

Course Programme – April to July 2022



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

Introduction



In November Ofsted carried out an Inspection of our Adult Learning service and we are delighted to say that they judged us to be **'Good'**. This is the fourth time we have received this judgement and it demonstrates our consistent approach to delivering a good, responsive course offer, reflecting local need. Our open and welcoming atmosphere encourages a mix of different groups of people to work together, helping learners achieve great results and gain qualifications. Comments in the report include:

- Learners develop the knowledge, skills and behaviours they need to move into employment, further study or play a productive role in their communities.
- Learners are motivated to achieve their goals and improve their lives.
- Learners improve their confidence, independence and self-esteem as a result of their courses.

As always, we are introducing some new courses which can help you decide on, and work towards, a new career, or take steps to improve your physical and mental health and wellbeing. Our Family Learning offer can also offer information and top tips for understanding and supporting children with additional needs, as well as improving families' health and wellbeing.

Look out for our Open Day on 25 June 2022. This will take place between 10 am and 2.30 pm and you will be able to try out a range of activities and taster sessions at both of our Learning Centres (Bank Top and Audley). There will be fun activities for children too! You can find more information on page 5.

Come along and see how we can help make a difference to your life.

Karen Wignall

Service Lead – Adult Learning and Employment Support

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



Cllr Mustafa Desai,
Executive Member for
Adult Services and
Prevention



Cllr Katria Fielding,
Assistant Executive
Member for
Adult Services and
Prevention

Welcome to our latest course programme for April – July 2022.

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.

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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.

Booking 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 booked onto a course 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.





Blackburn with Darwen

ADULT LEARNING Centre Open Day

FREE EVENTS FOR ALL

Join us:

On: Saturday 25th June 2022

**At: Bank Top NLC, Arthur Way, Blackburn, BB2 1QP
and Audley and Queens Park NLC, Pringle Street, Blackburn, BB2 1QP
From: 10am – 2.30pm**

*No need to book, just come along and join the fun with crafts,
gardening, computers and much more.*



For more information
call Bank Top NLC on 01254 581175
or Audley & Queens Park NLC on 01254 507720



Family Learning

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.

694	Darwen TH	Tuesday	9.30am – 11.30am	10/05/2022	3 weeks
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Developing your Skills for Business, Employment or Volunteering

Introduction to Henna

Do you like to work with Henna? Are you good at applying designs? Would you like to start a small business in Henna painting? Then come along to this short course to see if this is a career path for you.

695	Darwen TH	Tuesday	12.30pm – 2.30pm	10/05/2022	3 weeks
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Introduction to Dress Making

Would you like to learn the basic of sewing to make, mend and renew clothing? Come and join us for 4 weeks to develop your skills.

696	Darwen TH	Thursday	9.30am – 11.30am	05/05/2022	4 weeks
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Introduction to Card Making

Are you creative? Do you like making personalised cards? Would you like to develop your card making skills to start a small business? Then come along to this short course to see if this is a career path for you.

697	Darwen TH	Thursday	12.30pm – 2.30pm	05/05/2022	4 weeks
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Health and Wellbeing

Mental Health First Aid Champions

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.

698	Darwen TH	Wednesday	9.30am – 3.30pm	11/05/2022	1 week
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699	Darwen TH	Wednesday	9.30am – 3.30pm	25/05/2022	1 week
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ICT & 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 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 and ICT Skills for Life and Work

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 can work at your own pace on your skills. You can also take your own laptop or tablet so you can see how it works on your own device.

Skills required: None. Suitable for absolute beginners.

622	Mill Hill CC	Tuesday	9.30am – 11.30am	19/04/2022 to 19/07/2022
631	Bank Top NLC	Wednesday	9.30am – 11.30am	20/04/2022 to 20/07/2022
632	Darwen Valley CC	Wednesday	10am – 12pm	20/04/2022 to 20/07/2022
633	Greenfields CC	Thursday	9.45am – 11.45am	21/04/2022 to 21/07/2022
634	Audley NLC	Thursday	1pm – 3pm	21/04/2022 to 21/07/2022

Digital/ICT Skills Builder Support Service online

This is a unique aspect of our provision, whatever your query whether it's how to use MS Teams, Zoom, 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. We could also assign you to a digital buddy. 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

Essential Digital Skills for Beginners

New Course for 2022

This course is for those of you who have limited Digital/ICT skills and would like to learn how to switch on a device, navigate around the digital device/computer, get familiar with the programs on a device and how to save and access them.

636	Audley NLC	Monday	1pm – 3pm	09/05/2022	5 weeks
635	Bank Top NLC	Tuesday	9.30am – 11.30am	10/05/2022	5 weeks

Getting Ready for Essential Digital Skills Level 1

New Course for 2022

This progression course is a preparation for the Essential Digital Skills accredited course which will introduce you to: editing documents, organising and downloading files and folders from iCloud to the Desktop/Home Screen. You will also compose and send emails, search for information online using safe practices and much more. Alongside the practical elements you will learn key terms associated with the course.

638	Bank Top NLC	Monday	1pm – 3pm	20/06/2022	5 weeks
637	Audley NLC	Tuesday	9.30am – 11.30am	21/06/2022	5 weeks

Create a CV using Google Docs

New Course for 2022

This short course shows you how to create a CV in Google Docs.

Skills required: Be able to use a digital device, have mouse, keyboard and basic computing skills.

649	Audley NLC	Wednesday	1pm – 3pm	04/05/2022	2 hours
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Applying for Jobs on Twitter

New Course for 2022

This short course shows you how to find and apply for jobs you have found on Twitter.

Skills required: Be able to use a digital device, have mouse, keyboard and basic computing skills.

650	Audley NLC	Wednesday	1pm – 3pm	11/05/2022	2 hours
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Online Services

New Course for 2022

Have you ever wondered how to switch your gas and electricity supplier, change your insurance company or just want to know more about accessing and using online services. This short course will help you get started in using online services.

Skills required: Be able to use a digital device, have mouse, keyboard and basic computing skills.

651	Audley NLC	Monday	1pm – 3pm	09/05/2022	3 weeks
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Internet Safety

New Course for 2022

Do you use the Internet? Do you know how to protect your computer; how to identify and avoid online scams or understand your digital footprint? No, then this is the course for you.

Skills required: Be able to use a digital device, have mouse, keyboard and basic computing skills.

652	Audley NLC	Monday	1pm – 3pm	13/06/2022	3 weeks
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Business online

New Course for 2022

Are you new to building an online business or want to get tips on how to maximise selling your products. This course will look at ways to build your business, guide you how to sell products on Etsy and explore why cyber security is important for your business.

Skills required: Be able to use a digital device, have mouse, keyboard and basic computing skills.

653	Audley NLC	Monday	1pm – 3pm	04/07/2022	3 weeks
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Create a Simple Website using HTML

This short course will introduce you to the skills and knowledge needed to create a basic website from scratch using HTML programming language.

Skills required: Be able to use a digital device, have mouse, keyboard and basic computing skills.

654	Audley NLC	Wednesday	1pm – 3pm	18/05/2022	2 weeks
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Introduction to WordPress

Would you like to blog but not sure what to do? Then join us on this course and create a WordPress website where you can create and publish a blog post, design a page, add links and images to pages and much more.

Skills required: Be able to use a digital device, have mouse, keyboard and basic computing skills.

655	Online	Wednesday	3.30pm – 4.45pm	15/06/2022	4 weeks
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Protect Yourself Online

Do you worry about your online safety? If so, we have a range of courses, on request, that will help reassure you with online shopping, banking online, using social media and what to do if you experience cybercrime or cyberbullying. 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 Buddy - 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 social connection support project linked to the Adult Learning provision in Blackburn with Darwen.

