Started with Zoom

This session introduces you to Zoom, the topics include how to join a scheduled Zoom meeting; setting meeting options; change views in a meeting; muting and unmuting individuals or all participants, identifying features on the Zoom program (interface) screen, accessing chat and sharing your screen. **Skills required: Be able to use a mouse, keyboard and basic computing skills.**

594	Online	Wednesday	3.30pm – 4.45pm	28/04/2021	1 ¼ hours
595	Online	Wednesday	3.30pm – 4.45pm	26/05/2021	1 ¼ hours

Getting Started with G-Suite

Do you have a Gmail address and want to make the most of all the functions that this brings, including Google Docs, Google Sheets, cloud storage, calendar and video calling? This course will explore all the applications and features as well as how to use them. Don't worry if you don't have an account, we can help you set one up. **Skills required: Be able to use a mouse, keyboard and basic computing skills.**

599	Online	Wednesday	3.30pm – 4.45pm	09/06/2021	4 weeks
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Safer 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, keyboard and basic computing skills.**

600	Online	Wednesday	1pm – 2.30pm	21/04/2021	1 ½ hours
601	Online	Wednesday	1pm – 2.30pm	12/05/2021	1 ½ hours
602	Online	Wednesday	1pm – 2.30pm	23/06/2021	1 ½ hours

Protect Yourself from Online Threats

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

603	Online	Wednesday	1pm – 2.30pm	28/04/2021	1 ½ hours
604	Online	Wednesday	1pm – 2.30pm	19/05/2021	1 ½ hours
605	Online	Wednesday	1pm – 2.30pm	30/06/2021	1 ½ hours

Developing a Starter Wix Website

New Course for 2021

Do you want a website for a home working project, a business or for pleasure purposes? We can help you start to building a free Wix website to develop an online presence. **Skills required: Be able to use a mouse, keyboard and basic computing skills.**

606	Online	Wednesday	9.30am – 11.30am	23/06/2021	2 weeks
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Using Social Media for Marketing

New Course for 2021

Developing a social media presence can enhance your business. This short course will show you how to increase your business profile; reach more followers, tag companies and connect with other local companies.

607	Online	Wednesday	9.30am – 11.30am	07/07/2021	2 weeks
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Ascentis Level 1 Award in Essential Digital Skills for Work and Life

New Course for 2021

This accredited course is designed for people who have basic computing skills and want a qualification in digital skills. The course is split into five units: using devices and handling information, creating and editing, communicating, transacting and being safe and responsible online. At the end of the course you will complete practical and knowledge based e-Assessments. **Skills required: English language skills at Level 1 or higher and basic computing skills: mouse and keyboard and internet skills are essential.**

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

608	Online	Tuesday	9.30am – 1pm	13/04/2021	13 weeks
	Tutorial	Friday	1.30pm – 2.30pm	16/04/2021	



Learner

“My first time in online learning, the experience was fantastic as the teacher explains well, she is amazing... I feel very positive after this session”.

Employability





Skills for Employment



Are you looking to improve and develop your employability prospects?

We are offering a range of free employability courses online. You can gain valuable and appropriate employability skills needed by employers and help you to enhance your CV.

Preparing for Employment

Skills Identification and CV Enhancement

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 and learn how to update or create your CV with the help of our tutor.

609	Online	Monday	1pm – 2.30pm	19/04/2021	2 weeks
610	Online	Monday	1pm – 2.30pm	17/05/2021	2 weeks
611	Online	Monday	1pm – 2.30pm	21/06/2021	2 weeks

Making the Most of Interviews

Whether your interview is **face to face** or **online**, 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. You will have the opportunity to take part in a mock interview.

612	Online	Monday	9.30am – 11.30am	19/04/2021	2 hours
613	Online	Monday	9.30am – 11.30am	17/05/2021	2 hours
614	Online	Monday	9.30am – 11.30am	14/06/2021	2 hours
615	Online	Monday	9.30am – 11.30am	12/07/2021	2 hours

If you would like help to look for work and apply for jobs with support from a tutor we are here, contact us via email at adultlearning@blackburn.gov.uk or call us on 01254 507720/01254 581175

Ascentis Level 1 Award in Understanding Safeguarding for Work, Education and Life

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.**

616	Online	Wednesday	9.30am – 11.30am	19/05/2021	7 weeks
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Ascentis Level 1 Award in Introduction to Health and Social Care

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 experience to help you on your way. **Skills required: English language skills at Level 1 or higher.**

Delivery – 2 hours in class, 1 hour independent learning and 1 hour online tutor-led session.

617	Online	Monday	9.30am – 11.30am	19/04/2021	12 weeks
	Tutorial	Thursday	1.30pm – 2.30pm	22/04/2021	

Ascentis Level 1 Award in Supporting a Child's Learning in School

Are you thinking about a career in schools? This course is a great introduction and first steps towards this, in this course you will gain an understanding of how the school environment is organised and structured in order to promote learning plus much more. **Skills required: English language skills at Entry Level 3 or higher.**

Delivery – 2 hours in class, 1 hour independent learning and 1 hour online tutor-led session.

