

Adult Learning

Be inspired! FREE Qualifications

Courses for Employers

Ofsted
Good
Provider



AUTUMN/ WINTER 2023/24 Adult Learning Courses



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council

adultlearningcumbria.org

WELCOME

...to the 2023/24 Adult Learning Brochure! We are both excited to share our range of new and enriching opportunities for all adults in our communities across Cumberland, Westmorland and Furness. Our courses are designed to foster personal growth, career development and lifelong learning. We deliver courses online and face to face in local venues such as libraries and community centres.

Take a few minutes to read our brochure and explore subjects we offer including maths, English, arts and crafts, health and wellbeing to name a few! Our courses are a great opportunity to connect with like-minded individuals and make new friends.

Don't hesitate to contact your local centre with any questions - they are waiting to hear from you and support you to find the right course for you.

Best Wishes

Clr Sue Sanderson



Clr Elaine Lynch



WHAT OUR LEARNERS SAY

English Functional Skills

"I chose Adult Learning as the days fit well with me. I also like the fact that they are only 18 weeks and I have managed this before going back to work. I like that the groups are small".

Maths Functional Skills

"I chose to learn with Adult Learning as I'd heard through my work coach it would be a good thing to do a confidence course with them. After doing that course I decided to do more so I could update my CV and hopefully get a job".

Safeguarding course

"I've massively gained knowledge and confidence which has had a positive effect. I look forward to coming to the course, I really enjoy learning different things. I like how my tutor teaches the group by breaking it up doing group exercises and discussions."

ABOUT US

At Adult Learning, we pride ourselves on delivering high quality lessons that are not only fun and enjoyable, but are delivered by our dedicated tutors, who will share their years of expertise and experience, to inspire you to take your knowledge, skills and learning to the next level.

We offer a wide variety of courses at different locations and times, meaning that you can choose a course at a time and place that is convenient for you. Many of our learners find great fulfilment in continuing their learning as it can keep you focused or give you new experiences which you can share with your friends and family. It provides a gratifying sense of accomplishment too. We also ensure that our courses are of the highest quality, meaning you can focus on your own learning journey.

EQUALITY AND DIVERSITY



We are committed to fairness and equality of access and opportunity for all learners. We are against discrimination in any form and have a commitment to making our courses inclusive and available to all. We promote equality and diversity across all the service areas.

SAFEGUARDING



We are committed to safeguarding all our learners, staff, volunteers, and centre users. We want you to feel safe and not threatened by the environment or other people, and we have policies and procedures in place to deal with any safeguarding concerns raised. Learners are encouraged to report any concerns they may have.

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



@CumbriaAdultLearning



@cumbriaadultlearning

INFORMATION, ADVICE AND GUIDANCE

Adult Learning has a duty of care to provide potential learners with impartial information, advice and guidance. We aim to help you make informed decisions about the suitability of any study programme to meet your needs and aspirations.

This plays a role in making sure that you enrol on a course that suits your needs best at that point in time. It is based on looking your individual needs and mutually agreeing the best way forward to you; we hope to be able to support you through our extensive range of courses, however, this may actually involve us advising that another provider can support you better at that point in time.

“Adult Learning are more approachable, quick to respond to any concerns or problems. They are good at emailing information to everyone so we are all kept informed.”

INITIAL ASSESSMENTS

Are you thinking about starting a GCSE, Functional Skills in English, maths or a recognised digital skills qualification? Adult Learning will assess your current level of knowledge to make sure you start to learn at the correct level. The assessments are FREE and will put you on the right path.

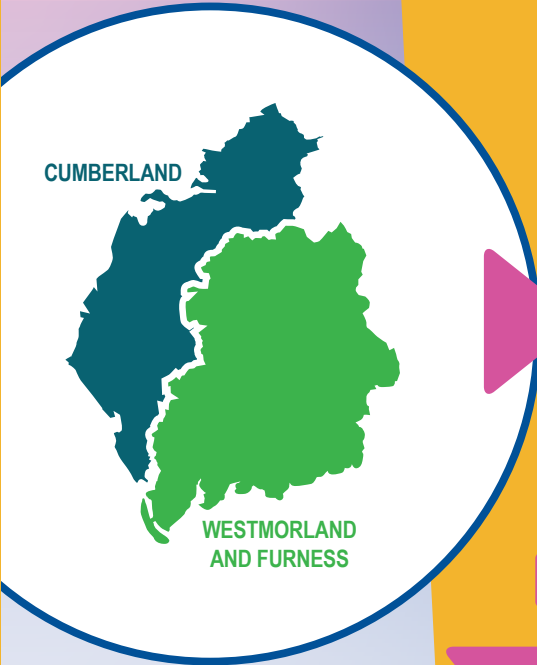
We can also signpost you to other short courses or one to ones to fill any gaps you may have prior to starting your course.

Our centres are ready to take initial assessment bookings.

Contact your centre today, see page 34 for contact details.

“The Adult Learning team were helpful in advising which course was right for me. I did an initial assessment to put me on the right level of maths and I was supported by the centre and the tutor throughout my course.”