We are looking for people with excellent ICT 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. This service is both online and face to face in one of our local community centres.

Employability



We are offering a range of free employability courses to help improve and develop your employability prospects.

You can gain valuable and appropriate employability skills needed by employers and help you to enhance your CV.

Preparing for Employment

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

Step Back into Employment – Managing Stress

New Course for 2022

Being in or out of work can affect your stress levels in many ways especially if you have been unemployed for a length of time. In this course you will develop skills and techniques to manage and improve your levels of stress and to identify the causes of personal, home and work based stress. The course will also look at ways of supporting you in learning, seeking work, wellbeing and employability.

639	Bank Top NLC	Tuesday	9.30am – 11.30am	26/04/2022	6 weeks
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Step Back into Employment – Goal Settings

New Course for 2022

Goals provide direction for both our personal and professional lives. This course will help you to develop skills and techniques to establish measurable, manageable goals and timeframes to improve and better manage your personal and profession lives.

640	Bank Top NLC	Tuesday	9.30am – 11.30am	14/06/2022	6 weeks
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Employability Jargon Buster

New Course for 2022

Employability terms when looking for work can be confusing. This course explores most commonly used employability terms, which you will come across when looking for or starting a new job, such as zero contract, pro rata, term time and many more.

641	Audley NLC	Thursday	9.30am – 11.30am	05/05/2022	2 hours
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Ready Steady Work

New Course for 2022

Do you want to get into work but not sure where to start? We can help you to improve your confidence, access support, identify your skills set, find vacancies that suit you and interview tips.

671	Bank Top NLC	Thursday	10am – 2pm	09/06/2022	4 hours
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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.

656	Bank Top NLC	Thursday	10am – 11.30am	28/04/2022	2 weeks
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658	Audley NLC	Thursday	10am – 11.30am	09/06/2022	2 weeks
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659	Online	Thursday	10am – 11.30am	14/07/2022	2 weeks
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Find My Next Job

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

662	Audley NLC	Monday	1pm – 2.30pm	25/04/2022	1 ½ hours
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663	Bank Top NLC	Monday	1pm – 2.30pm	06/06/2022	1 ½ hours
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664	Online	Monday	9.30am – 11am	04/07/2022	1 ½ hours
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Nail that Job

New Course for 2022

This is a longer employability course designed to start you on your journey to employment. You will begin to create a CV then increase your understanding of how to complete an online application form; exploring your employability skills set and how to develop current skills to keep you up to date and marketable. You will finish the course by applying for a paid job or voluntary role and much more to help you nail that job!

672	Bank Top NLC	Wednesday	9.30am – 12pm	15/06/2022	4 weeks
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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.

659	Bank Top NLC	Wednesday	1pm – 3pm	27/04/2022	2 hours
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660	Audley NLC	Wednesday	1pm – 3pm	08/06/2022	2 hours
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661	Online	Monday	9.30am – 11.30am	11/07/2022	2 hours
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Employability and ICT Skills for ESOL (Entry 1)

New Course for 2022

This course designed for Entry 1 ESOL learners to equip them with essential Digital/ICT and employability skills to support them back into employment.

642	Bank Top NLC	Tuesday	1pm – 3pm	10/05/2022	5 weeks
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Employability and ICT Skills for ESOL (Entry 2)

New Course for 2022

This course designed for Entry 2 ESOL learners to equip them with essential Digital/ICT and employability skills to support them back into employment.

643	Bank Top NLC	Tuesday	1pm – 3pm	21/06/2022	5 weeks
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Preparing for Employment in an Educational Setting

NCFE Cache Level 2 Award in Support Work in Schools and Colleges

552	Bank Top NLC	Monday/Tuesday	9.30am – 2.30pm	25/04/2022	12 weeks
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Preparing for Employment in Hospitality

NCFE Level 1 Customer Service in the Hospitality Industry

New Course for 2022

This is a bespoke customer care course tailoring it to the benefits and importance of good customer service and communication with customers in a hospitality environment.

644	Bank Top NLC	Wednesday	9.30am – 1.30pm	11/05/2022	5 weeks
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Preparing for Employment in Hair and Beauty

Ascentis Entry 3 in Career Preparation in Hair and Beauty

New Course for 2022

This course introduces you to a career within the hair and beauty industry.

666	Audley NLC	Wednesday	9.30am – 1.30pm	04/05/2022	2 weeks
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Ascentis Entry Level 3 in Hair Plaiting

New Course for 2022

Do you want to learn how to plait hair and gain an accreditation? This course will show you how to prepare for and learn techniques on how to plait hair.

667	Audley NLC	Wednesday	9.30am – 1.30pm	18/05/2022	8 weeks
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Ascentis Entry 3 Hand Care

New Course for 2022

This is a short course introducing you how to prepare and care for a hand care treatment and gain an accredited certificate.

673	Bank Top NLC	Monday	9.30am – 1.30pm	27/06/2022	3 weeks
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Preparing for Employment in Construction

Ascentis Level 1 Health and Safety in a Construction Environment

New Course for 2022

This qualification is designed for those of you who wish to work on a building site. It covers the mandatory training requirements for the CSCS Labourer green card.

648	Bank Top NLC	Thursday	9.30am – 2.30pm	28/04/2022	5 weeks
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Preparing for Employment in the Adult Social Care Sector

Ascentis Level 1 Recognising Issues of Substance Misuse

This is an ideal course for anyone who wishes to raise awareness and gain knowledge of the causes and **issues** surrounding **substance misuse**, whether it is to increase your knowledge in your place of work, in your career pathway or to better understand those who are affected. It will develop your knowledge of **drug** types, the effects on both individuals and society, as well as exploring how people and organisations respond to **substance misuse**.

645	Audley NLC	Thursday	9.30am – 12.30pm	12/05/2022	3 weeks
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NCFE Level 2 Understand the role of the Social Care Worker

New Course for 2022

Are you interested in, or new to working in social care settings? This course provides the knowledge required to understand the nature of working relationships in social care, working in ways that are agreed with the employer, and working in partnership with others.

670	Audley NLC	Wednesday	9.30am – 12.30pm	04/05/2022	4 weeks
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NCFE Level 2 in Principles of Personal Development in Adult Social Care Settings

New Course for 2022

This course introduces you to the concepts of personal development and reflective practice, which are fundamental to adult social care roles. It is also aimed at people who are interested in, or new to, working in social care settings with adults.

646	Bank Top NLC	Monday	9.30am – 1.30pm	09/05/2022	4 weeks
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NCFE Level 2 in Introduction to Duty of Care in Health and Social Care

New Course for 2022

This course is aimed at adults who are either thinking of working in the Health and Social Care sector or those who work in a care setting. You will be introduced to the concept of duty of care and awareness of dilemmas or complaints that may arise where there is a duty of care.

665	Audley NLC	Wednesday	9.30am – 12.30pm	08/06/2022	4 weeks
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This course introduces you to knowledge required for good practice in recording, storing and sharing information in a social care setting. It is aimed at people who are interested in, or new to, working in social care settings.

647	Bank Top NLC	Monday	9.30am – 1.30pm	13/06/2022	2 weeks
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Introduction to Manual Handling

In this course you will gain basic skills and knowledge on the key principles and working practices of moving and manual handling in the workplace.

668	Audley NLC	Tuesday	9.30am – 11.30am	10/05/2022	2 hours
669	Bank Top NLC	Thursday	9.30am – 11.30am	16/06/2022	2 hours

Preparing for Volunteering

Volunteering is a rewarding experience that can provide relevant work experience and life skills that are transferable to everyday situation. Come and find out the benefits of volunteering and how to find the right opportunity for you.