618	Online	Thursday	9.30am – 11.30am	22/04/2021	7 weeks
	Tutorial	Monday	1.30pm – 2.30pm	26/04/2021	

Ascentis Entry 3 or Level 1 Introduction to Customer Care

Do you work in customer services or are looking for a career opportunity within this sector? Customer care is an important part of a working environment. This qualification will provide you with the skills and knowledge required to support you in understanding effective customer care. **Skills required: English language skills at Entry Level 3 or higher.**

619	Online	Tuesday and Wednesday	9.30am – 11am	20/04/2021	4 weeks
	Tutorial	By arrangement			

Ascentis Level 1 Award in Infection Control and Prevention

New Course for 2021

This course will introduce you to the principles of infection control and prevention in daily life; the different causes of infection and how infection is spread; identify responsibilities of others in controlling and preventing infection and help you gain a clear understanding of the importance of good personal hygiene. **Skills required: English language skills at Entry Level 3 or higher.**

620	Online	Tuesday and Wednesday	9.30am – 11am	18/05/2021	4 weeks
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Ascentis Entry 3 Award in Equality and Diversity

New Course for 2021

This unit introduces you to key terms in relation to equality and diversity. It also explores their importance in organisations such as workplaces and learning environments; provides an understanding of the legal obligations in place to address issues of inequality, prejudice and discrimination.

621	Online	Tuesday and Wednesday	9.30am – 11am	22/06/2021	4 weeks
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Ascentis Level 1 Award in Understanding Employment, Business and Enterprise

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, have basic computer skills and be able to use the internet.**

622 Online

Wednesday

9.30am – 11.30am

21/04/2021

8 weeks

Preparing for Volunteering

This course will help you to start your journey into volunteering.

Are you looking to volunteer or already doing so? We can help you to prepare for volunteering with FREE training including:

- Finding the right volunteering opportunity for you
- Identifying your qualities as a volunteer
- Confidence building
- Exploring the different types of volunteering opportunities available
- How to apply for a volunteering position
- Setting goals and aspirations
- Mentoring/buddying or coaching skills

On completion of the programme, you will have opportunities to progress on to the FREE Passport to Volunteer Certificate, which includes:

- Fire Safety
- Health and Safety
- Mental Health
- Data Security Awareness
- Equality, Diversity and Human Rights
- Safeguarding Adults and Safeguarding Children



If you are interested in a volunteering opportunity please contact Bhawna Patel on (01254) 581175 or email bhawna.patel@blackburn.gov.uk

What Next?

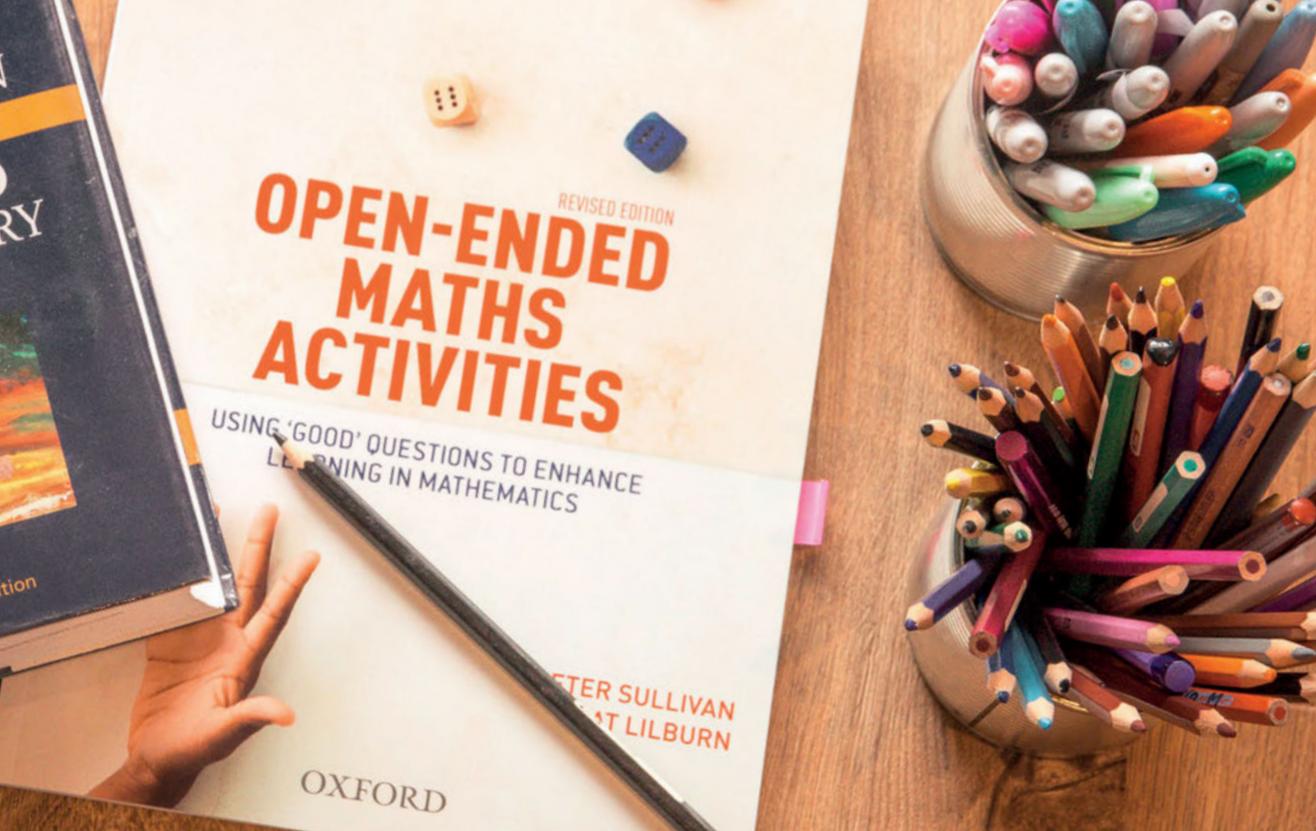
Are you looking to continue your learning and interested in the next level of qualification? Working in partnership with CVS Blackburn, we are pleased to be able to offer you higher level qualifications in Health and Wellbeing, Business, Leadership and Management and much more.

