



Be Inspired

Cumbria
Adult Learning

Autumn 2021

Barrow
and
South
Lakeland





Welcome...

...to the new brochure for Cumbria Adult Learning.

The landscape of learning and employment continues to change due to the impact of the Covid-19 crisis. As we start to emerge from the pandemic, Cumbria Adult Learning is here to support you, and this year is no exception. We start this academic year with our new service name "Cumbria Adult Learning", better reflecting our wide-ranging curriculum. We offer English, Maths, ESOL and Digital, alongside Health & Wellbeing, Employability, Languages and Arts and Crafts.

As a result of your recent feedback, we are returning to community-based courses, as well as expanding our Online offer using Zoom.

Please be assured, that your health and safety is paramount, and we will continue to follow the latest Government guidance to make sure your learning environment is safe.

Now is a great opportunity for you to learn something new, either in a local community venue or Online. Whichever way you choose to learn with us, you will have the opportunity to meet new people, build your confidence, develop new skills, gain new qualifications or further your career: above all we are here to support you through your personal learning journey.



Best Wishes
Cllr Deborah Earl

Covid-19

As we begin to open our doors delivering courses in local venues throughout Cumbria, we want to reassure you that all courses will run in accordance with the latest government Covid-19 guidelines. However, if you have any concerns about joining a course, please contact your local centre who will be more than happy to talk you through how we are operating in these unprecedented times.

As some uncertainty still remains, course dates, times and venues advertised could change - please visit our website or contact your local centre for the most up to date course information.

We look forward to welcoming you soon.

Our Centres

Why not contact one of our centres and have an informal chat to find out how we can help?

- **Cumbria Adult Learning in Allerdale (A)**
Tel: 01900 706023
Email: allerdaleadultlearning@cumbria.gov.uk
- **Cumbria Adult Learning in Barrow (B)**
Tel: 01229 407630 / 07867 182841
Email: barrowadultlearning@cumbria.gov.uk
- **Cumbria Adult Learning in Carlisle (CA)**
Tel: 01228 227304 / 01228 227305
Email: carlisleadultlearning@cumbria.gov.uk
- **Cumbria Adult Learning in Copeland (CO)**
Tel: 01946 506416
Email: copelandadultlearning@cumbria.gov.uk
- **Cumbria Adult Learning in Eden (E)**
Tel: 07468 709606
Email: edenadultlearning@cumbria.gov.uk
- **Cumbria Adult Learning in South Lakeland (S)**
Tel: 01539 713257 / 07423 749511
Email: southlakelandadultlearning@cumbria.gov.uk
- **Gen 2 (G2)**
Tel: 01900 701300 – Louise Graham – louise.graham@gen2.ac.uk
Allerdale and Copeland – Laura Connor – laura.connor@gen2.ac.uk
Carlisle and Eden – Alan Senior – alan.senior@gen2.ac.uk
Barrow and South Lakes – Joshua Bates – joshua.bates@gen2.ac.uk
- **Kingmoor Community and Business Centre (K)**
Tel: 01228 598484 (Carlisle)
Email: office@kingmoorcbc.co.uk
- **PHX Training (P)**
Tel: 01228 810960 (Carlisle) Email: carlisle@phxtraining.co.uk
Tel: 01900 233109 (Workington) Email: workington@phxtraining.co.uk
Tel: 01229 808095 (Barrow) Email: barrow@phxtraining.co.uk