674	Bank Top NLC	Wednesday	9.30am – 11.30am	01/06/2022	2 hours
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Developing your Skills for Business, Employment or Volunteering

Introduction to Card Making

Are you creative? Do you like making personalised cards? Would you like to develop your card making skills to start a small business? Then come along to this short course to see if this is a career path for you.

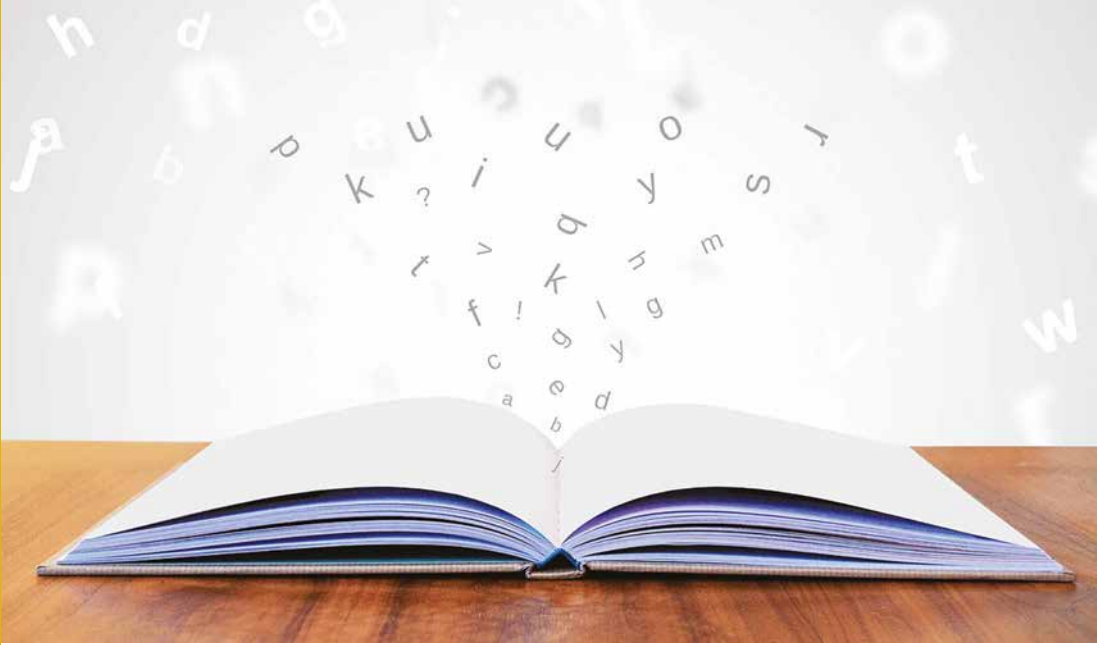
749	Bank Top NLC	Thursday	9.30am – 12pm	09/06/2022	3 weeks
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Introduction to Henna

Do you like to work with Henna? Are you good at applying designs? Would you like to start a small business in Henna painting? Then come along to this short course to see if this is a career path for you.

750	Bank Top NLC	Thursday	9.30am – 12pm	30/06/2022	3 weeks
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Classroom Support Volunteer - We are offering the opportunity for you to spend time supporting in our adult learning classes. We are looking for volunteers to support in the adult learning setting across all our subject areas, this will help you to develop your knowledge and skills in relation to supporting adults to learn. Duties include supporting adult learners with confidence building, reading, writing and supporting the tutor with general classroom duties. We offer courses all year round in various subjects and levels.



English and Maths



Introduction to Maths

We are offering Ascentis Level 1 Maths qualifications, these are designed for people who currently have no maths qualifications and want to build their confidence with small manageable units. We are holding assessment sessions to ensure the course is right for you, so please book on to this. We will be offering classes in a range of venues across the borough throughout the week.

Introduction to English

We are offering Ascentis Level 1 English qualifications, these are designed for people who currently have no English qualifications and want to build their confidence with small manageable units. We are holding assessment sessions to ensure the course is right for you, so please book on to this. We will be offering classes in a range of venues across the borough throughout the week.

Maths and English

We work closely with our local college who offer Level 2 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.