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 their website at www.communitycvs.org.uk or call 01254 583957





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.

Online	Assessment Sessions	Call to book your place 01254 507720 Once this is complete we will signpost you to the right class for you.	13/04/2021	Approx 40 minutes per subject
ENGLISH SKILLS				
208	Online	Tuesday	20/04/2021	12 weeks
	Online	Tutorial	By arrangement	
MATHS SKILLS				
491	Online	Thursday	22/04/2021	12 weeks
	Online	Tutorial	By arrangement	

Maths and English

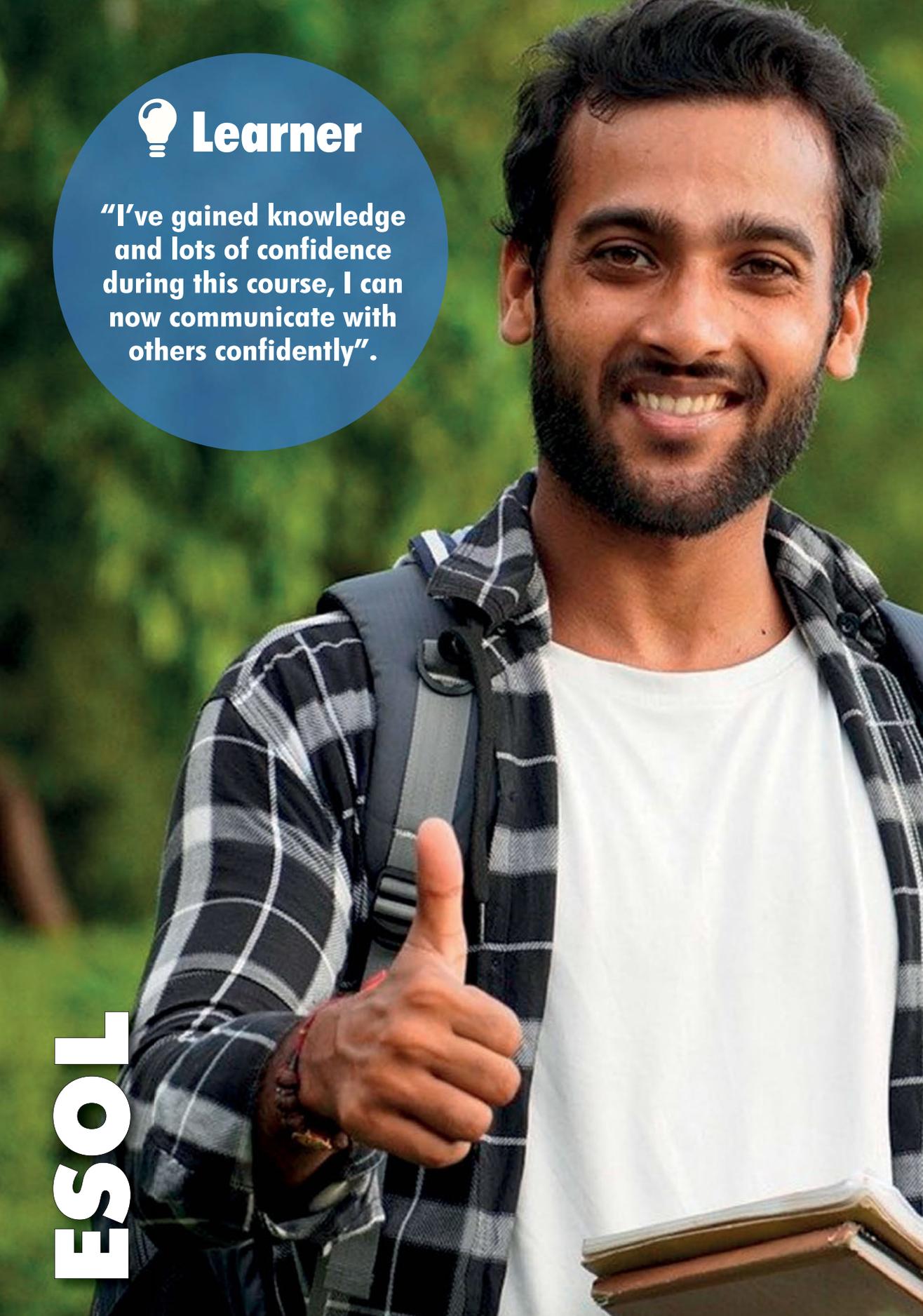
We work closely with our local college who offer Functional Maths and English courses in Blackburn. Classes are free, available throughout the year and are accredited up to Level 2. For more information contact Blackburn college on (01254) 292929 or Community Training Portal (CTP) Blackburn on (01254)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



Learner

"I've gained knowledge and lots of confidence during this course, I can now communicate with others confidently".