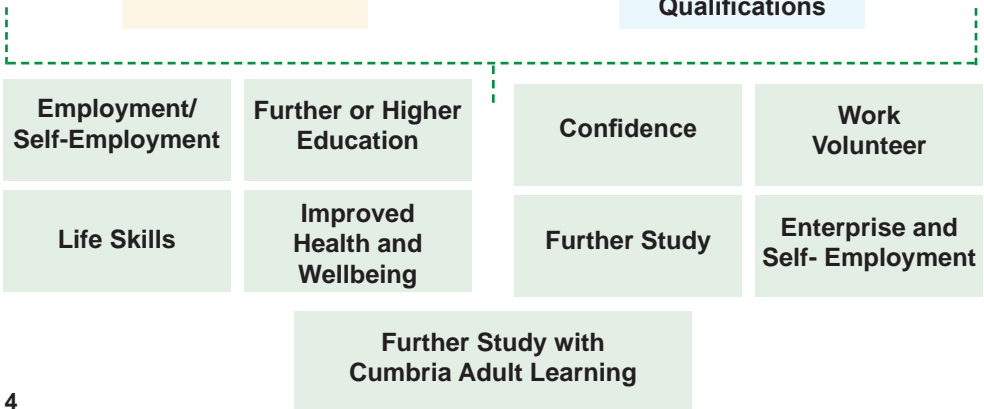


Progress with us

Community Learning



Skills





Arts and Crafts

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



Online Courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginner Craft Skills The Art of Collage	S	SLC00231A	Online Delivery	W	08/09/2021	7	18:30	20:30	£70.00	P
Exploring Architectural History and Design	CO	WHC00731A	Online Delivery	M	20/09/2021	5	13:00	15:00	£50.00	P
Getting to Grips with Photoshop and Lightroom	CO	WHC00961A	Online Delivery	M	20/09/2021	5	18:00	20:00	£50.00	P
Intermediate Drawing	E	SHC00231A	Online Delivery	M	20/09/2021	10	18:30	20:30	£100.00	P
Getting Started with Digital Illustration	CO	WHC00981A	Online Delivery	Tu	21/09/2021	5	18:00	20:00	£50.00	P
Sewing for Improvers	E	SHC00451A	Online Delivery	Tu	21/09/2021	10	18:30	20:30	£100.00	P
Improvers Drawing	E	SHC00241A	Online Delivery	W	22/09/2021	10	18:30	20:30	£100.00	P
Exploring Pattern in Landscape	CO	WHC01031A	Online Delivery	Th	23/09/2021	5	18:00	20:00	£50.00	P
Sewing for Beginners	E	SHC00221A	Online Delivery	Th	23/09/2021	10	18:30	20:30	£100.00	P
Improvers Abstract Art	E	SHC00141A	Online Delivery	M	27/09/2021	8	10:00	12:30	£100.00	P
Painting Get to Grips with Using Colour	E	SHC00271A	Online Delivery	M	27/09/2021	8	13:30	16:00	£100.00	P
Beginners Acrylics	E	SHC00251A	Online Delivery	W	29/09/2021	8	10:00	12:30	£100.00	P
Autumn Flowers in Watercolour	A	WOC00111A	Online Delivery	Th	07/10/2021	1	10:00	16:00	£48.00	F
Mushrooms in Watercolour	A	WOC00121A	Online Delivery	Th	28/10/2021	1	10:00	16:00	£48.00	F
Autumn Leaves and Berries in Watercolour	A	WOC00191A	Online Delivery	Th	04/11/2021	1	10:00	16:00	£48.00	F
Sew a Christmas Stocking	E	SHC01261A	Online Delivery	W	17/11/2021	1	18:30	20:30	£10.00	P
Sew a Christmas Tree Decoration	E	SHC01271A	Online Delivery	W	24/11/2021	1	19:00	20:00	£5.00	P
Winter Fruits in Watercolour	A	WOC00421A	Online Delivery	Th	25/11/2021	1	10:00	16:00	£48.00	F

 Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
No Sew Christmas Tree Decoration	E	SHC01341A	Online Delivery	W	01/12/2021	1	19:00	20:00	£5.00	P
Christmas Flowers	E	SHC01241A	Online Delivery	Sa	04/12/2021	1	13:30	16:00	£12.50	P
Paint Holly in Watercolour for Christmas	A	WOC00471A	Online Delivery	Th	09/12/2021	1	10:00	16:00	£48.00	F
Christmas Gifts Make a Notebook	E	SHC01251A	Online Delivery	Sa	11/12/2021	1	13:30	16:00	£12.50	P

Do you want to speak to someone about a course? Why not contact your Centre today, see page 3 for contact details. Some learners may be eligible for fee concessions. For more information on the fee codes please see back page.



Digital Skills

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



*If you would like to enrol on a Digital Qualification course, visit our website for details on how to book your free initial assessment



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Essential Digital Skills Qualification Entry 3*	B	ABS00831A	Barrow Library	M	06/09/2021	18	09:30	12:00	FREE	A
Introduction to IT	B	ABC01321A	Barrow Library	M	06/09/2021	6	13:00	15:00	FREE	S
Certificate in IT User Skills ECDL Core Level 2*	B	ABS00381A	Barrow Library	Tu	07/09/2021	36	18:00	21:00	£277**	A
Beginners Office	S	SLC00381A	Kendal Library	Th	09/09/2021	6	10:00	12:00	FREE	S
Essential Digital Skills Qualification Entry 3*	S	SLS00551A	Kendal Library	F	10/09/2021	20	10:00	12:00	FREE	A
Essential Digital Skills Qualification Level 1*	S	SLS00561A	Kendal Library	F	10/09/2021	20	12:30	14:30	FREE	A
Essential Digital Skills Qualification Level 1*	B	ABS00841A	Barrow Library	F	10/09/2021	18	13:00	15:30	FREE	A

**Concessions may apply, check with your local centre (Page 3)

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Getting the Most Out of your Android Tablet	B	ABC01411A	Barrow Library	Tu	14/09/2021	1	13:00	15:00	FREE	S
Getting the Most Out of your Smartphone	B	ABC00731A	Barrow Library	Tu	21/09/2021	1	13:00	15:00	FREE	S
Online Safety	S	SLC01371A	Kendal Library	Th	21/10/2021	1	09:30	12:30	FREE	S
Beginners Internet and Email	S	SLC01431A	Kendal Library	Th	04/11/2021	4	10:00	12:00	FREE	S
Getting the Most of your Online Library Membership	S	SLC01531A	Kendal Library	Th	02/12/2021	1	09:30	12:30	FREE	S
Using Zoom	S	SLC01231A	Kendal Library	Th	09/12/2021	1	09:30	12:30	FREE	S
Using Teams	S	SLC01241A	Kendal Library	Th	16/12/2021	1	09:30	12:30	FREE	S



Online courses



Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Getting the Most Out of Your Android Tablet	A	WOC00851A	Online Delivery	W	17/08/2021	1	09:30	12:30	FREE	S
Excel Taster	A	WOC01451A	Online Delivery	Tu	24/08/2021	1	09:30	12:30	FREE	S
Word Taster	A	WOC01501A	Online Delivery	Tu	31/08/2021	1	09:30	12:30	FREE	S
Using Zoom	A	WOC01121A	Online Delivery	Th	21/09/2021	1	09:30	11:30	FREE	S
Beginners Excel	A	WOC00861A	Online Delivery	Tu	28/09/2021	4	09:30	11:30	FREE	S
Getting the Most out of Your Library Membership	A	WOC01291A	Online Delivery	W	13/10/2021	1	09:30	11:30	FREE	S
Online Safety	B	ABC01391A	Online Delivery	M	18/10/2021	1	13:00	15:00	FREE	S
Beginners Office	B	ABC01401A	Online Delivery	M	01/11/2021	6	13:00	15:00	FREE	S
Improvers Excel	A	WOC01171A	Online Delivery	Tu	02/11/2021	4	09:30	11:30	FREE	S
Using Zoom	A	WOC01121B	Online Delivery	W	03/11/2021	1	09:30	11:30	FREE	S