English and Maths

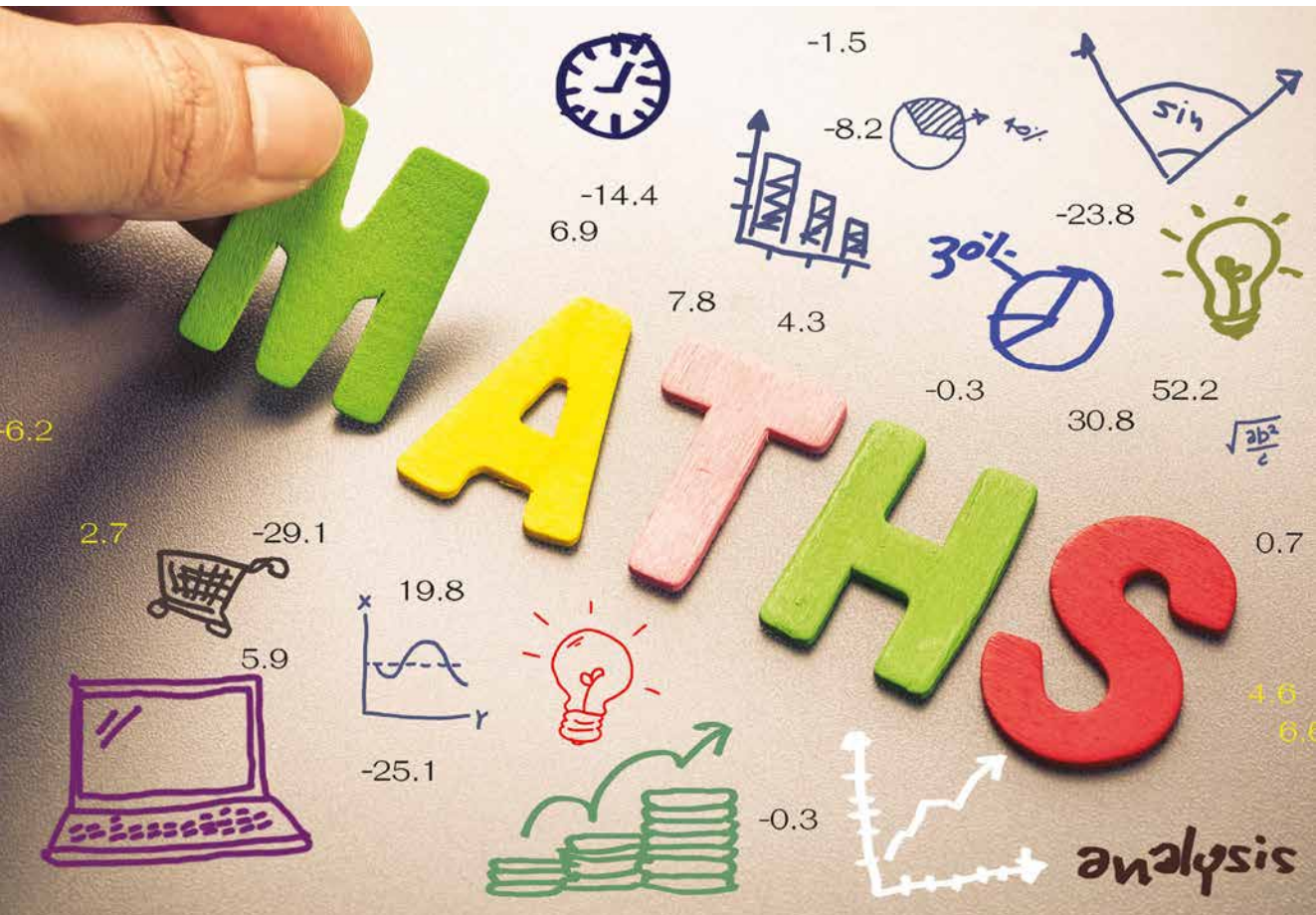


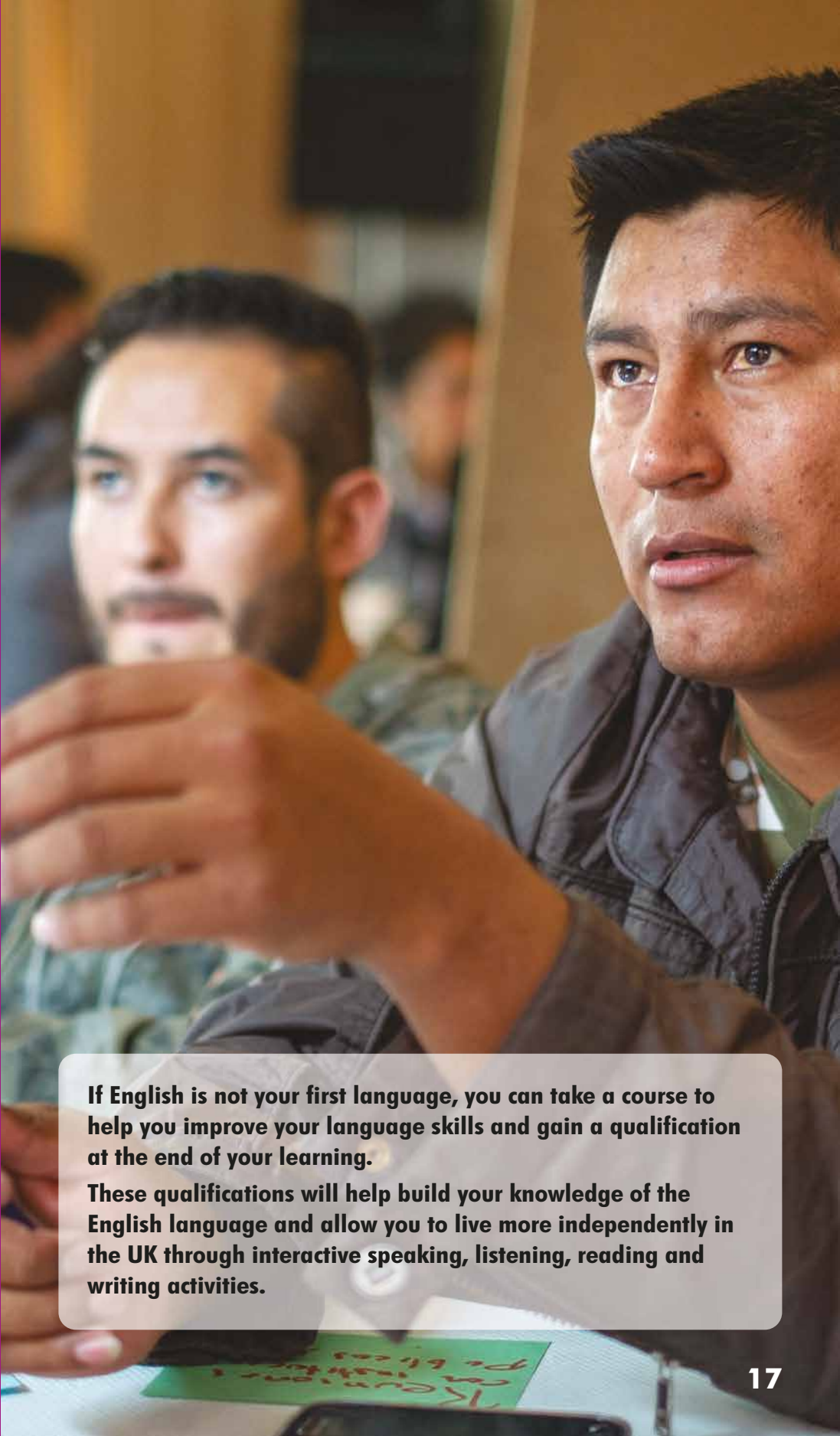
Assessment Week

Wednesday 20th April – Thursday 28th April 2022

Call to book your place 01254 507720.

Once this is complete, we will signpost you to the right class for you.
Approx. 40 minutes per subject.





If English is not your first language, you can take a course to help you improve your language skills and 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

(English for Speakers of Other Languages)

ESOL can help you:

- **Feel more confident**
- **Be more independent**
- **Get a qualification**
- **Progress onto other training**
- **Prepare you to get a job**
- **Improve your digital skills**
- **Help your children with school work**

Find us at:

**Audley and Queens Park NLC
Bank Top NLC
Bangor Street Community Centre**



ESOL

(English for Speakers of Other Languages)

Our 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 assessments will be taking place at a centre near you, for further information or to book an assessment, please call:

- Audley & Queen's Park Neighbourhood Learning Centre on 01254 507720
- Bank Top Neighbourhood Learning Centre on 01254 581175
- And for Bangor Street Community Centre enquiries, please call 01254 581175.

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

ESOL Buddy - Would you like to be an ESOL buddy and support someone in developing their English language skills and getting to know the borough?

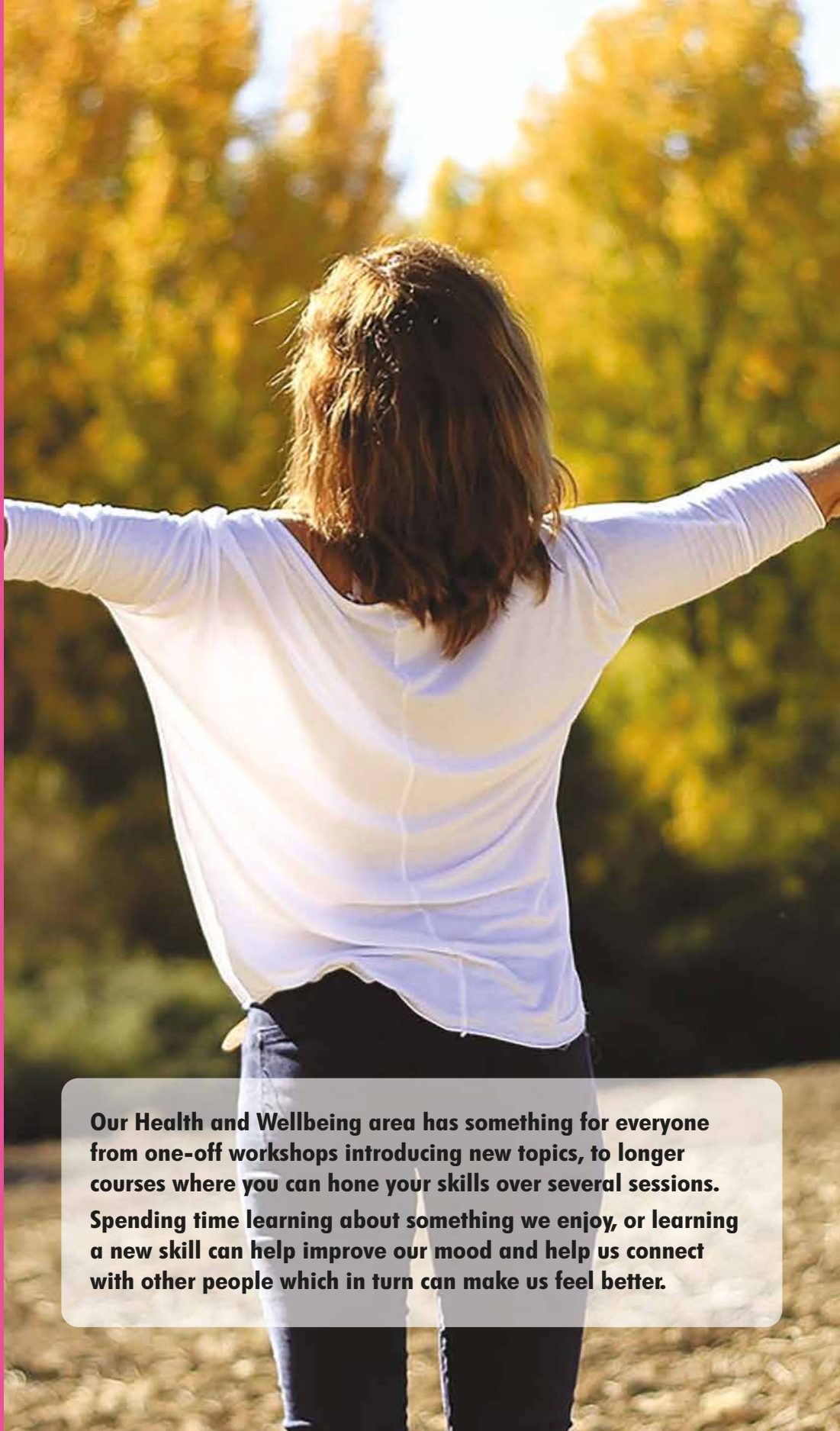
As an ESOL buddy you will meet with a local ESOL learner and work towards some agreed goals over a specific time period. This role is designed to help ESOL learners practise their language skills outside of the classroom while also supporting them to feel more connected to the borough.