ADULT AND COMMUNITY LEARNING



- ENGLISH
- MATHS
- ESOL
- ARTS AND CRAFTS
- HEALTH AND WELLBEING
- LANGUAGES
- EMPLOYABILITY
- DIGITAL SKILLS
- GREENER CURRICULUM
- FAMILY LEARNING

PERSONAL DEVELOPMENT 

- Confidence and self-esteem
- Successful communication
- Community participation
- Helping others
- More independent
- Active citizenship

EMPLOYMENT 

- Apprenticeship
- New job
- Career progression
- Volunteering

EDUCATION 

- Adult Community Learning courses
- Community Learning
- Further Education
- Higher Education

ADULT LEARNING ADVICE CAFÉS

#RELEARN**#REINVENT****#REDISCOVERLEARNING**

*Come along to our Adult Learning advice cafés and meet your local team who are waiting to guide you through your learning enquiries. Are you looking for a course which leads to finding or progressing in employment, or looking for a new hobby or skill with like-minded people? The language café is great opportunity to meet and discuss your options face to face with the team. Initial assessments will also be available in preparation for English, maths and digital skills courses.

*Days and times may vary.

BARROW ADULT LEARNING

Barrow Library café

Mondays 10.30am to 11.30am

PENRITH ADULT LEARNING

Penrith Library floor

Thursdays 10.00am to 12.00pm

CARLISLE ADULT LEARNING

Carlisle Library floor

Thursdays 10.00am to 12.00pm

WHITEHAVEN ADULT LEARNING

Whitehaven Library floor

Fridays 10.00am to 12.00pm

KENDAL ADULT LEARNING

Kendal Library floor

Mondays 10.30am to 11.30am

WORKINGTON ADULT LEARNING

Workington 1st floor of the Library

Thursdays 10.00am to 12.00pm



ADULT LEARNING WORKPLACE TRAINING AND SKILLS

Support your business and your employees to take their next steps with our FREE skills courses.

What are the benefits of my team doing qualifications in the workplace?

Learning and development in the workplace motivates and upskills your team and you'll see the benefits in terms of efficiency, morale, and staff retention. Our tutor will come to your premises, or a convenient location, at times to suit you. Learning in the workplace is easier for your team too as they don't have to travel and can work together as a group.

Who are we?

Adult Learning is part of Cumberland and Westmorland and Furness Councils. We are an established provider rated 'Good' by Ofsted. Last year over 1700 adults succeed in gaining qualifications with us. We supported another 3000 adults to improve their knowledge across a range of subjects from Excel spreadsheets to positive thinking and from maths to communication skills. We have 6 centres across the county. Our offices in Carlisle, Whitehaven and Workington support residents in Cumberland, and the Barrow, Kendal and Penrith offices deliver to the people of Westmorland and Furness.

What exactly do you offer?

Mandatory Qualifications	Functional Skills	Skills for Employment
Health and Care	Digital	Communication
Infection Prevention and Control	English/ESOL	Resilience
Equality and Diversity	Maths	Teamwork
Food Hygiene		Time Management
Safeguarding		Customer Service
CSCS		Environmental Sustainability

If you need something that is not listed above, do get in touch so we can look at creating a bespoke package.

How are your courses delivered?

We can offer face to face or online sessions using Zoom and we can also do a mixture of both. We certainly do use online learning packages, but we recognise that most people want to learn with a person and because we are located in the county, we can give you and your employees regular access to one.

How do I sign up or find out more information?

Check out our website which gives you further details of our courses or contact your local centre- see page 34 for details.

SUPPORTING YOU IN YOUR LEARNING JOURNEY

Adult Learning are a committed team of educators and specialists that aim to provide an accessible and positive learning experience for all learners. We know each learner thinks and learns in a different way so a tailored & personalised approach, based on your individual needs, can have a transformative impact on your learning.

Do you feel you think or learn in a unique way or need support throughout your learning journey? Roughly 30% of the working-age population do, that's about 1 in 3 people! Neurodiversity is an inclusive term that recognises this and acknowledges people's unique experience of the world. This type of diversity can bring with it many benefits as well as areas that naturally require support.

By identifying your unique learning needs we can provide a tailored support plan for you that can include:

- Early identification of your learning needs
- Personalised interviews with trained staff to discuss learning differences, difficulties, and preferred learning styles
- Specialised assessments
- Training on the use of assistive technologies
- Developing confidence by using strategies specific to your needs
- Adapting learning materials and equipment
- In class support & exam access arrangements like extra time, rest breaks, a reader or scribe.

When you apply you can indicate if you feel you may need support in your learning journey by filling out Section 4 of our enrolment form. This will help us start to create a unique plan for you. You can also contact your Adult Learning Team or talk to your tutor for more information.

ENGLISH AND MATHS

Adult Learning's Functional English and maths courses can be delivered face-to-face or online, across a range of qualification levels.

DID YOU KNOW

It typically takes 54 to 120 hours to achieve a level in English or maths.

The team at your local Adult Learning centre can provide quality advice and guidance that will help you in getting on the right course by:

- Helping you to complete your BKSBS initial assessment
- The information from the assessment will be used to provide you with your starting point and your qualification goal.
- All initial and diagnostic assessments, even for online classes, will take place at one of our Adult Learning centres or can be sent to your home to complete.

GCSE

Functional Skills Level 2: Equivalent to Grade 4 or Grade C GCSE

Functional Skills Level 1: Equivalent to Grade 3 or Grade D GCSE

Functional Skills Entry Level 1, 2 & 3

Stepping Stones courses (Pre-Entry)

Pre-Course discussion: This discussion is designed to ensure that you receive the right information advice and guidance about what course and level you should be learning at.