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Employability

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Certificate in Principles of Team Leading Level 2	P	PHS00151A	PHX Training (Barrow)	M - F	02/08/2021	3	09:30	15:30	FREE	A
Extended Award in Employability Skills Level 1	B	ABS00361A	Barrow Library	W	04/08/2021	36	09:30	11:00	FREE	A
Extended Award in Skills for Working in Construction and Building Industries Level 1	B	ABS00351A	Barrow Library	W	04/08/2021	36	09:30	12:30	FREE	A
Award in Food Safety in Catering Level 2	B	ABS00251A	Barrow Library	W	04/08/2021	36	11:00	12:30	FREE	A
Introduction to Engineering	G2	G2S00101B	Gen 2 (Ulverston)	M - F	09/08/2021	1	08:30	15:30	FREE	A
Preparing and Using Welding Equipment Unit Level 2	G2	G2S00011B	Gen 2 (Ulverston)	M - F	16/08/2021	1	08:30	15:30	FREE	A
Employability Hub	B	ABC00291A	Barrow Library	F	18/08/2021	3	13:00	16:00	FREE	S
Certificate in Cleaning Principles Level 2	P	PHS00361A	PHX Training (Barrow)	M - F	23/08/2021	1	09:30	15:30	FREE	A
Award in Health and Safety in the Workplace Level 2	G2	G2S00021A	Gen 2 (Ulverston)	Tu	24/08/2021	1	08:30	15:30	FREE	A
Certificate in Employability Skills Level 1	P	PHS00391A	PHX Training (Barrow)	M - F	31/08/2021	2	09:30	15:30	FREE	A
Award in Risk Assessment Level 2	G2	G2S00041A	Gen 2 (Ulverston)	W	01/09/2021	1	08:30	15:30	FREE	A
Preparing for Employment	B	ABC00351A	Barrow Library	Th	09/09/2021	6	13:00	15:00	FREE	S
Building Confidence for Employment	B	ABC00431A	Barrow Library	Th	09/09/2021	6	13:30	15:30	FREE	S
Certificate in Principles of Customer Service Level 2	P	PHS00381A	PHX Training (Barrow)	M - F	13/09/2021	2	08:30	15:30	FREE	A
Interview Preparation	S	SLC00431A	Kendal Library	M	13/09/2021	1	09:30	12:30	FREE	S
Volunteering Introduction	S	SLC01191A	Kendal Library	M	13/09/2021	5	13:30	15:30	FREE	S
Assertiveness and Decision Making	S	SLC01161A	Kendal Library	M	20/09/2021	3	09:30	12:30	FREE	S
Award in Work Preparation Level 1	B	ABS00031A	Barrow Library	Th	23/09/2021	13	10:00	12:00	FREE	A
Certificate in Cleaning Principles Level 2	P	PHS00361D	PHX Training (Barrow)	M - F	27/09/2021	1	09:30	15:30	FREE	A
Troubleshoot your Interview	S	SLC01171A	Kendal Library	M	11/10/2021	1	09:30	12:30	FREE	S

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Certificate in Principles of Customer Service Level 2	P	PHS00381D	PHX Training (Barrow)	M - F	18/10/2021	2	08:30	15:30	FREE	A
Award in Health and Safety Level 1	S	SLS00521A	Kendal Library	M	18/10/2021	4	09:30	12:00	FREE	A
Award in Volunteering Level 1	S	SLS00491A	Kendal Library	M	18/10/2021	17	13:00	16:00	FREE	A
Maintaining Mechanical Devices and Equipment	G2	G2S00051A	Gen 2 (Ulverston)	M - F	25/10/2021	1	08:30	15:30	FREE	A
Wiring and Testing Electrical Equipment and Circuits	G2	G2S00121A	Gen 2 (Ulverston)	M - F	25/10/2021	1	08:30	15:30	FREE	A
Spreadsheet Software Level 2 Unit	G2	G2S00081A	Gen 2 (Ulverston)	M, Tu	22/11/2021	1	09:00	15:30	FREE	A
Award in Equality and Diversity Entry 3	S	SLS00531A	Kendal Library	M	22/11/2021	4	09:30	12:00	FREE	A

Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Create your CV	A	WOC00741A	Online Delivery	Tu	17/08/2021	1	09:00	12:00	FREE	S
Promoting Positive Relationships in the Workplace	A	WOC00951A	Online Delivery	Tu	17/08/2021	1	13:00	16:00	FREE	S
Building Confidence for Employment	A	WOC00721A	Online Delivery	Tu	24/08/2021	1	09:00	12:00	FREE	S
Introduction to Health and Safety	A	WOC00711A	Online Delivery	Tu	24/08/2021	1	13:00	16:00	FREE	S
Interview Preparation	A	WOC00751A	Online Delivery	Tu	31/08/2021	1	09:00	12:00	FREE	S
Create your CV	A	WOC00741B	Online Delivery	Tu	31/08/2021	1	13:00	16:00	FREE	S
Introduction to Volunteering	B	ABC00861A	Online Delivery	M	06/09/2021	7	10:00	12:00	FREE	S
Education and Training Award	CO	WHS00251A	Online Delivery	M	13/09/2021	13	09:30	12:30	£370.00	B
Building Confidence for Employment	E	SHC01211A	Online Delivery	Tu	14/09/2021	6	10:00	12:00	FREE	S
Create Your CV	S	SLC00741A	Online Delivery	Tu	14/09/2021	1	12:30	15:30	FREE	S
Seeking Employment	E	SHC00361A	Online Delivery	Tu	14/09/2021	6	13:00	15:00	FREE	S
Building Confidence for Employment	S	SLC00991A	Online Delivery	Tu	21/09/2021	5	10:00	12:00	FREE	S
Award in Health and Care Level 1	B	ABS00811A	Online Delivery	W	22/09/2021	12	10:00	12:00	FREE	A