ESOL





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 will help build your knowledge of the English language and allow you to live more independently in the UK through interactive speaking, listening, reading and writing activities.

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

(English for Speakers of Other Languages)

We are committed to ensuring ESOL courses are accessible during the current COVID restrictions.

Our online ESOL courses support people to learn English whilst developing basic digital skills and making the most of their learning experience.

All learners will be offered an assessment before joining the course. It is important we find out your current level of skills so we can start you off on the right course.

ESOL courses are offered at a variety of levels:

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

To join our Free classes, please call 01254 581175
or email ESOL@Blackburn.gov.uk





Learner

"I didn't realise how important mental health was until COVID 19 turned my life upside down. This subject is still not talked about enough and understanding more is a first step we should all take".

Health

mindfulness

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. Come along and try something new!

First Aid

Introduction to Adult First Aid

Learn background theory and see demonstrated techniques for emergencies such as, supporting someone who has collapsed, how to assist an adult who is choking and wound management in an emergency. This is a theoretical workshop giving the basics of what to do in an emergency.

682	Online	Monday	1pm – 2.30pm	17/05/2021	2 weeks
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Introduction to Paediatric First Aid (Child and Baby)

Learn background theory and see demonstrated techniques for emergencies such as; supporting a child or baby who has collapsed, how to assist a choking baby or child, and wound management in an emergency. This is a theoretical workshop giving the basics of what to do in a paediatric emergency.

684	Online	Monday	10am – 11.30am	21/06/2021	2 weeks
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Due to current COVID -19 restrictions, we are unable to offer dates for the following three face-to-face course however as soon as we are able we will advertise dates for the following programmes.



Lancashire Life Savers

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 off a quick 90minute session to give you the skills to save a life. Sessions include how to access and use an AED (Automated External Defibrillator) and how to conduct CPR (Cardio Pulmonary Resuscitation) in suspected cardiac arrest situations.

If you are interested in this session either individually or on behalf of a community group or workplace please contact us so we can arrange this with you. Sessions can be run in our learning centres or our tutors can come to your venue or workplace.

*****Subject to current government guidance and COVID safe practices being in place*****

Level 2 Certificates in Emergency First Aid at Work and Paediatric First Aid

These accredited courses offer 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 (Cardio Pulmonary Resuscitation) with AED (Automated External Defibrillator); bandaging, burns and scalds.

These courses involve written and practical assessments therefore learners must have English language skills at Entry Level 3 or higher and be physically able to get up and down from the floor to complete the practical elements of this 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 half-day sessions that provide a general awareness of Mental Health First Aid in addition to the Full Certificated Mental Health First Aid courses for both adults and young people.



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

512	MHFA Awareness	Online	Tuesday Wednesday Thursday	10am – 12pm	13/04/2021 14/04/2021 15/04/2021	3 Sessions
644	MHFA Awareness	Online	Tuesday Wednesday Friday	10am – 12pm	08/06/2021 09/06/2021 11/06/2021	3 Sessions
664	MHFA Awareness	Online	Tuesday Wednesday Thursday	10am – 12pm	13/07/2021 14/07/2021 15/07/2021	3 Sessions
625	Youth MHFA Full Certificated	Online	Friday Wednesday Friday Wednesday	9.30am – 10.15am & 12.30pm – 2.30pm 10.30am – 1pm 10.30am – 1pm 10.30am – 1pm	16/04/2021 21/04/2021 23/04/2021 28/04/2021	4 Sessions (Each day including independent study time)
639	Youth MHFA Full Certificated	Online	Wednesday Friday Wednesday Friday	9.30am – 10.15am & 12.30pm – 2.30pm 10.30am – 1pm 10.30am – 1pm 10.30am – 1pm	19/05/2021 21/05/2021 26/05/2021 28/05/2021	4 Sessions (Each day including independent study time)
647	Youth MHFA Full Certificated	Online	Thursday Tuesday Thursday Tuesday	9.30am – 10.15am & 12.30pm – 2.30pm 10.30am – 1pm 10.30am – 1pm 10.30am – 1pm	10/06/2021 15/06/2021 17/06/2021 22/06/2021	4 Sessions (Each day including independent study time)
635	Adult MHFA Full Certificated	Online	Tuesday Thursday Tuesday Thursday	9.30am – 10.15am & 12.30pm – 2.30pm 10.30am – 1pm 10.30am – 1pm 10.30am – 1pm	04/05/2021 06/05/2021 11/05/2021 13/05/2021	4 Sessions (Each day including independent study time)
660	Adult MHFA Full Certificated	Online	Wednesday Friday Wednesday Friday	9.30am – 10.15am & 12.30pm – 2.30pm 10.30am – 1pm 10.30am – 1pm 10.30am – 1pm	30/06/2021 02/07/2021 07/07/2021 09/07/2021	4 Sessions (Each day including independent study time)

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*)

Crafting in Homes

This term we are working closely with a number of local care homes to offer our dementia friendly activities direct into the living rooms of those who need us most. If you work in one of our local homes or have a relative in a local setting and would be interested in the bespoke offer we have for care homes, please contact us on adultlearning@blackburn.gov.uk

Dementia Awareness

Do you want to understand more about how dementia can affect a 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

640	Online	Thursday	1pm – 3pm	20/05/2021	2 hours
656	Online	Friday	12.30pm – 2.30pm	25/06/2021	2 hours

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.