Diagnostic Assessment

Initial Assessment

DURING YOUR COURSE YOU WILL HAVE ACCESS TO:

- Diagnostic assessment which will inform your skills scan
- Weekly Zoom classes (for online classes) or face-to-face taught sessions with your tutors and your peers
- Individual feedback and reviews to help you to track your progress
- Access to online learning resources (Mymaths and / or Educake)
- Mock exam sessions
- CGP book to support your learning
- Adult Learning Support (where applicable)

Once you have completed your initial assessment, the centre team will discuss which course and level is appropriate based on your results, when and where classes are available for you to start your learning journey.

Remember: To achieve it is important that you attend your classes as poor attendance and punctuality may result in you being withdrawn from the course.

Also: Exams will be held in your local centre and not online even for those learning via Zoom. Information about the exams will be discussed and confirmed prior to taking place.

We enrol learners at regular intervals throughout the year, so if you decide to study maths and English later in the year, you can still join classes up until Easter. However, it is important that you leave enough time to achieve your desired qualification before the end of the academic year.

GCSE MATHS AND ENGLISH

We also offer GCSEs in both English and maths, starting in September. With initial and diagnostic assessments already taking place in your local centre, book yours now to ensure you are on the right course for your individual needs.

Book your initial Assessment now with your local Adult Learning Centre. See details on page 34

ESOL (English for Speakers of Other Languages)

IS YOUR CURRENT LEVEL OF ENGLISH HOLDING YOU BACK?



Do you need to develop your English skills so that you can talk to your neighbours, go shopping, help your children with their homework or visit a doctor?

Learn to speak, listen, read and write in English with our FREE ESOL (English for speakers of other languages) classes. Also working with our libraries in your area we are providing extra learning opportunities such as language cafés, for you to practice and develop your language skills.

We offer courses for learners new to ESOL up to Level 2 qualifications, which will help to progress you into employment or further courses.

Contact your local centre to complete an initial assessment (see page 34).

We will help you to become a confident English speaker and to fulfil your potential.

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Multiply

For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.

Adult Learning is part of the national Multiply campaign to bring more people back into learning maths. That could be for you if:

- You don't have a maths qualification on your CV
- You are unemployed OR
- You are held back from applying for better paid jobs
- Maths has always bothered you and certain topics have always made you wary.

We will be offering bite-sized tasters through the year, including:

- Conquering fractions, decimals, and percentages
- Conquering algebra
- Managing money and budgets, from life to work
- Time schedules and measurement, from life to work
- Any other maths you want help with overcoming.

Multiply is flexible, can be delivered face to face in a classroom, in groups, on a 1 to 1 basis and even online. Remember, this could be the next step to helping you boost your numeracy skills to progress at work, start or progress on to another course or to help with daily tasks. Multiply is the next step in unlocking your potential and is FREE to learners.

**SKILLS
FOR LIFE
MULTIPLY**





Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Time Together at Home	CAR	CAR23M001	Carlisle Library	M	07/08/2023	1	10:00	12:00	FREE	X
Time Together at Home	CAR	CAR23M002	Carlisle Library	W	16/08/2023	1	10:00	12:00	FREE	X
Time Together at Home	CAR	CAR23M003	Carlisle Library	Sa	26/08/2023	1	10:00	12:00	FREE	X
Building Confidence in Maths	WOR	WOR23M001	Workington Library	M	11/09/2023	3	12:30	14:30	FREE	X
Beginners ESOL Practical Maths for Everyday Life	KEN	KEN23M001	To Be Confirmed*	Tu	12/09/2023	13	09:30	11:30	FREE	X
Beginners ESOL Practical Maths for Everyday Life	KEN	KEN23M002	Grange Community Food Share	Tu	12/09/2023	13	17:00	19:00	FREE	X
Beginners ESOL Practical Maths for Everyday Life	KEN	KEN23M003	Sedbergh Peoples Hall	W	13/09/2023	13	09:00	11:00	FREE	X
Building Confidence in Maths	WOR	WOR23M002	Workington Library	Th	14/09/2023	3	09:30	12:00	FREE	X
Beginners ESOL Practical Maths for Everyday Life	KEN	KEN23M004	Armside Educational Institute	F	15/09/2023	13	09:30	11:30	FREE	X
Coping with the Rising Cost of Living	CAR	CAR23M004	To Be Confirmed*	M	18/09/2023	5	12:30	14:30	FREE	X
Cooking on a Budget	CAR	CAR23M005	Denton Holme Community Centre	W	20/09/2023	5	13:00	14:45	FREE	X
Cooking on a Budget	CAR	CAR23M006	Botcherby Community Centre	F	17/11/2023	5	13:00	14:45	FREE	X
Coping with the Rising Cost of Living	CAR	CAR23M007	Tullie House Museum (Carlisle)	Tu	09/01/2024	5	12:30	14:30	FREE	X
Cooking on a Budget	CAR	CAR23M008	Denton Holme Community Centre	W	10/01/2024	5	13:00	14:45	FREE	X
Coping with the Rising Cost of Living	CAR	CAR23M009	To Be Confirmed*	M	19/02/2024	5	12:30	14:30	FREE	X
Cooking on a Budget	CAR	CAR23M010	Botcherby Community Centre	F	23/02/2024	5	13:00	14:45	FREE	X



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Excel Fabulous Formulas	KEN	KEN23M005	Online Delivery	Th	21/09/2023	1	10:00	12:00	FREE	X
Excel Glorious Graphs	KEN	KEN23M006	Online Delivery	Th	28/09/2023	1	10:00	12:00	FREE	X

Do you want to speak to someone about a course? Why not contact your Centre today, see page 34 for contact details.