If you can't enrol online, you can still pick up a paper enrolment form from your local centre (page 3)
Keep checking our website for more course releases throughout the team.

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Volunteering Level 1	B	ABS00671A	Online Delivery	M	01/11/2021	12	10:00	12:00	FREE	A
Troubleshoot your CV	S	SLC01141A	Online Delivery	Tu	02/11/2021	1	09:30	12:30	FREE	S
Prepare for Employment	E	SHC00351A	Online Delivery	Tu	02/11/2021	6	10:00	12:00	FREE	S
Assertiveness and Decision Making	E	SHC00701A	Online Delivery	Tu	02/11/2021	6	13:00	15:00	FREE	S
Introduction to Volunteering	S	SLC01151A	Online Delivery	Tu	09/11/2021	6	10:00	12:00	FREE	S

Do you want to speak to someone about a course? Why not contact your Centre today, see page 3 for contact details. Some learners may be eligible for fee concessions. For more information on the fee codes please see back page.

abc

English

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



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Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Functional Skills English Level 1*	B	ABS00111A	Barrow Library	F	10/09/2021	18	09:30	12:30	FREE	M
Functional Skills English Level 2*	B	ABS00121A	Barrow Library	F	10/09/2021	18	09:30	12:30	FREE	M



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
GCSE English*	B	ABS00041A	Online Delivery	W	08/09/2021	30	18:00	21:00	FREE	M
Functional Skills English Level 2*	CA	CLS00091A	Online Delivery	M	13/09/2021	18	18:00	21:00	FREE	M
GCSE English*	CA	CLS00031A	Online Delivery	Tu	14/09/2021	30	18:00	21:00	FREE	M

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Functional Skills English Level 1*	S	SLS00501A	Online Delivery	W	15/09/2021	18	13:00	16:00	FREE	M
Functional Skills English Level 2*	S	SLS00511A	Online Delivery	W	15/09/2021	18	13:00	16:00	FREE	M
Functional Skills English Level 2*	CO	WHS00151B	Online Delivery	Th	16/09/2021	18	18:00	21:00	FREE	M
Functional Skills English Level 1*	CO	WHS00141B	Online Delivery	Th	16/09/2021	18	18:00	21:00	FREE	M
Creative Writing	CA	CLC00061A	Online Delivery	Th	23/09/2021	10	18:30	20:30	£100.00	P
Extended Award in English Skills Level 1*	A	WOS00561A	Online Delivery	F	24/09/2021	30	09:30	11:30	FREE	M
Extended Award in English Skills Level 1*	A	WOS00561B	Online Delivery	F	24/09/2021	30	13:00	15:00	FREE	M

abc

English for Speakers of Other Languages (ESOL)

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Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
ESOL Beginners English Support	B	ABC00071A	Ormsgill Community Centre	M, Tu, W	06/09/2021	3	09:30	12:30	FREE	S
ESOL Beginners English Support	B	ABC00071B	Ormsgill Community Centre	M, Tu	06/09/2021	5	12:30	14:30	FREE	S
Award in ESOL Skills for Life Speaking and Listening Entry 1*	S	SLS00541A	Kendal Library	W	08/09/2021	16	10:00	14:00	FREE	A
Award in ESOL Skills for Life Speaking and Listening Entry 1*	S	SLS00541B	To Be Confirmed*	F	10/09/2021	16	10:00	14:00	FREE	A
Award in ESOL Skills for Life Reading Entry 1*	S	SLS00611A	Kendal County Hall	M	13/09/2021	29	09:00	11:00	FREE	A
Award in ESOL Skills for Life Writing Entry 1*	S	SLS00621A	Kendal County Hall	M	13/09/2021	37	11:00	13:00	FREE	A
ESOL Beginners English Support	S	SLC00311A	Kendal Library	Tu	14/09/2021	10	09:30	11:30	FREE	S