Your meet ups might include;

- Going to a coffee shop and practising conversational English
- Taking the bus
- Going for a walk around the park
- Having regular zoom calls
- Joining the library or leisure centre
- Helping the learner to join a local social group or activity
- Getting digital

This role will require the minimum of one hour per week for 8 weeks. Volunteer expenses will be provided and you will have support from Learning English Together team.

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 several sessions. 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.



Health and Wellbeing

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.

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.

620	Bank Top NLC	Thursday	12.30pm – 4pm	30/06/2022	3 ½ hours
623	Audley NLC	Monday	9am – 12.30pm	11/07/2022	3 ½ hours

Level 1 Food Safety in Catering

Learners need to have an entry 3 understanding of English to complete this course.

571	Audley NLC	Thursday	9.15am – 3pm	05/05/2022	5 ¾ hours
602	Audley NLC	Thursday	9.15am – 3pm	09/06/2022	5 ¾ hours
604	Bank Top NLC	Friday	9.15am – 3pm	10/06/2022	5 ¾ hours

Level 2 Food Safety for Catering

Learners must have completed their Level 1 Food Safety and have a level 1 understanding of English.

513	Audley NLC	Thursday	9.15am – 3pm	21/04/2022	2 sessions
	Audley NLC	Friday	9.15am – 3pm	22/04/2022	
611	Bank Top NLC	Wednesday	9.15am – 3pm	22/06/2022	2 sessions
	Bank Top NLC	Thursday	9.15am – 3pm	23/06/2022	

Food Allergens Level 2

Learners must have completed their Level 2 Food Safety before attending this course.

624	Bank Top NLC	Thursday	9.15am – 3pm	14/07/2022	5 ¾ hours
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First Aid

These accredited courses offer practical lifesaving skills and develop techniques for emergency situations.

All of the first aid 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 these courses.

Emergency First Aid at Work (Adult) Level 2

566	Bank Top NLC	Wednesday	9.30am – 2.30pm	27/04/2022	2 sessions
		Thursday	9.30am – 2.30pm	28/04/2022	
582	Audley NLC	Thursday	9.30am – 2.30pm	26/05/2022	2 sessions
		Friday	9.30am – 2.30pm	27/05/2022	
606	Bank Top NLC	Wednesday	9.30am – 2.30pm	15/06/2022	2 sessions
		Thursday	9.30am – 2.30pm	16/06/2022	
612	Audley NLC	Thursday	9.30am – 2.30pm	23/06/2022	2 sessions
		Friday	9.30am – 2.30pm	24/06/2022	

Paediatric First Aid (Child and Baby) Level 2

574	Bank Top NLC	Wednesday	9.30am – 2.30pm	11/05/2022	3 sessions
		Thursday	9.30am – 2.30pm	12/05/2022	
		Friday	9.30am – 2.30pm	13/05/2022	
601	Bank Top NLC	Wednesday	9.30am – 2.30pm	08/06/2022	3 sessions
		Thursday	9.30am – 2.30pm	09/06/2022	
		Friday	9.30am – 2.30pm	10/06/2022	
614	Audley NLC	Thursday	9.30am – 2.30pm	30/06/2022	3 sessions
		Friday	9.30am – 2.30pm	01/07/2022	
		Monday	9.30am – 2.30pm	04/07/2022	

Mental Health First Aid

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.



567	Adult MHFA Full Certificated At Audley NLC	Thursday	9am – 5pm	28/04/2022	2 sessions
		Friday	9am – 5pm	29/04/2022	
619	Adult MHFA Full Certificated At Audley NLC	Thursday	9am – 5pm	14/07/2022	2 sessions
		Friday	9am – 5pm	15/07/2022	
576	Adult MHFA Awareness At Bank Top NLC	Wednesday	9.30am – 2.30pm	18/05/2022	1 session
579	Youth MHFA Full Certificated At Audley NLC	Thursday	9am – 5pm	19/05/2022	2 sessions
		Friday	9am – 5pm	20/05/2022	
607	Youth MHFA Full Certificated At Audley NLC	Thursday	9am – 5pm	16/06/2022	2 sessions
		Friday	9am – 5pm	17/06/2022	
581	Youth MHFA Awareness At Bank Top NLC	Wednesday	9.30am – 2.30pm	25/05/2022	1 session
618	Youth MHFA Awareness At Audley NLC	Friday	9.30am – 2.30pm	08/07/2022	1 session

Dementia Friends

Do you want to be able to better support people with dementia in your local community? Dementia Friends is about learning more about dementia and the small ways you can help create a more Dementia friendly community.

DAA
Blackburn with Darwen
Dementia Action Alliance



592	Audley NLC	Thursday	1pm – 3.30pm	19/05/2022	2 ½ hours
625	Bank Top NLC	Monday	10am – 12.30pm	18/07/2022	2 ½ hours

Creativity for Wellbeing

Beginners Clay Modelling

Learn how to use air-dry clay to make ornaments and decorations for your home then spend the second session painting your designs. **£2.50 charge to cover cost of materials.**

590	Audley NLC	Wednesday	1pm – 3pm	18/05/2022 25/05/2022	2 sessions
610	Bank Top NLC	Friday	10am – 12pm	17/06/2022 24/06/2022	2 sessions

Painting for Beginners

New Course for 2022

Have you always wanted to have a go at painting? Are you looking for a new hobby? Our new painting for beginners course takes you back to basics to explore different types of paints, colour mixing and painting techniques. Explore a range of styles and techniques and find your creative side! **£2.50 charge to cover cost of materials.**

596	Bank Top NLC	Monday	1pm – 3pm	06/06/2022	6 weeks
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Art for Wellbeing

New Course for 2022

Do you have a creative side bursting to get out? Would you like to try your hand at painting, drawing and sketching? This four week course explores a range of art techniques and highlights the benefits of getting creative on our wellbeing. **£2.50 charge to cover cost of materials.**

603	Audley NLC	Thursday	1pm – 3pm	09/06/2022	4 weeks
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Slow Stitching

New Course for 2022

Slow stitching is defined as a mindful needlework process that nurtures focused attention and promotes the joy brought from being creative rather than purely being defined by the final result of the piece itself. Join us as we explore the world of slow stitching and paying mindful attention. **£2.50 charge to cover cost of materials.**

615	Bank Top NLC	Friday	10am – 12pm	01/07/2022	4 weeks
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Household Crafts

New Course for 2022

Would you like to know how to use unloved items to create decoration and functional items for your home? Turn empty jars into nightlights or empty bottles into bottle lights or use scraps of fabric to embellish craft projects and decorate your home.