Finding Mindful Moments

New Course for 2021

The last year has proved challenging for all of us, for some it has given opportunity to slow down and appreciate the small things, for others it has been a time of heightened anxiety and worry. Why not join this two week workshop the explores the many places you can find moments to be mindful.

624	Online	Thursday	10am – 11.30am	15/04/2021	2 weeks
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Introduction to Reiki

New Course for 2021

Learn how this ancient Japanese technique uses the power of touch to help balance your energy. Explore how this technique can support the body to heal itself. During this workshop, you will learn about and explore the world of chakras and auras, practice meditation, and have the opportunity to use what you have learnt to perform a Reiki treatment.

680	Online	Thursday	1pm – 2.30pm	22/04/2021	1 ½ hours
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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’s not surprising that at times this leaves us feeling overwhelmed. This brief 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 you, identify triggers and develop techniques to help you reduce stress, anxiety and feel less overwhelmed.

631	Online	Tuesday	12.30pm – 2.30pm	27/04/2021	2 hours
654	Online	Wednesday	10am – 12pm	23/06/2021	2 hours

First Steps to Mindfulness

New Course for 2021

Mindfulness has been defined as “paying attention to what is happening in the present moment”. This may be what you are feeling, hearing, sensing or noticing. Join us for an introduction to mindfulness and how it can help you to stay well and when practiced regularly, become part of a good self-care routine.

643	Online	Thursday	10am – 11.30am	27/05/2021	1 ½ hours
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Five Ways to Embrace The Seasons

New Course for 2021

This four 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 our summer course with brings together a mixture of crafts, recipes, nature, art and music to help nurture a healthy mind and embrace the summer months.

646	Online	Wednesday	10am – 11.30am	09/06/2021	4 weeks
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Food Safety

We offer a range of food safety courses from those that would suit people wanting a basic awareness to those exploring employment opportunities in the catering sector or needing accredited certificates to use in their workplace or volunteering position.

*** Due to current restrictions we are unable to offer dates for courses with practical assessments however as soon as we are able we will advertise dates for accredited course.***

Food Safety Basics

This introductory course covers food safety and hygiene skills 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 their Level 1 Food Safety and are looking to refresh their knowledge or anyone interested in improving their understanding of food safety in the home.

623	Online	Wednesday	9.30am – 12pm	14/04/2021	2 ½ hours
648	Online	Thursday	9.30am – 12pm	10/06/2021	2 ½ hours

Herbs, Health and Happiness

In this session you will learn about the history of “Herb Lore”, explore ways of using herbs to improve health and wellbeing and be emailed a craft pack to try at home following the session.

626	Online	Friday	10am – 11.30am	16/04/2021	1 ½ hours
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Home Cooking with Jan

Join us on this culinary experience where we will teach you how to cook a range of easy, healthy dishes.

Easy Chicken Recipes – Two tasty, budget friendly recipes to try at home.

637	Online	Wednesday	1.30pm – 3pm	12/05/2021	1 ½ hours
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Grab & Go Breakfast Bars – Great for lunch boxes. Learn to make these nutritious alternatives to shop bought bars. .

650	Online	Monday	12.30pm – 2pm	14/06/2021	1 ½ hours
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Make the Perfect Scone – Get Wimbledon ready with a choice of plain, fruit, herb, and potato scones.

655	Online	Thursday	10am – 11.30am	24/06/2021	1 ½ hours
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Learner

"Great course and good tutors. Help when needed and friendly manner. A good start to a new hobby".

Wellbeing

Mindful Crafts for Wellbeing
~ Bank Top NLC

Try Something New

Getting creative and learning something new is a good for our wellbeing. Spending time learning about 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.

Introduction to Sketchbooks

New Course for 2021

Learn how to let go and flow freely in your sketchbook. The blank page can be intimidating, so we have great ideas on how to get started with colour washes, collage techniques, journaling and understanding the creative process to be able to develop your own ideas.

628	Online	Tuesday	10am – 12pm	20/04/2021	2 hours
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History All Round Me

Ever wondered about the history of Blackburn? Do you want to know a more about the area's historic past? Why not join us for one of our online learning 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.

628	Online	Tuesday	12.30pm – 2pm	20/04/2021	1 ½ hours
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Ballrooms, Bankruptcy and an Old Fish Market.

629	Online	Monday	1pm – 2.30pm	26/04/2021	1 ½ hours
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Ballrooms, Bankruptcy and an Old Fish Market.

652	Online	Friday	10am – 11.30am	18/06/2021	1 ½ hours
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Circuses, Suffragettes and an Ancient Spring.

658	Online	Monday	12.30pm – 2pm	28/06/2021	1 ½ hours
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Introduction to Knitting

New Course for 2021

Would you like to learn to knit? This two-week course is for those who want to begin to learn how to knit. You will be taught how to do the "stocking and garter" stitch and how to use this to produce an individual scarf.

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

633	Online	Friday	10am – 11.30am	30/04/2021	2 weeks
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Make your own Summer Vases

New Course for 2021

Learn how to make low cost homemade gifts for family and friends using jars saved at home. Join us for a free springtime jar workshop and make use of those old jars, you will need a clean glass jar or bottle to join in.