Some learners may be eligible for fee concessions. For more information on the fee codes please see see page 35.

*Check website for venue details or speak to the centre to find out where this is being delivered.



Digital Skills

For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.

If you want to do your banking, see your GP, or just keep up with family and friends, the easiest way to do that is through an app on your smartphone. However, people who do not stay smart and safe online can find themselves an easy target for scammers or predators. Working online using basic or better computer skills in MS office is now a key part of most jobs - and can be a springboard to more specialist workplace programmes.

Technology is changing and developing all the time and so, whether we are complete beginners or competent Office users, we can all benefit from refreshers or upskilling.

Adult Learning has courses for people who are nervous about using computers or smartphones and accessing the internet, right through to those who want to perfect their Excel or Publisher skills. If you want to use the power of social media and online advertising to support your small business idea, we can even help there too.

If you are an employer looking to upskill your staff team we can now deliver skills qualifications in the workplace – do get in touch if you want to find out more.


For more information, please contact your local centre or visit our website.




Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Digital and IT Skills Level 2	BAR	BAR23S020	Barrow Library	M	04/09/2023	20	18:00	20:30	FREE	A
Award in Digital Awareness and Internet Safety Pre Entry Level	BAR	BAR23S022	Barrow Library	W	06/09/2023	7	09:30	12:00	FREE	A
Essential Digital Skills Entry Level 3	BAR	BAR23S021	Barrow Library	W	06/09/2023	20	13:00	15:30	FREE	A
Introduction to IT	BAR	BAR23C010	Barrow Library	Th	07/09/2023	6	09:30	12:00	FREE	S
Essential Digital Skills Level 1	BAR	BAR23S023	Barrow Library	F	08/09/2023	20	09:30	12:00	FREE	A
Award in Digital and IT Skills Level 2	WHI	WHI23S033	Whitehaven Library	Tu	12/09/2023	16	09:15	12:15	FREE	A
Introduction to IT	PEN	PEN23C016	Penrith Library	Tu	12/09/2023	6	09:30	12:00	FREE	S
Essential Digital Skills Entry Level 3	WHI	WHI23S029	Whitehaven Library	Tu	12/09/2023	16	13:00	16:00	FREE	A
Award in Digital Awareness and Internet Safety Pre Entry Level	WOR	WOR23S018	Workington Library	W	13/09/2023	10	09:30	11:30	FREE	A
Getting the Most out of Your iPad	WOR	WOR23C011	Workington Library	W	13/09/2023	2	12:30	14:30	FREE	S
Certificate in Digital and IT Skills Level 2	WHI	WHI23S035	Whitehaven Library	Th	14/09/2023	25	09:15	12:15	FREE	A
iPhone for Beginners	PEN	PEN23C018	Penrith Library	Th	14/09/2023	2	10:00	13:00	FREE	S
Beginners Computers Internet and Email	KEN	KEN23C024	Kendal Library	Th	14/09/2023	4	10:00	12:00	FREE	S
Improvers Digital Skills	KEN	KEN23S006	Kendal Library	Th	14/09/2023	10	12:30	14:30	FREE	A
Essential Digital Skills Level 1	WHI	WHI23S031	Whitehaven Library	Th	14/09/2023	16	13:00	16:00	FREE	A
Essential Digital Skills Entry Level 3	WOR	WOR23S020	Workington Library	F	15/09/2023	15	09:30	12:30	FREE	A
Award in Digital and IT Skills Level 2	KEN	KEN23S007	Kendal Library	F	15/09/2023	19	09:30	12:00	FREE	A
Beginners Computers	WHI	WHI23C001	Millom Hub	M	18/09/2023	11	13:30	15:30	FREE	S
Android Smartphone for Beginners	BAR	BAR23C011	Barrow Library	Th	21/09/2023	3	13:00	15:00	FREE	S
Beginners Computers	WHI	WHI23C002	Whitehaven Library	F	22/09/2023	11	10:00	12:00	FREE	S
Getting the Most Out of your Android Smartphone	WHI	WHI23C007	Whitehaven Library	F	22/09/2023	2	13:00	15:00	FREE	S
iPad for Improvers	WOR	WOR23C012	Workington Library	W	27/09/2023	3	12:30	14:30	FREE	S
Android Smartphone for Beginners	PEN	PEN23C017	Penrith Library	Th	28/09/2023	2	10:00	13:00	FREE	S
iPad for Beginners	CAR	CAR23C023	Carlisle Library	Tu	03/10/2023	2	09:30	12:30	FREE	S
Smartphone for Beginners	CAR	CAR23C024	Carlisle Library	Tu	03/10/2023	2	13:30	16:30	FREE	S