572	Bank Top NLC	Friday	10am – 12pm	13/05/2022	3 weeks
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Yarn Craft

New Course for 2022

After the success of our last yarn craft courses, we are back with a new project. Whether you are a complete beginner or you have knitted and crocheted a little before; these sessions will build on your existing skills to create a cushion cover for your home. **£2.50 charge to cover cost of materials.**

617	Audley NLC	Thursday	1pm – 3pm	07/07/2022	4 weeks
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Introduction to Origami

New Course for 2022

The art of paper-folding can be very relaxing as your attention is focused on the techniques and designs you are creating. This two-week workshop will show you the basics of paper-folding then build on your skills to create different designs with a range of difficulty.

578	Bank Top NLC	Thursday	1pm – 3pm	19/05/2022 26/05/2022	2 sessions
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Personal Wellbeing

Anxiety, Stress and Feeling Overwhelmed

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.

626	Audley NLC	Friday	12.30pm – 3pm	22/04/2022	2 ½ hours
621	Bank Top NLC	Wednesday	10am – 12.30pm	29/06/2022	2 ½ hours

First Steps to Mindfulness

New Course for 2022

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. Spend the sessions learning some mindfulness techniques and guide you to a more relaxed way of living.

586	Bank Top NLC	Thursday	10am – 12pm	28/04/2022 05/05/2022	2 sessions
575	Audley NLC	Thursday	10am – 12pm	14/07/2022 21/07/2022	2 sessions

Building Resilience

New Course for 2022

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.

589	Bank Top NLC	Thursday	10am – 12pm	12/05/2022	3 weeks
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Qi Gong

New Course for 2022

Qigong is a mind-body exercise form that uses meditation, breathing, and movement to increase energy, focus and relax the mind and body. The art of Qigong (chi gung or chi kung) originated over 5,000 years ago and is based on the principles used in traditional Chinese Taoist medicine. It is a form of light exercise that involves repeated movements, practiced breathing techniques, stretching, and increasing fluid movement within the body. By doing this, qigong restores the flow of energy in the body and helps us become aware of the flow of our own life force energy, or chi.

584	Audley NLC	Tuesday	3.30pm – 5.30pm	19/04/2022	6 weeks
605	Audley NLC	Tuesday	3.30pm – 5.30pm	14/06/2022	6 weeks

Connect with Nature, Become Greener and Live Cleaner

We are all learning more about how to look after our environment better and how important connecting with nature is to our wellbeing. The following courses and workshops offer a range of ways to connect with your environment, look after the world we live in, save money and learn new skills. From upcycling to community gardening, making your own cleaning products to walking in our natural world; there is something for everyone.

Gardening for Wildlife

Would you like to learn how to create a space for wildlife in your garden or local community spaces? This course covers which plants support wildlife and how we can create micro-habitats in our garden to encourage wildlife.

408	The Greenhouses at Witton Park	Wednesday	1pm – 3.30pm	20/04/2022	4 weeks
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Volunteering for Community Gardens

New Course for 2022

Do you love the idea of growing your own food but don't have an outside space to use? Do you want to get involved in a community growing project but don't know where to start? Come along, learn some horticulture skills, and have a go at getting involved in a community planting space.

587	Bank Top NLC	Thursday	10am – 12.30pm	28/04/2022	6 weeks
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Introduction to Upcycling

New Course for 2022

Do you have a small item of furniture that has seen better days? A mirror or coffee table that's a bit worn? Why not bring it along to our full day upcycling workshop where you can learn to sand, use chalk paint and decoupage techniques to transform tired items into pieces to be proud of. Reducing waste and saving money.

£2.50 charge to cover cost of materials.

569	Bank Top NLC	Wednesday	9.30am – 3pm	04/05/2022	5 ½ hours
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Make Your Home A Greener Place

New Course for 2022

Has the last couple of years made you think more about the impact we have on the planet? Would you like to be able to reduce the single use plastic you need to clean your home? Our tutor will take you through the basics of making your own cleaning products, saving you money, plastic and the environment. You will also be shown tips on reducing your carbon footprint by making small changes that will hopefully save you money and help protect the environment.

570	Audley NLC	Wednesday	1pm – 3pm	04/05/2022	2 weeks
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577	Bank Top NLC	Thursday	10am – 12pm	19/05/2022	2 weeks
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Walks in Nature

New Course for 2022

Have you ever wanted to know more about the plants, trees and flowers you see while out walking? Come and join one of our walks in nature and learn how to identify a range of species.

Wild Flower Walk

593	The Pavilion Witton Country Park	Monday	10.30am – 1pm	23/05/2022	2 ½ hours
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Urban Tree Walk

591	Bank Top NLC	Wednesday	12.30pm – 3pm	25/05/2022	2 ½ hours
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Queen's Park Tree Walk

594	Audley NLC	Thursday	1pm – 3.30pm	26/05/2022	2 ½ hours
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Soap and Suds

New Course for 2022

Come and try your hand at making your own soaps and bath salts. Week by week learn different skills using natural products to create beautiful soaps and bath products to use at home or give as gifts to friends and family.

£2.50 charge to cover cost of materials.

595	Audley NLC	Monday	10am – 12pm	06/06/2022	4 weeks
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616	Bank Top NLC	Friday	1pm – 3pm	01/07/2022	4 weeks
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Build your Own Planter

Using off cuts of pallet wood to create your own planter to use for a growing space at home.