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

642	Online	Tuesday	1pm – 2.30pm	25/05/2021	1 ½ hours
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Introduction to Grid Drawing

New Course for 2021

Photographs are a valuable reference for artists and they often mark important moments in our lives and those of our loved ones. In this session, you will learn how to accurately transfer an image from those most important moments from photos into free hand drawings.

651	Online	Tuesday	1pm – 3pm	15/06/2021	2 hours
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Summer Pom Pom Door Hangers

New Course for 2021

Our new workshop uses old scraps of wool upcycled into pom poms and other household items to create unique door hangers you can use to decorate your home. This workshop takes you through the different techniques required to make pom poms, thread together your pom poms to create a decorative door hanger.

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

659	Online	Tuesday	10am – 11.30am	29/06/2021	1 ½ hours
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Looking for Something a Little Longer?

Round My Way: Stories of Blackburn

Previously tried our history workshops and looking for something more? Round My Way takes you on a tour of Blackburn's history. See how learning about our past can be a fascinating way to improve our sense of belonging and spark us to keep on digging. Discover more about our heritage and some of the notable people who were born and raised on our streets.

632	Online	Wednesday	10am – 11.15am	28/04/2021	4 weeks
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Yarn Craft

New Course for 2021

Are you an existing knitter looking for a new idea or project? This is three week course is aimed at existing knitters who wish to meet online with other knitters for some project ideas. We will refresh existing skills, recap on the techniques used in this project and produce some individual pieces of yarn craft.

645	Online	Wednesday	1pm – 2.30pm	09/06/2021	3 weeks
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Progression for Painters

New Course for 2021

Have you some experience of painted and want to brush up your skills? Or recently completed an introductory painting course and want to build on what you have learnt? This three week course is for you, join us to create some individual pieces of art.

661	Online	Friday	9.30am – 11.30am	02/07/2021	3 weeks
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Nature Therapy

Over the last year many of us have come to love nature a little more and have had extra time to appreciate it. Due to current restrictions, we are unable to offer our usual face-to-face provision however as soon as we are able we will advertise dates for the following programmes.

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.



Refocus: An Introduction to Smartphone Photography

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. This workshop also incorporates photography techniques you can use to take impressive photos using your smartphone.





Learner

"It was different to a classroom environment but delivered very well despite being online. I learnt a lot too and will be starting my own herb garden in the spring".

Positive Minds





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.

Living Life to the Full

This course covers mental health challenges like low mood, stress and the linked issues this can cause. You will have the chance to identify why you feel as you do, look at how to tackle problems, develop confidence, use calming strategies and identify how to deal with upsetting thoughts.

669	Online	Monday	10am – 12pm	19/04/2021	6 weeks
673	Bank Top NLC	Monday	12.30pm – 2.30pm	07/06/2021	6 weeks

Write For Me –Therapeutic Writing

Do you have lots of thoughts and feelings flying around in your head? Have you thought that writing about them might help?

During this informal creative writing course, you will explore different ways of expressing your thoughts and feelings through writing. It doesn't matter if you are a complete beginner, you will learn with others in a friendly and supportive way as you practise using different writing formats to help us cope with a range of feelings.

670	Audley NLC	Wednesday	10am – 12.30pm	28/04/2021	5 weeks
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Creating More Confidence

Do you want to feel more confident in the things you do? Come and meet like minded people and learn some tips and techniques that can help build confidence in any situation. Would you like to meet others who would also like to build their confidence? Each session will provide the opportunity to learn ways to build on your confidence, identify different ways to frame your experience and the chance to try these techniques.

671	Bank Top NLC	Thursday	10am – 12pm	29/04/2021	4 weeks
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Let's Paint

New Course for 2021

Come and find out how painting can help to reduce stress and help you feel better. You will have the chance to explore a range of painting and drawing materials including acrylics and watercolours. You will learn 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.

672	Bank Top NLC	Tuesday	1pm – 3pm	07/05/2021	4 weeks
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Building Resilience

How resilient are you? Do you manage the challenges and changes that life throws at you? Do you want to be able to make healthy and positive adjustments? If you would like to find out how to build your resilience come and join us. This course explores the building blocks of resilience and how we can all build our "Bounce Backability" using the personal challenges we have faced to prepare us for the future

674	Bank Top NLC	Thursday	10am – 12pm	17/06/2021	4 weeks
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Therapy of Nature

Over the last year, many of us have come to love nature a little more and have had extra time to appreciate it. Due to current restrictions, we are unable to offer our usual face-to-face provision however as soon as we are able, we will advertise dates for the following programmes.

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?

Healing Horticulture

New Course for 2021

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. We will look at the healing power of growing and being more in touch with nature and the impact this can have on our own wellbeing.

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



Learner

"I learnt new things and I feel more confident about the subject, so I think I am able now to support my children with school homework".

Family Learning





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 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.

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.

527	Online	Get Set for Nouns	Thursday	1pm – 2pm	22/04/2021	1 hour
528	Online	Get Set for Verbs	Thursday	1pm – 2pm	29/04/2021	1 hour
529	Online	Get Set for Adjectives	Thursday	1pm – 2pm	06/05/2021	1 hour
530	Online	Get Set for Punctuation	Thursday	1pm – 2pm	13/05/2021	1 hour
531	Online	Get Set for Sentence Structure	Thursday	1pm – 2pm	20/05/2021	1 hour
532	Online	Get Set for Tenses	Thursday	1pm – 2pm	27/05/2021	1 hour
533	Online	Get Set for Dictionaries	Thursday	1pm – 2pm	10/06/2021	1 hour
534	Online	Get Set for Homophones	Thursday	1pm – 2pm	17/06/2021	1 hour

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.