*Please see website for course venue updates

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Family Learning

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Maths: All about Preparing your Child for Year 1	E	SHC01161A	Online Delivery	Tu	10/08/2021	4	09:30	11:00	FREE	S
Maths: All about Preparing your Child for Year 2	E	SHC01121A	Online Delivery	Tu	10/08/2021	4	13:00	14:30	FREE	S
English: All about Preparing your Child for Year 2	E	SHC01121B	Online Delivery	W	11/08/2021	4	09:30	11:00	FREE	S
English: All about Preparing your Child for Year 1	E	SHC01161B	Online Delivery	W	11/08/2021	4	13:00	14:30	FREE	S
Early Years: All about Preparing your Child for Reception	E	SHC01171A	Online Delivery	Th	12/08/2021	4	09:30	11:00	FREE	S
English: All about Phonics - Make a Rhyming Puppet (Rec and KS1)	E	SHC01151A	Online Delivery	Th	12/08/2021	4	13:00	14:30	FREE	S
English: All about Writing - Playful Ways to Help your Child (KS2)	S	SLC00521A	Online Delivery	Tu	14/09/2021	3	11:00	12:30	FREE	S
English: All about Basic Punctuation (KS1 and KS2)	CO	WHC00591A	Online Delivery	W	15/09/2021	3	09:30	11:00	FREE	S
Science: All about Looking after the Birds (KS1 and KS2)	S	SLC00661A	Online Delivery	W	15/09/2021	3	13:00	14:30	FREE	S
English: All about the Trickier Punctuation (KS1 and KS2)	S	SLC00881A	Online Delivery	Th	16/09/2021	3	18:00	19:30	FREE	S
English: All about Phonics - Make a Rhyming Puppet (Rec and KS1)	E	SHC01151B	Online Delivery	M	20/09/2021	4	09:30	11:00	FREE	S
Maths: All about Number (KS1)	E	SHC01601A	Online Delivery	M	20/09/2021	4	13:00	14:30	FREE	S
Early Years: All about Learning through Stories	E	SHC00471A	Online Delivery	F	24/09/2021	4	09:30	11:00	FREE	S
English: All about Reading - Make a Den (EYFS and KS1)	E	SHC01611A	Online Delivery	F	24/09/2021	4	13:00	14:30	FREE	S
English: All about Writing Marvellous Sentences (KS1 and KS2)	S	SLC00531A	Online Delivery	Tu	05/10/2021	3	11:00	12:30	FREE	S
Resilience: All about Feeling Good - Make an "Awesome Me" Collage (KS1)	CO	WHC00601A	Online Delivery	W	06/10/2021	3	09:30	11:00	FREE	S
Science: All about Looking after the Insects (KS1 and KS2)	S	SLC00671A	Online Delivery	W	06/10/2021	3	13:00	14:30	FREE	S
English: All about Reading - Make a Den (EYFS and KS1)	S	SLC00891A	Online Delivery	Th	07/10/2021	3	18:00	19:30	FREE	S

Course title	Centre Code	Course Code	Venue	Day	Start	Wks From	To	Fee	Fee Code
Early Years: All about Counting and Playing - Make a Maths Mobile	E	SHC01111A	Online Delivery	M	01/11/2021	4	09:30 11:00	FREE	S
English: All about Writing - Playful Ways to Help your Child (KS1)	E	SHC01441A	Online Delivery	M	01/11/2021	4	13:00 14:30	FREE	S
Healthier Living: All about a Better Sleep (Nur, Rec, KS1 and KS2)	S	SLC00541A	Online Delivery	Tu	02/11/2021	3	11:00 12:30	FREE	S
Maths: All about Fractions (KS2)	S	SLC00711A	Online Delivery	W	03/11/2021	3	13:00 14:30	FREE	S
Maths: All about Division (KS2)	S	SLC00921A	Online Delivery	Th	04/11/2021	3	18:00 19:30	FREE	S
English: All about Phonics - Make a Rhyming Puppet (Rec and KS1)	E	SHC01151C	Online Delivery	F	05/11/2021	4	09:30 11:00	FREE	S
Maths: All about Shape (KS1)	E	SHC01141A	Online Delivery	F	05/11/2021	4	13:00 14:30	FREE	S
Healthier Living: All about Snacks (EYFS, KS1 and KS2)	S	SLC00561A	Online Delivery	Tu	23/11/2021	3	11:00 14:30	FREE	S
Science: All about Investigations (KS1 and KS2)	S	SLC00721A	Online Delivery	W	24/11/2021	3	13:00 14:30	FREE	S
English: All about the Trickiest Punctuation (KS1 and KS2)	S	SLC00881B	Online Delivery	Th	25/11/2021	3	18:00 19:30	FREE	S

“It has made a significant difference to my daughter’s confidence and ability in doing her times tables, I can’t thank the Tutor enough. It was nice to meet such a lovely teacher, her lessons were so enjoyable and interesting. It was lovely to share it with other parents too and so it felt like a sociable event too which is important at this present time in the pandemic where people feel isolated and alone.”



Do you want to speak to someone about a course? Why not contact your Centre today, see page 3 for contact details. Some learners may be eligible for fee concessions. For more information on the fee codes please see back page.





Health and Wellbeing

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Stitch for Wellbeing Beginners Sewing Skills	B	ABC00671A	Hindpool Community Centre	Tu	07/09/2021	7	09:00	12:30	£115.50	P
Stitch for Wellbeing Beginners Upcycling Skills	B	ABC00131A	Hindpool Community Centre	W	08/09/2021	7	13:30	16:30	£115.50	P
Cooking on a Budget	B	ABC00891A	Hindpool Community Centre	W	08/09/2021	6	09:00	12:30	FREE	S
Award in Healthy Living for Well-Being and Mental Health Entry 3	B	ABS00061A	Hindpool Community Centre	Th	23/09/2021	5	13:00	15:00	£47.00	A
Award in Mental Health and Well-Being Level 1	B	ABS00521A	Hindpool Community Centre	Th	28/10/2021	5	13:00	15:00	£47.00	A

Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Introduction to Mindfulness	E	SHC00131A	Online Delivery	W	08/09/2021	1	14:00	16:00	FREE	S
Keep Your Body Moving and Balance Improvers	S	SLC00341A	Online Delivery	F	10/09/2021	14	09:00	10:00	£70.00	P
Healthy Hearts	S	SLC00291A	Online Delivery	F	10/09/2021	14	10:15	11:15	£70.00	P
Keep Your Body Moving and Balance	S	SLC00961A	Online Delivery	F	10/09/2021	14	11:30	12:30	£70.00	P
Keeping Calm and Carrying On	S	SLC01291A	Online Delivery	Th	16/09/2021	5	09:30	12:00	FREE	S
Beginners Personal Development	S	SLC01281A	Online Delivery	Th	16/09/2021	5	13:00	15:30	FREE	S
A Mindfulness Based Approach to Healthy Eating	E	SHC00851A	Online Delivery	W	22/09/2021	1	14:00	16:00	£10.00	P
Award in The Importance of Resilience and Grit Entry 3	B	ABS00851B	Online Delivery	Tu	28/09/2021	4	13:00	15:00	£78.00	A
Writing for Wellbeing	S	SLC01311A	Online Delivery	Tu	28/09/2021	6	18:30	20:00	FREE	S
A Mindfulness Based Approach to Moving	E	SHC00921A	Online Delivery	W	29/09/2021	1	14:00	16:00	£10.00	P
A Mindfulness Based Approach to Sleeping	E	SHC00881A	Online Delivery	W	06/10/2021	1	14:00	16:00	£10.00	P

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
A Mindfulness Based Approach to Relaxing	E	SHC01031A	Online Delivery	W	13/10/2021	1	14:00	16:00	£10.00	P
Award in The Importance of Resilience and Grit Level 1	B	ABS00861A	Online Delivery	Tu	26/10/2021	4	13:00	15:00	£78.00	A
Beginner Craft Skills Felt Making	S	SLC00131A	Online Delivery	W	03/11/2021	7	18:30	20:30	£70.00	P
Award in Personal Development Entry 3	S	SLS00591A	Online Delivery	Th	04/11/2021	14	09:30	12:30	£178.00	A
Award in Personal Development Level 1	S	SLS00601A	Online Delivery	Th	04/11/2021	10	13:00	16:00	£97.00	A
Hill Skills Basic Essentials	CA	CLC00911A	Online Delivery	M, W	08/11/2021	2	18:00	19:30	£30.00	P
Write a Poem to Help Maintain Mental Wellbeing	S	SLC01331A	Online Delivery	Tu	16/11/2021	5	18:30	20:00	FREE	S
Introduction to Mindfulness	E	SHC00131C	Online Delivery	W	15/12/2021	1	14:00	16:00	FREE	S



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Hill Skills - Bigger Hills

“A really good day map and compass reading with strategy training in the Lake District Fells. Haystacks and the surrounding area was my destination. Overall the weather was pretty kind in comparison to the weather forecast! Phil is a very knowledgeable Tutor and made me think outside of my comfort zone in sticking to the main paths and to be a bit more adventurous but safe at the same time”.



Languages

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Spanish Beginners	S	SLC00031A	Kendal Library	W	15/09/2021	12	19:00	21:00	£132.00	P
Spanish Beginners	S	SLC00031B	Ambleside Library	Th	16/09/2021	12	09:45	11:45	£132.00	P
Spanish Beginners	S	SLC00031C	Ulverston Library	Th	16/09/2021	12	19:00	21:00	£132.00	P



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Introduction to French	CA	CLC00071A	Online Delivery	Tu	10/08/2021	4	10:00	12:00	£40.00	P
Introduction to Spanish	CA	CLC00181A	Online Delivery	Tu	10/08/2021	4	14:00	16:00	£40.00	P
Russian Intermediate	CA	CLC01321A	Online Delivery	M	13/09/2021	12	18:00	20:00	£120.00	P
French Taster	A	WOC00041A	Online Delivery	M	13/09/2021	1	18:00	20:00	£10.00	P
Spanish Intermediate	S	SLC00011A	Online Delivery	M	13/09/2021	12	19:00	21:00	£120.00	P
Japanese Language Improvers	S	SLC00051A	Online Delivery	Tu	14/09/2021	12	13:00	15:00	£120.00	P
Spanish Improvers	CA	CLC00101A	Online Delivery	Tu	14/09/2021	12	14:30	16:30	£120.00	P
Italian Taster	A	WOC00031A	Online Delivery	Tu	14/09/2021	1	18:00	20:00	£10.00	P
German Intermediate	CA	CLC00191A	Online Delivery	Tu	14/09/2021	12	18:30	20:30	£120.00	P
Spanish Upper Intermediate	S	SLC00061A	Online Delivery	Tu	14/09/2021	12	19:00	21:00	£120.00	P
French Beginners	S	SLC00021A	Online Delivery	W	15/09/2021	12	10:00	12:00	£120.00	P
French Improvers	S	SLC00121A	Online Delivery	W	15/09/2021	12	14:00	16:00	£120.00	P