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Introduction to IT	CAR	CAR23C021	Upperby CDC (Carlisle)	W	04/10/2023	8	10:00	12:00	FREE	S
Essential Digital Skills Entry Level 3	CAR	CAR23S015	Upperby CDC (Carlisle)	Th	05/10/2023	16	09:30	12:30	FREE	A
Introduction to IT	CAR	CAR23C022	Upperby CDC (Carlisle)	Th	05/10/2023	8	13:30	15:30	FREE	S
How to Buy and Sell Online	WHI	WHI23C010	Whitehaven Library	F	06/10/2023	2	13:00	15:00	FREE	S
Beginners Computers Word and Excel	KEN	KEN23C025	Kendal Library	Th	12/10/2023	4	10:00	12:00	FREE	S
Android Smartphone for Improvers	BAR	BAR23C012	Barrow Library	Th	12/10/2023	2	13:00	15:30	FREE	S
Introduction to IT	WOR	WOR23C013	Workington Library	W	18/10/2023	8	12:30	14:30	FREE	S
Getting Started with the Internet	WHI	WHI23C004	Whitehaven Library	F	20/10/2023	2	13:00	15:00	FREE	S
Beginners Computers	PEN	PEN23C022	Penrith Library	Tu	31/10/2023	7	09:30	12:00	FREE	S
How to Buy and Sell Online	KEN	KEN23C026	To Be Confirmed*	Tu	31/10/2023	2	10:00	12:00	FREE	S
Award in Digital Communications Pre Entry Level	BAR	BAR23S024	Barrow Library	W	01/11/2023	7	09:30	12:00	FREE	A
Introduction to IT	BAR	BAR23C013	Barrow Library	Th	02/11/2023	6	09:30	12:00	FREE	S
Getting the Most Out of your Android Smartphone	WHI	WHI23C008	Whitehaven Library	F	03/11/2023	2	13:00	15:00	FREE	S
Android Smartphone for Beginners	BAR	BAR23C014	Barrow Library	W	09/11/2023	3	13:00	15:00	FREE	S
Beginners Computers Powerpoint and Publisher	KEN	KEN23C028	Kendal Library	Th	16/11/2023	4	10:00	12:00	FREE	S
How to Buy and Sell Online	WHI	WHI23C011	Whitehaven Library	F	17/11/2023	2	13:00	15:00	FREE	S
Award in Using Digital Devices and the Internet Pre Entry Level	WOR	WOR23S027	Workington Library	W	29/11/2023	10	09:30	11:30	FREE	A
Android Smartphone for Improvers	BAR	BAR23C015	Barrow Library	Th	30/11/2023	2	13:00	15:30	FREE	S
Getting Started with the Internet	WHI	WHI23C005	Whitehaven Library	F	01/12/2023	2	13:00	15:00	FREE	S
Beginners Computers	CAR	CAR23C025	Upperby CDC (Carlisle)	W	06/12/2023	10	10:00	12:00	FREE	S
Getting Started with the NHS App	KEN	KEN23C029	To Be Confirmed*	Th	07/12/2023	1	10:00	12:00	FREE	S
Beginners Computers	CAR	CAR23C026	Upperby CDC (Carlisle)	Th	07/12/2023	10	13:30	15:30	FREE	S
Introduction to IT	CAR	CAR23C027	Upperby CDC (Carlisle)	Tu	09/01/2024	8	13:30	15:30	FREE	S
Award in Digital Documents Pre Entry Level	BAR	BAR23S025	Barrow Library	W	10/01/2024	6	09:30	12:00	FREE	A
Digital Skills for Improvers	PEN	PEN23S018	Penrith Library	W	10/01/2024	8	10:00	12:45	FREE	A
Beginners Computers	WOR	WOR23C014	Workington Library	W	10/01/2024	11	12:30	14:30	FREE	S

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Introduction to IT	BAR	BAR23C016	Barrow Library	Th	11/01/2024	6	09:30	12:00	FREE	S
Beginners Computers Internet and Email	KEN	KEN23C030	Kendal Library	Th	11/01/2024	4	10:00	12:00	FREE	S
Improvers Digital Skills	KEN	KEN23S008	Kendal Library	Th	11/01/2024	10	12:30	14:30	FREE	A
Beginners Computers	WHI	WHI23C003	Whitehaven Library	F	12/01/2024	10	10:00	12:00	FREE	S
Getting the Most Out of your Android Smartphone	WHI	WHI23C009	Whitehaven Library	F	12/01/2024	2	13:00	15:00	FREE	S
Essential Digital Skills Entry Level 3	WHI	WHI23S030	Whitehaven Library	Tu	23/01/2024	16	09:15	12:15	FREE	A
Essential Digital Skills Level 1	WHI	WHI23S032	Whitehaven Library	Tu	23/01/2024	16	13:00	16:00	FREE	A
Essential Digital Skills Level 1	WOR	WOR23S021	Workington Library	F	24/01/2024	15	09:30	12:30	FREE	A
Award in Digital and IT Skills Level 2	WHI	WHI23S034	Whitehaven Library	Th	25/01/2024	16	13:00	16:00	FREE	A
Getting the Most out of Your iPhone	WOR	WOR23C015	Workington Library	F	26/01/2024	2	12:30	14:30	FREE	S
How to Buy and Sell Online	WHI	WHI23C012	Whitehaven Library	F	26/01/2024	2	13:00	15:00	FREE	S
Beginners Computers Word and Excel	KEN	KEN23C032	Kendal Library	Th	08/02/2024	4	10:00	12:00	FREE	S
Getting Started with the Internet	WHI	WHI23C006	Whitehaven Library	F	09/02/2024	2	13:00	15:00	FREE	S
Award in Digital and IT Skills Level 2	BAR	BAR23S026	Barrow Library	M	19/02/2024	20	18:00	20:30	FREE	A
Getting the Most our of your iPad	KEN	KEN23C033	To Be Confirmed*	Tu	20/02/2024	1	10:00	12:00	FREE	S
Introduction to IT	PEN	PEN23C024	Penrith Library	Tu	20/02/2024	6	10:00	12:40	FREE	S
Award in Using Digital Devices and the Internet Pre Entry Level	BAR	BAR23S027	Barrow Library	W	21/02/2024	6	09:30	12:00	FREE	A
Essential Digital Skills Entry Level 3	BAR	BAR23S028	Barrow Library	W	21/02/2024	20	13:00	15:30	FREE	A
Essential Digital Skills Level 1	CAR	CAR23S016	Upperby CDC (Carlisle)	Th	22/02/2024	16	09:30	12:30	FREE	A
Introduction to IT	BAR	BAR23C017	Barrow Library	Th	22/02/2024	6	10:00	12:30	FREE	S
Essential Digital Skills Level 1	BAR	BAR23S029	Barrow Library	F	23/02/2024	20	09:30	12:00	FREE	A
Android Smartphone for Beginners	KEN	KEN23C034	Kendal Library	F	23/02/2024	3	10:00	12:00	FREE	S
Getting the Most out of Your iPad	WOR	WOR23C016	Workington Library	F	23/02/2024	2	12:30	14:30	FREE	S
Award in Digital Communications Pre Entry Level	WOR	WOR23S019	Workington Library	W	06/03/2024	10	09:30	11:30	FREE	A
Essential Digital Skills Entry Level 3	CAR	CAR23S017	Upperby CDC (Carlisle)	W	06/03/2024	16	09:30	12:30	FREE	A
Essential Digital Skills Entry Level 3	CAR	CAR23S018	Upperby CDC (Carlisle)	Th	07/03/2024	16	13:00	16:00	FREE	A