535	Online	Get Set for Numbers	Monday	10am – 11am	26/04/2021	1 hour
536	Online	Get Set for Addition	Monday	10am – 11am	10/05/2021	1 hour
537	Online	Get Set for Subtraction	Monday	10am – 11am	17/05/2021	1 hour
538	Online	Get Set for Multiplication	Monday	10am – 11am	24/05/2021	1 hour
539	Online	Get Set for Division	Monday	10am – 11am	07/06/2021	1 hour
540	Online	Get Set for Place Value	Monday	10am – 11am	14/06/2021	1 hour
541	Online	Get Set for Fractions	Monday	10am – 11am	21/06/2021	1 hour
542	Online	Get Set for Measurement	Monday	10am – 11am	28/06/2021	1 hour

Apptastic Adventures

New Course for 2021

Do you have a tablet or a smart phone? Are you looking for a selection of apps that can support your child's learning? If so, these are the sessions for you. Each session explores the best apps to use for English, Maths, Science or Phonics. The sessions are delivered online using MS Teams.

543	Online	Apptastic Adventures (English)	Tuesday	11am – 12pm	20/04/2021	1 hour
546	Online	Apptastic Adventures (English)	Tuesday	11am – 12pm	18/05/2021	1 hour
544	Online	Apptastic Adventures (Maths)	Tuesday	11am – 12pm	27/04/2021	1 hour
547	Online	Apptastic Adventures (Maths)	Tuesday	11am – 12pm	25/05/2021	1 hour
548	Online	Apptastic Adventures (Science)	Tuesday	11am – 12pm	04/05/2021	1 hour
545	Online	Apptastic Adventures (Phonics)	Tuesday	11am – 12pm	04/05/2021	1 hour

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.

549	Online	Get Set for Phase 1 Phonics	Tuesday	1pm – 2pm	20/04/2021	1 hour
555	Online	Get Set for Phase 1 Phonics	Tuesday	1pm – 2pm	08/06/2021	1 hour
550	Online	Get Set for Phase 2 Phonics	Tuesday	1pm – 2pm	27/04/2021	1 hour
556	Online	Get Set for Phase 2 Phonics	Tuesday	1pm – 2pm	15/06/2021	1 hour
551	Online	Get Set for Phase 3 Phonics	Tuesday	1pm – 2pm	04/05/2021	1 hour
557	Online	Get Set for Phase 3 Phonics	Tuesday	1pm – 2pm	22/06/2021	1 hour
552	Online	Get Set for Phase 4 Phonics	Tuesday	1pm – 2pm	11/05/2021	1 hour
558	Online	Get Set for Phase 4 Phonics	Tuesday	1pm – 2pm	29/06/2021	1 hour
553	Online	Get Set for Phase 5 Phonics	Tuesday	1pm – 2pm	18/05/2021	1 hour
559	Online	Get Set for Phase 5 Phonics	Tuesday	1pm – 2pm	06/07/2021	1 hour
554	Online	Get Set for Phase 6 Phonics	Tuesday	1pm – 2pm	25/05/2021	1 hour
569	Online	Get Set for Phase 6 Phonics	Tuesday	1pm – 2pm	13/07/2021	1 hour

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 reading development. The sessions are designed to work in conjunction with the National Curriculum and the way in which schools teach.

561	Online	Let's Read for Key Stage 1	Tuesday	11am – 12pm	08/06/2021	2 weeks
562	Online	Let's Read for Key Stage 2	Tuesday	11am – 12pm	22/06/2021	2 weeks

Family Language

Do you want to develop your language skills to be able to help your child with school life? In this course we will help you to read and write simple text to support your child's learning. You will develop your communication skills to be able to talk to other parents and teachers. We will also explore ways to use fun educational activities with your child.

592	Online	Family Language	Thursday	10am – 11.30pm	22/04/2021	12 weeks
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Science through Stories

New Course for 2021

Our science through stories suite delivers learning using storytelling, popular age appropriate books are used in line with learning various aspect of the science curriculum. 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.

573	Online	Science through Stories Age 5-7 The Gruffalo	Wednesday	1pm – 2.30pm	21/04/2021	1 ½ hours
574	Online	Science through Stories Age 5-7 The Three Little Pigs	Wednesday	1pm – 2.30pm	28/04/2021	1 ½ hours
575	Online	Science through Stories Age 7-9 Charlie and the Chocolate Factory	Wednesday	1pm – 2.30pm	05/05/2021	1 ½ hours
576	Online	Science through Stories Age 7-9 Iron Man	Wednesday	1pm – 2.30pm	12/05/2021	1 ½ hours
577	Online	Science through Stories Age 9-11 Charlotte's Web	Wednesday	1pm – 2.30pm	19/05/2021	1 ½ hours
578	Online	Science through Stories Age 9-11 George's Secret Key to the Kingdom	Wednesday	1pm – 2.30pm	26/05/2021	1 ½ hours

Family Time to Talk

New Course for 2021

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.