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
French Intermediate	S	SLC00041A	Online Delivery	W	15/09/2021	12	17:30	19:30	£120.00	P
German Improvers	CA	CLC00121A	Online Delivery	W	15/09/2021	12	18:00	20:00	£120.00	P
Spanish Taster	A	WOC00801A	Online Delivery	W	15/09/2021	1	18:00	20:00	£10.00	P
French Beginners	CA	CLC00871A	Online Delivery	Th	16/09/2021	12	14:30	16:30	£120.00	P
Spanish Beginners	CA	CLC00161A	Online Delivery	Tu	16/09/2021	12	14:30	16:30	£120.00	P
Russian Improvers	CA	CLC00901A	Online Delivery	Th	16/09/2021	12	18:00	20:00	£120.00	P
Russian Beginners	CA	CLC00891A	Online Delivery	F	17/09/2021	12	11:00	13:00	£120.00	P
German Beginners	CO	WHC00131A	Online Delivery	M	20/09/2021	10	18:00	20:00	£100.00	P
French Beginners	A	WOC00091A	Online Delivery	M	20/09/2021	12	18:00	20:00	£120.00	P
Spanish Intermediate	A	WOC01081A	Online Delivery	M	20/09/2021	12	18:00	20:00	£120.00	P
Spanish Intermediate	A	WOC01081B	Online Delivery	Tu	21/09/2021	12	18:00	20:00	£120.00	P
Italian Beginners	A	WOC00081A	Online Delivery	Tu	21/09/2021	10	18:00	20:00	£100.00	P
Spanish Beginners	A	WOC00101A	Online Delivery	W	22/09/2021	10	18:00	20:00	£100.00	P
Spanish Improvers	A	WOC00581A	Online Delivery	Th	23/09/2021	10	18:00	20:00	£100.00	P
French Improvers	A	WOC01271A	Online Delivery	Th	23/09/2021	10	18:00	20:00	£100.00	P

“The quality of teaching delivered by my Tutor is excellent and has assisted the development of my language skills considerably. As a consequence I made a conscious decision to continue with the classes”.



Do you want to speak to someone about a course? Why not contact your Centre today, see page 3 for contact details. Some learners may be eligible for fee concessions. For more information on the fee codes please see back page.

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Maths

For more information about any of our courses listed below, visit our website adultlearning.cumbria.gov.uk and search for the course using the course code. There is a wealth of information available at your fingertips.



*If you would like to enrol on a GCSE or Functional Skills course, visit our website for details on how to book your free initial assessment.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Functional Skills Maths Level 1*	B	ABS00171A	Barrow Library	Th	09/09/2021	18	13:00	16:00	FREE	M
Functional Skills Maths Level 2*	B	ABS00181A	Barrow Library	Th	09/09/2021	18	13:00	16:00	FREE	M
GCSE Maths*	B	ABS00071A	Barrow Library	Th	09/09/2021	30	18:00	21:00	FREE	M
Functional Skills Maths Level 1*	S	SLS00121A	Kendal County Hall	F	17/09/2021	18	09:30	12:30	FREE	M
Functional Skills Maths Level 2*	S	SLS00091A	Kendal County Hall	F	17/09/2021	18	09:30	12:30	FREE	M



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
GCSE Maths*	S	SLS00011A	Online Delivery	W	08/09/2021	30	18:00	21:00	FREE	M
GCSE Maths*	E	SHS00001A	Online Delivery	Tu	14/09/2021	30	09:30	12:30	FREE	M
Functional Skills Maths Level 1*	E	SHS00031B	Online Delivery	Tu	14/09/2021	18	13:30	16:00	FREE	M
GCSE Maths*	CO	WHS00011A	Online Delivery	Tu	14/09/2021	30	18:00	21:00	FREE	M
Functional Skills Maths Level 2*	CO	WHS00171A	Online Delivery	W	15/09/2021	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1*	CO	WHS00161A	Online Delivery	W	15/09/2021	18	18:00	21:00	FREE	M
GCSE Maths*	A	WOS00091B	Online Delivery	W	15/09/2021	30	18:00	21:00	FREE	M

Do you want to speak to someone about a course? Why not contact your Centre today, see page 3 for contact details. Some learners may be eligible for fee concessions. For more information on the fee codes please see back page.

A new look for Cumbria Adult Learning

Barrow Library

Come and have a look around at the exciting changes to Barrow Library. Cumbria Adult Learning now benefits from a purpose built classroom to deliver our courses from. These amazing changes include an all singing and dancing interactive screen, IT equipment, small kitchen, sound proof pod, sensory room for families, meeting rooms and more.....Its a brilliant space for the community.



Kendal Library

Kendal Library is currently under renovation, but will be home to Cumbria Adult Learning with exclusive use of the Pennington suite as our classroom. A new interactive screen, movable desks, laptops, laptop charging unit and printer.





Family Learning Courses

Family Learning QUICK-SKILLS Online

We have an exciting opportunity for you to try Family Learning QUICK-SKILLS courses which we are delivering Online.

All our courses are available to view on our Family Learning section of the brochure and website: <https://adultlearning.cumbria.gov.uk/subjects/family.asp>

How can a QUICK-SKILL benefit you?

- Your choice! We offer a pick and mix menu of QUICK-SKILL courses adapted to Online delivery to cover most of the Early Years and Primary Curriculum.
- A quick way to build specific skills and confidence: a half hour meet-up session to find out more, then (usually) three sessions of one and a half hours
- A great way to meet other parents, grandparents and carers of children in nursery and primary
- Enrol via our website and receive a link to join your course
- Keep up to date, explore ideas, make a resource, then try out with your child!

English: Ways to encourage Reading and Writing, support Spelling, Punctuation and Grammar;

Phonics: Sharing Stories and help your child hear, identify and use different sounds that distinguish one word from another.

Maths: Courses to cover the basics and get up to date as well as trickier topics, with plenty of ideas for games and activities to try with the children.

Science and Creativity: Encourage curious minds. Explore everyday Science. Create, design and make...

Health and Wellbeing: Healthier snacks and meals; ideas for keeping active... Bouncebackability (managing tough times); build self-esteem and confidence, help for a good night's sleep; calming and soothing, and more...