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Getting Started with the Internet	WOR	WOR23C017		Workington Library	F	08/03/2024	1	12:30	15:30	FREE	S
Beginners Computers	CAR	CAR23C028		Upperby CDC (Carlisle)	Tu	12/03/2024	9	10:00	12:00	FREE	S
Android Smartphone for Beginners	PEN	PEN23C025		Penrith Library	W	13/03/2024	2	10:00	13:00	FREE	S
iPhone for Beginners	PEN	PEN23C026		Penrith Library	Th	14/03/2024	2	10:00	13:00	FREE	S
Beginners Computers Powerpoint and Publisher	KEN	KEN23C035		Kendal Library	Th	14/03/2024	3	10:00	12:00	FREE	S
Android Smartphone for Beginners	KEN	KEN23C036		Ambleside Library	F	15/03/2024	2	10:00	12:00	FREE	S
Getting the Most out of Your Email	WOR	WOR23C018		Workington Library	F	15/03/2024	2	12:30	14:30	FREE	S
Beginners Computers Internet and Email	KEN	KEN23C037		Kendal Library	Th	18/04/2024	4	10:00	12:00	FREE	S
Improvers Digital Skills	KEN	KEN23S009		Kendal Library	Th	18/04/2024	10	12:30	14:30	FREE	A
Beginners Computers Word and Excel	KEN	KEN23C038		Kendal Library	Th	16/05/2024	4	10:00	12:00	FREE	S
Beginners Computers Powerpoint and Publisher	KEN	KEN23C039		Kendal Library	Th	20/06/2024	3	10:00	12:00	FREE	S



Online courses

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Excel Beginners	PEN	PEN23C019		Online Delivery	Tu	12/09/2023	3	10:00	12:30	FREE	S
Excel Improvers	PEN	PEN23C020		Online Delivery	Tu	03/10/2023	3	10:00	12:30	£40.00	P
Office for Beginners	PEN	PEN23C021		Online Delivery	Tu	31/10/2023	7	10:00	12:30	FREE	S
How to Buy and Sell Online	KEN	KEN23C027		Online Delivery	Th	16/11/2023	2	10:00	12:00	FREE	S
Word for Beginners	PEN	PEN23C023		Online Delivery	Tu	09/01/2024	3	10:00	12:30	FREE	S
Desktop Publishing	KEN	KEN23C031		Online Delivery	Th	18/01/2024	4	10:00	12:00	FREE	S

Do you want to speak to someone about a course? Why not contact your Centre today, see page 34 for contact details.

Some learners may be eligible for fee concessions. For more information on the fee codes please see see page 35.

*Check website for venue details or speak to the centre to find out where this is being delivered.



Arts and Crafts


For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.

Do you want to learn something different or rekindle a passion? We are offering a huge range of arts and crafts courses across a range of media. With the support of our expert tutors, you can learn or develop your skills in painting, drawing, garment making, and textile crafts. From pottery to print-making, upcycling to papercraft we really do have something for everyone at every level. Our learners tell us they take these classes for the pleasure of learning something new, increase their confidence before moving on to the next level and for the enjoyment of working with a group of like-minded people. Whatever it is you are trying to achieve, why not join a class and start your learning journey with us. For more information, please contact your local centre (See page 34 for centre contact details or visit our website).




Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginners Mixed Media Skills Art School for Adults	PEN	PEN23C028	Haydock Centre (Penrith)	Tu, W, Th, F	22/08/2023	1	10:00	13:45	£82.50	P
Beginners Painting - Moving on with Watercolours	KEN	KEN23C042	Kendal Library	M	11/09/2023	6	14:30	16:30	£71.00	P
Improvers Craft Skills Moving on with Rag Rugging	KEN	KEN23C043	Kendal Library	M	11/09/2023	6	16:30	18:30	£66.00	P
Award in Skills for Creative Industries Entry Level 3	KEN	KEN23S015	Kendal Library	Tu	12/09/2023	24	12:30	14:30	FREE	A
Craft for Wellbeing Mindful Creativity	KEN	KEN23C044	Kendal Library	Tu	12/09/2023	6	14:30	16:30	FREE	S
Improvers Drawing (Autumn)	CAR	CAR23C011	Upperby CDC (Carlisle)	M	18/09/2023	11	10:00	12:00	£121.00	P
Beginners Textile Skills Sewing Machine Skills	PEN	PEN23C030	Haydock Centre (Penrith)	Tu	19/09/2023	6	09:30	12:30	£99.00	P
Improvers Drawing	PEN	PEN23C032	Penrith Parish Centre	Tu	19/09/2023	12	09:30	12:00	£165.00	P
Intermediate Illustration (Autumn)	CAR	CAR23C015	Botcherby Community Centre	Tu	19/09/2023	11	10:00	12:00	£121.00	P
Improvers Painting Experimental Watercolour with Mixed Media	WHI	WHI23C037	The Gather, Ennerdale	Tu	19/09/2023	5	10:00	12:00	£55.00	P
Improvers Ceramic Decorative Pottery Portrait Sculpture	WHI	WHI23C040	Florence Art Centre (Egremont)	W	20/09/2023	5	11:30	13:30	£65.00	P
Beginners Painting	PEN	PEN23C034	Penrith Parish Centre	W	20/09/2023	12	13:00	15:00	£132.00	P

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginners Ceramic Applying Surface Texture and Decorative Tiles	WHI	WHI23C041	Florence Art Centre (Egremont)	W	20/09/2023	5	14:00	16:00	£65.00	P
Improvers Painting (Autumn)	CAR	CAR23C012	Botcherby Community Centre	W	20/09/2023	11	15:30	17:30	£121.00	P
Beginners Ceramic Slab Building	WHI	WHI23C042	Florence Art Centre (Egremont)	W	20/09/2023	5	16:30	18:30	£65.00	P
Beginners Photography Get the most out of your Mirrorless / DLSR Camera	WHI	WHI23C034	St Benedict's Catholic High School (Whitehaven)	W, Sa	20/09/2023	5	18:30	21:00	£115.50	P
Improvers Book Illustration (Autumn)	CAR	CAR23C014	Botcherby Community Centre	W	20/09/2023	11	18:30	20:30	£121.00	P
Beginners Felting Introduction to Wet Felting	WHI	WHI23C039	Millom Hub	Th	21/09/2023	5	13:00	15:00	£55.00	P
Intermediate Painting (Autumn)	CAR	CAR23C013	Upperby CDC (Carlisle)	Th	21/09/2023	11	18:30	20:30	£121.00	P
Beginners Painting Experimental Techniques in Watercolour	WHI	WHI23C038	Royal British Legion (Bransty)	F	22/09/2023	5	10:00	12:00	£55.00	P
Beginners Photography The Birds of Prey at Muncaster	WHI	WHI23C035	Muncaster Castle	Sa	23/09/2023	1	10:00	13:00	£29.00	P
Beginners Photography Getting to Grips with your Smartphone Camera at Muncaster	WHI	WHI23C036	Muncaster Castle	Sa	23/09/2023	1	14:00	17:00	£29.00	P
Beginners Drawing	PEN	PEN23C035	Penrith Parish Centre	Sa	30/09/2023	1	09:30	16:00	£33.00	P
Beginners Drawing The Industrial Landscape of Florence Mine	WHI	WHI23C044	Florence Art Centre (Egremont)	Sa	14/10/2023	1	10:00	16:00	£40.25	P
Beginners Textile Skills Getting to Know your Sewing Machine	WOR	WOR23C035	Workington Library	Sa	14/10/2023	1	10:00	14:00	£25.00	P
Beginners Pencil Drawing and Sketching Techniques	WOR	WOR23C047	Helena Thompson Museum (Workington)	F	20/10/2023	1	10:00	14:00	£22.00	P
Beginners Textile Skills Introduction to Sewing Skills	WOR	WOR23C036	Workington Library	Sa	21/10/2023	1	10:00	14:00	£22.00	P
Beginners Painting and Drawing	KEN	KEN23C045	Kendal Library	M	30/10/2023	7	14:30	16:30	£77.00	P
Upcycling Skills Make an Upcycled Bag with Sashiko and Boro Patches	KEN	KEN23C046	Kendal Library	M	30/10/2023	4	16:30	18:30	£44.00	P
Improvers Painting Expressive Watercolour Landscapes - Developing Layers	WHI	WHI23C045	The Gather, Ennerdale	Tu	31/10/2023	7	10:00	12:00	£77.00	P
Craft for Wellbeing Craft for Relaxation	KEN	KEN23C047	Kendal Library	Tu	31/10/2023	7	14:30	16:30	FREE	S
Improvers Ceramic Creating Large and Small Containers	WHI	WHI23C052	Florence Art Centre (Egremont)	W	01/11/2023	5	11:30	13:30	£65.00	P
Beginners Ceramic Using Coloured Slip on your Pottery	WHI	WHI23C053	Florence Art Centre (Egremont)	W	01/11/2023	5	14:00	16:00	£65.00	P