579	Online	Wednesday	1pm – 2pm	09/06/2021	1 hour
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Transition to Secondary School - The transition from primary school to secondary school is a difficult time Would you like to help your child understand the challenges that can arise, and help them identify strategies for managing the change.

580	Online	Wednesday	1pm – 2pm	16/06/2021	1 hour
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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.

581	Online	Wednesday	1pm – 2pm	23/06/2021	1 hour
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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.

582	Online	Wednesday	1pm – 2pm	30/06/2021	1 hour
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Cyberbullying - We will 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.

583	Online	Wednesday	1pm – 2pm	07/07/2021	1 hour
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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.

584	Online	Wednesday	1pm – 2pm	14/07/2021	1 hour
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Family Wellbeing Crafts

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. **Free Resources: All materials will be available for collection prior to the course.**

567	Online	Family Doodling for Wellbeing	Monday	1pm – 2pm	19/04/2021	1 hour
568	Online	Family Origami	Monday	1pm – 2pm	26/04/2021	1 hour
569	Online	Family Henna Fun	Monday	1pm – 2pm	10/05/2021	1 hour
570	Online	Family Conversation Jars	Monday	1pm – 2pm	17/05/2021	1 hour
585	Online	Make your own Nightlights	Monday	1pm – 2pm	24/05/2021	1 hour
586	Online	Family Macramé	Monday	1pm – 2pm	07/06/2021	1 hour
587	Online	Family String Art	Monday	1pm – 2pm	14/06/2021	1 hour
588	Online	Family Card Making	Monday	1pm – 2pm	21/06/2021	1 hour
589	Online	Family Paper Craft	Monday	1pm – 2pm	28/06/2021	1 hour
590	Online	Family Bead Craft	Monday	1pm – 2pm	05/07/2021	1 hour
591	Online	Family Playdough Fun	Monday	1pm – 2pm	12/07/2021	1 hour

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.**

571	Online	Monday	11am – 12pm	19/04/2021	5 weeks
572	Online	Monday	11am – 12pm	22/06/2021	5 weeks

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.

565	Online	Wednesday	11am – 12pm	21/04/2021	5 weeks
566	Online	Wednesday	11am – 12pm	09/06/2021	5 weeks

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.

564	Online	Tuesday	9.30am – 11am	20/04/2021	6 weeks
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Learning Together Level 1 (accredited by Ascentis) Healthy Living, Healthy Eating

This is an 8 week accredited course designed for learners who want to make positive changes to support their family's health and wellbeing. Do you want to learn about fun physical activities, eating well on a budget and maintaining a healthier lifestyle? Then come along and join us to gain a qualification in this area.

563	Online	Wednesday	9.30am – 11am	21/04/2020	8 weeks
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Supported Learning



Learner

“ My daughter has just completed the course Looking at the Wider World. She has done several courses and has always really enjoyed them”.





Learning Disability and Difficulties

This programme has been specifically designed to be accessible for learners with learning disabilities who are looking to maintain their skills and build their knowledge.

If you have a learning disability or difficulty then these courses are for you. We encourage you to attend with your own support, although you can attend on your own if you do not need support. This term we also have some new courses for people with a learning difficulty who are looking to make steps towards volunteering, having a placement or looking to go into a work environment.

Looking at the Wider World

Travel around the world from the comfort of your home and take a tour of cultures and crafts from different countries. With recipes to try at home, for you to sample food from around the world.

681	Bank Top NLC	Thursday	1pm – 2.30pm	15/04/2021	5 weeks
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Five Ways to Keeping Well During Covid

This course looks at ways we can all keep ourselves well. We will explore the 5 ways to wellbeing and how trying to practice these can give us a routine and keep us well during challenging times.

665	Bank Top NLC	Thursday	10.30am – 11.30am	06/05/2021	4 weeks
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Cooking and Nutrition

Join us on this culinary experience where we will teach you how to cook a range of easy, healthy dishes. Each session comes with a step-by-step video to follow along at home. Learn about the types of foods we need to eat to stay healthy and how to cook safely at home.

666	Online	Friday	10am – 12pm	07/05/2021	4 weeks
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Healthy Me

Do you worry about medical appointments for health screening? Does it all seem a bit scary? Come and join in the fun filled sessions learning about the importance of looking after our health and going for check ups. Learn a little about what to expect at a screening appointment and how to make sure you are taking care of yourself.

667	Bank Top NLC	Wednesday	10am – 12.30pm	09/06/2021	4 weeks
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Journey to Volunteering

Come along and take the first steps on your journey to volunteering, learn about applying for roles and what happens in an interview. Learn how to identify your skills and get ready for a new role.

668	Bank Top NLC	Thursday	1pm – 3pm	24/06/2021	4 weeks
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Please contact us if you require an easy read version of the LDD courses

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 with decisions on learning training and work.

- Have you been furloughed or made redundant?
- Changing jobs or affected by Covid?
- Unsure of your next career move?
- Returning to work from time out?
- Finished college/university?
- Learn more about your skills and match them to suitable jobs

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

- Courses and training
- Identifying transferrable skills
- Effective job search
- Job applications
- CV development

We remain open for business and are currently offering telephone appointments due to the current COVID 19 restrictions

**Call us on (01254) 588891 / (01254) 507720
or contact us at NCS@blackburn.gov.uk
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