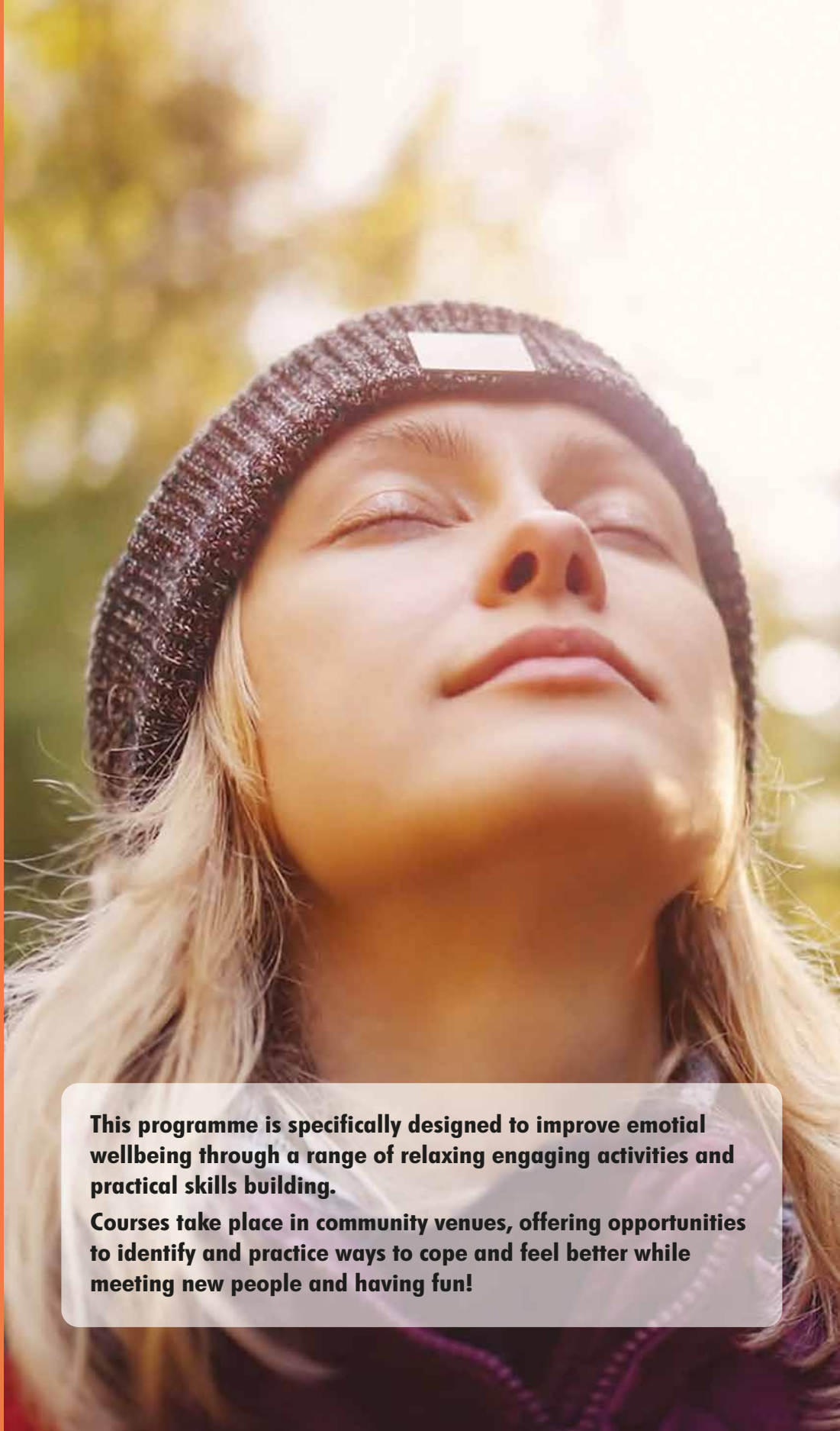
£2.50 charge to cover cost of materials.

609	Bank Top NLC	Friday	9.30am – 2.30pm	17/06/2022	5 hours
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Our Community Garden at Bank Top is always on the look out for volunteers to help maintain and grow in our space. Whether you are a keen gardener with experience or a novice who is keen to get involved we have a wide variety of activities including sowing, planting, weeding, watering and general maintenance of the plot.

Our volunteer sessions provide the opportunity to get outside and grow whilst also socialising and learning.

Positive Minds



This programme is specifically designed to improve emotional wellbeing through a range of relaxing engaging activities and practical skills building.

Courses take place in community venues, offering opportunities to identify and practice ways to cope and feel better while meeting new people and having fun!



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.

Sleep, Stress and Relaxation

Our popular sleep, stress and relaxation course will provide you with opportunities to explore different strategies to improve your sleep, reduce stress and aid relaxation. We will cover ways we can help ourselves and feel better about getting a good night's sleep in order to boost your health and improve how you think and feel during the day.

518	Audley NLC	Monday	10am – 12pm	25/04/2022	4 weeks
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Let's Paint

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.

525	Bank Top NLC	Monday	12.30pm – 3pm	25/04/2022	4 weeks
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Mindful Gardening

Take part in seasonal garden activities in our Community Garden and learn how to practice the Five Ways to Wellbeing in relation to gardening and plants. Connecting with Nature and fellow gardeners, being active whilst being mindful of any physical limitations, taking notice of seasonal changes in the garden, learning about new plants and giving seedlings/containers or crops to others.

588	Bank Top NLC	Wednesday	10am – 12pm	04/05/2022	6 weeks
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Grow Your Wellbeing

Being outside and getting close to nature has been proven to be great for our wellbeing. This course explores 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.

598	Bank Top NLC	Tuesday	10am – 12pm	07/06/2022	6 weeks
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Learn to Refocus: Walking Photography

Taking time to stop and observe nature can be helpful in improving our wellbeing. Our walking photography course will not only show you ways to take better photographs but also how taking a moment in nature can give us a different perspective. Using the Five Ways to Wellbeing to help us feel more connected to the world around us while taking time to pause and focus.

599	Bank Top NLC	Tuesday	1pm – 3pm	07/06/2022	6 weeks
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Write For Me –Therapeutic & Creative Writing

Do you have lots of thoughts and feelings flying around in your head? Have you thought that writing about them might help? This informal creative writing course will help you 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.

600	Audley NLC	Wednesday	12.30pm – 3pm	08/06/2022	6 weeks
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Creating More Confidence

Do you want to feel more confident in the things you do? Would you like to meet others who would also like to build their confidence? Come and meet like-minded people and learn some tips and techniques that can help build confidence in any situation. 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.

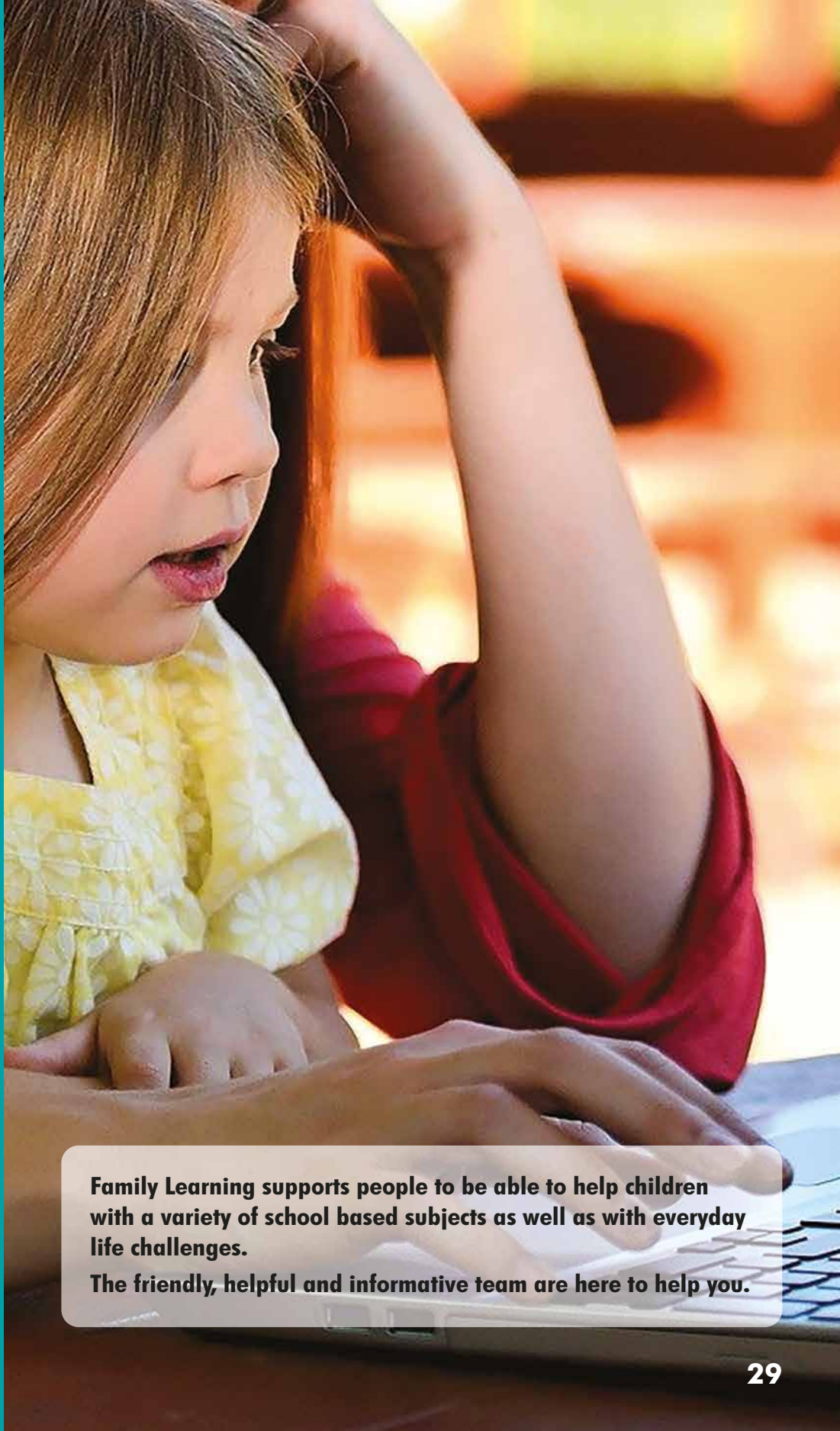
608	Audley NLC	Thursday	10am – 12pm	16/06/2022	4 weeks
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Life after COVID – Long COVID Recovery Peer Support Programme