Early Years: Specially for families of children in the Early Years - all practical and fun... make puppets or a maths mobile, explore messy play or Science in Fairy Tales; build a reading den and new for 2021 - Active Start!



For all current and future courses, why not have a look at our website: adultlearning.cumbria.gov.uk

You will be able to find a wide range of courses updated daily that may inspire you to get back into learning! **You can book your place online** or contact the centre advertising your

Why not check out the Cumbria Adult Learning Social Media pages. Feel free to share and like with your friends! Stay up to date with what's going on, what's coming up and all of our latest news.



Facebook: @CumbriaLearning



Instagram: @CumbriaLearning

Zoom

We will be using the online platform Zoom to deliver classes to your computer, laptop or tablet.

How to join your Zoom class

1. When you enrol on the course, you will be given instructions how to download the Zoom app.
2. Before the start of your course the tutor will send you joining instructions. Do not give these details to anyone else.
3. Follow the link in the email from your tutor, on the stated day and time. You will be entered into a virtual waiting room, where you will be given access to the session by the tutor.

This system is free, secure and easy to use.

We look forward to welcoming you into our growing online community.

"Thank you for running the online course. I'm absolutely loving it. It's been exactly the right sort of level for me." **Zoom Learner**



Why learn with Cumbria Adult Learning?

Quality

As a leading provider of Cumbria Adult Learning across Cumbria, we ensure all our courses are of the highest quality.



Enjoyment

We pride ourselves on delivering classes that are fun and enjoyable.

Dedicated Staff

Our highly experienced tutors share their years of expertise with you to take your skills to the next level.

Employability

If you want to enhance your future career prospects, we offer a wide range of employability courses to strengthen your CV.

Building Communities

Take the opportunity to join a class and make new friends whilst uncovering hidden creative talents.



Further information on Fees

Current fees are published in our brochure and on the website. These prices are subject to change. The total price quoted is the amount payable in order to secure a course place. This includes tuition costs, examination fees (where applicable) and in some cases additional costs which relate to the particular course. Other optional materials, which may be associated with the course, are available for purchase as identified in the course outline. Unless details are provided in the course outline, you are advised not to buy equipment, books or materials until after the first session.

By signing the enrolment you are self-declaring that you fit the appropriate category of eligibility. All enrolments are subject to final verification and approval by Cumbria Adult Learning. Should the concession selected not meet our terms, you will be contacted in order that your enrolment can be corrected. You will be asked to pay for any course fees where concessions are not permitted.

Learning Support

Learning Support is provided to meet the needs of learners who have an identified learning difficulty and/or disability. If you feel you are eligible for this support or require further information then please contact your Cumbria Adult Learning Centre.

Refund Policy

Once a course has begun, we will only consider refund requests in exceptional personal or family circumstances. However, if the refund affects the continued viability of the course then Cumbria Adult Learning reserves the right to refuse the refund. If you need to withdraw from a course before it begins, we will process refund requests as follows:

- If the request is made more than eight weeks before the course starts, a full refund will be returned.
- If the request is made less than eight weeks and more than one week before the course starts, a full refund less a £10 cancellation fee will be returned.
- No refunds will be made if you withdraw from a course less than seven days before the start.

Course viability

Please note that the running of each course is considered on individual merit and Cumbria Adult Learning reserves the right to withdraw or cancel a programme whenever its viability cannot be assured. Some courses may be viable with smaller numbers, whilst others may require larger groups of learners in order to run successfully. The decision of whether a course will run or not will be made no later than 5 working days prior to the advertised start date. In the event that it is not possible for a course to run we will contact you personally to offer a full refund or to discuss alternative options.



Find

You can find a course in this brochure or search online by subject, title or by area: adultlearning.cumbria.gov.uk



Book

You can book your place over the phone, at your local centre or even book and pay online.



Enrol

You may be required to confirm some of your details collected Online and provide evidence to support any concessions which may entitle you to a reduced fee e.g. NI Number, benefit evidence and proof of identification. Enrolment is online through the Cumbria Adult Learning Website adultlearning.cumbria.gov.uk/ If you experience any problems or are unable to book online, please contact your local centre where paper based enrolments can be completed. (Page 3).

Minimum Age - Please note that you must be aged 19 or over on 31 August 2021 to access one of our courses.

Course Fees

Code	Type of Provision	Remission/fees	Funding Information
S	Fully-subsidised Community Learning	Free to all learners	100% subsidised by the Government's Education and Skills Funding Agency (ESFA)
P	Part-subsidised Community Learning	Reduced fees apply	There is a fee for this course but it has been reduced significantly as it is part-subsidised through the ESFA. Individuals may also be eligible for a further fee reduction if they are unemployed, low-waged or on another means tested benefit.
F	Full-cost Community Learning	Fees apply to all individuals	This course is not supported by Government funding and reduced fees do not apply.
M	Accredited Maths or English Qualification	Free to all learners if prior attainment is below GCSE grade 9-4 or A-C	100% subsidised by the Government's Education and Skills Funding Agency (ESFA).
A	Accredited Skills Qualification up to Level 2	Fees apply but free to some individuals	Qualification may be free to individuals who are unemployed, low waged (less than £17,004.00 gross annual salary) or they are aged 19-23 and their highest prior attainment is less than Level 2. Reduced fees apply for all other individuals as qualification is part-subsidised through the ESFA.
B	Accredited Skills Qualification	Fees apply to most individuals	In most cases this course will not be supported by Government Funding. However, in some instances individuals may be eligible for support if they meet certain conditions or they may be eligible for an advanced learner loan to help with fees.