Have you had COVID and still living with the after effects? Would you like to meet others adjusting to life with Long COVID? We are working with Re:Fresh and a range of other support services to offer a bespoke short course that includes a range of techniques and discussions that may benefit your health and wellbeing while dealing with the after effects of long COVID. (This is not a clinical programme and is designed to work alongside any clinical interventions and advice from specialists).

To book please contact 01254 588111 or email communitychampions@blackburn.gov.uk

Family Learning



Family Learning supports people to be able to help children with a variety of school based subjects as well as with everyday life challenges.

The friendly, helpful and informative team are here to help you.



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

Welcome to our 'Introduction Sessions', these help parents and carers to explore the strategies used in schools to teach children a wide range of subjects based around the National Curriculum. Do not 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.

Join us to find out how you can teach English and Maths to enable you to support your child's learning.

463	Audley NLC	Introduction to Little Wandle Phonics	Monday	9.30am – 12pm	25/04/2022	2 ½ hours
533	Audley NLC	Introduction to Jolly Phonics	Monday	9.30am – 12pm	09/05/2022	2 ½ hours
537	Audley NLC	Using Oxford Owl to Support your child's learning	Monday	9.30am – 12pm	16/05/2022	2 weeks
541	Audley NLC	Using BBC Bitesize to support your child's learning	Monday	9.30am – 12pm	06/06/2022	2 weeks
498	Bank Top NLC	Teaching your Child to Tell Time	Thursday	12.45pm – 2.45pm	28/04/2022	2 weeks
536	Bank Top NLC	Teaching your Child Times Tables	Thursday	12.45pm – 2.45pm	12/05/2022	2 weeks

Supporting Families with Special Educational Needs

Supporting Special Educational Needs

Hints and Tips for parents of children with additional needs

534	Bank Top NLC	Introduction to ADHD	Monday	10am – 12pm	09/05/2022	2 hours
538	Bank Top NLC	Introduction to Autism	Monday	10am – 12pm	16/05/2022	2 hours
539	Bank Top NLC	Introduction to Dyspraxia	Monday	10am – 12pm	23/05/2022	2 hours
542	Bank Top NLC	Introduction to Dyslexia	Monday	10am – 12pm	06/06/2022	2 hours
544	Bank Top NLC	Speaking and Listening Skills	Monday	10am – 12pm	13/06/2022	2 weeks
547	Bank Top NLC	Forming Positive Relationships	Monday	9.30am – 11.30am	27/06/2022	2 weeks
550	Bank Top NLC	Maintaining Positive Mental Health	Monday	9.30am – 11.30am	11/07/2022	2 weeks
490	Audley NLC	Making Sensory Aids – Sensory Bags	Tuesday	9.30am – 12pm	26/04/2022	2 weeks
535	Audley NLC	Making Sensory Aids – Twiddle Mats	Tuesday	9.30am – 12pm	10/05/2022	2 weeks
540	Audley NLC	Making Sensory Aids – Fidget Boards	Tuesday	9.30am – 12pm	24/05/2022	2 weeks

Family Time to Talk

Talking with Children

532	Audley NLC	Family Language (ESOL)	Friday	9.30am – 12pm	29/04/2022	5 weeks
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Family Health and Wellbeing

543	Audley NLC	Family Sewing Skills	Friday	10am – 12pm	10/06/2022	2 weeks
546	Audley NLC	Family Summer Sun Safety	Friday	10am – 12pm	24/06/2022	2 hours
548	Audley NLC	Finding Family Days Out on a Budget	Monday	10am – 12pm	27/06/2022	2 weeks
549	Audley NLC	Rainy Day Crafts	Friday	10am – 12pm	01/07/2022	2 weeks
551	Audley NLC	Smiles Better – Family Oral Hygiene	Friday	10am – 12pm	15/07/2022	2 hours

Accredited Course

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

545	Audley NLC	Sharing Learning Experiences with Children	Tuesday	9.30am – 12pm	14/06/2022	6 weeks
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Supported Learning



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.



Supported Learning

Healthy Cooking and Nutrition

Join us on this culinary experience where we will teach you how to cook a range of easy, healthy dishes. We will be back in the kitchen and getting hands on. Learn about the types of foods we can eat to stay healthy and how to prepare and cook safely.

558	Bank Top NLC	Tuesday	1pm – 3pm	26/04/2022	5 weeks
613	Bank Top NLC	Friday	10am – 12pm	24/06/2022	4 weeks

Looking at the Wider World (New countries)

Travel around the world and take a tour of cultures and crafts from different and new countries. Learn about and try some exciting new foods from the wider world.

568	Bank Top NLC	Friday	10am – 12pm	29/04/2022	5 weeks
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Bringing History to Life

Join Jan on a trip through time. Find out about the different people who shaped England and where they came from. Explore how diversity has changed our island and the area where we live.

597	Bank Top NLC	Tuesday	12.45pm – 2.45pm	07/06/2022	6 weeks
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Please contact us if you require an easy read version of the LDD courses

Come and Volunteer



**HELP
WANTED**

Volunteers are an invaluable part of our service and we would like to invite you to join us in this role.

From as little as an hour a week you can make a difference.

See our current opportunities throughout the programme or visit www.lancsvp.org.uk

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.



**LANCASHIRE
VOLUNTEER
PARTNERSHIP**

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

www.bwdlearning.org



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 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 continue to offer telephone appointments. If you prefer a face to face appointment please ask when booking.

**Call us on (01254) 588891 / (01254) 507720
or contact us at NCS@blackburn.gov.uk
0800 100 900 www.direct.gov.uk/nationalcareersservice**



**WE ARE
HERE TO
HELP**

Are you over 16 and unemployed? Would you like help with looking for work?

The More Positive Together Project is available to provide free support to help improve your employment prospects.

For more information and to apply:

Call 01254 222512 or 01254 585334 Email: mpt@blackburn.gov.uk





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

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

Email: adultlearning@blackburn.gov.uk

www.bwdlearning.org

SCAN ME



@ BwDAdultLearn