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginners Ceramic Applying Surface Texture and Decorative Tiles	WHI	WHI23C054	Florence Art Centre (Egremont)	W	01/11/2023	5	16:30	18:30	£65.00	P
Intermediate Photography for the Serious Amateur	WHI	WHI23C046	St Benedict's Catholic High School (Whitehaven)	W, Sa	01/11/2023	6	18:30	21:00	£140.25	P
Beginners Painting Exploring Watercolour	WHI	WHI23C049	Millom Hub	Th	02/11/2023	5	13:00	15:00	£55.00	P
Beginners Painting Experimental Techniques in Watercolour Taking it Further	WHI	WHI23C048	Royal British Legion (Bransty)	F	03/11/2023	6	10:00	12:00	£66.00	P
Beginners Craft Create a Felted Landscape	WHI	WHI23C050	The Gather, Ennerdale	Sa	04/11/2023	1	10:00	13:00	£16.50	P
Beginners Pastel Techniques	WOR	WOR23C048	Helena Thompson Museum (Workington)	F	10/11/2023	1	10:00	14:00	£22.00	P
Beginners Drawing Wild Ennerdale	WHI	WHI23C047	The Gather, Ennerdale	Sa	11/11/2023	1	10:00	16:00	£30.25	P
Christmas Crafts Create a Memory Keepsake Stocking	PEN	PEN23C036	Penrith Library	Tu	14/11/2023	4	12:45	14:45	£44.00	P
Beginners Painting Paint a Watercolour Scene for a Christmas Card	WHI	WHI23C051	The Gather, Ennerdale	Sa	18/11/2023	1	10:00	13:00	£16.50	P
Create a Winter Scene with Bottles and Decoupage	WOR	WOR23C037	Workington Library	Sa	18/11/2023	1	10:00	14:00	£25.00	P
Create a Christmas Wreath	WOR	WOR23C038	Workington Library	Sa	25/11/2023	1	10:00	14:00	£27.00	P
Make a Christmas Rag Rug Wreath	KEN	KEN23C048	Kendal Library	M	27/11/2023	3	16:30	18:30	£38.00	P
Beginners Painting with Watercolour	WOR	WOR23C049	Helena Thompson Museum (Workington)	F	01/12/2023	1	10:00	14:00	£22.00	P
Beginners Drawing The Architectural Detail of Muncaster Castle	WHI	WHI23C055	Muncaster Castle	Sa	09/12/2023	1	10:00	16:00	£42.75	P
Beginners Craft Felt a Christmas Decoration and make a Decorative Gift Box	WHI	WHI23C056	The Gather, Ennerdale	Sa	09/12/2023	1	10:00	13:00	£16.50	P
Improvers Drawing (Spring)	CAR	CAR23C016	Upperby CDC (Carlisle)	M	08/01/2024	11	10:00	12:00	£121.00	P
Beginners Mixed Media Skills 2D Art	KEN	KEN23C049	Kendal Library	M	08/01/2024	5	14:30	16:30	£55.00	P
Beginners Textile Skills Contemporary Embroidery Inspired by Landscape	KEN	KEN23C050	Kendal Library	M	08/01/2024	5	16:30	18:30	£55.00	P
Improvers Drawing	PEN	PEN23C042	Penrith Parish Centre	Tu	09/01/2024	11	09:30	12:00	£137.50	P

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Improvers Painting Developing Landscape Elements Further in Watercolour	WHI	WHI23C058	The Gather, Ennerdale	Tu	09/01/2024	5	10:00	12:00	£55.00	P
Intermediate Illustration (Spring)	CAR	CAR23C020	Botcherby Community Centre	Tu	09/01/2024	11	10:00	12:00	£121.00	P
Art for Wellbeing Mindful Design	KEN	KEN23C051	Kendal Library	Tu	09/01/2024	5	14:30	16:30	FREE	S
Beginners Textile Skills Sewing Machine Skills Create and Make	PEN	PEN23C038	Haydock Centre (Penrith)	W	10/01/2024	5	09:30	12:30	£82.50	P
Beginners Painting	PEN	PEN23C043	Penrith Parish Centre	W	10/01/2024	11	13:00	15:00	£121.00	P
Intermediate Painting (Spring)	CAR	CAR23C017	Botcherby Community Centre	W	10/01/2024	11	15:30	17:30	£121.00	P
Improvers Book Illustration (Spring)	CAR	CAR23C019	Botcherby Community Centre	W	10/01/2024	11	18:30	20:30	£121.00	P
Beginners Photography Get the most out of your Mirrorless / DLSR Camera	WHI	WHI23C057	St Benedict's Catholic High School (Whitehaven)	W, Sa	10/01/2024	5	18:30	21:00	£115.50	P
Intermediate Painting (Spring)	CAR	CAR23C018	Upperby CDC (Carlisle)	Th	11/01/2024	11	18:30	20:30	£121.00	P
Beginners Painting Develop your use of Colour and Colour Mixing with Watercolour	WHI	WHI23C059	Royal British Legion (Bransty)	F	12/01/2024	5	10:00	12:00	£55.00	P
Beginners Painting with Acrylic	WOR	WOR23C050	Helena Thompson Museum (Workington)	F	19/01/2024	1	10:00	14:00	£22.00	P
Beginners Textile Skills Make a Springtime Handcrafted Gift	PEN	PEN23C039	Penrith Library	W	24/01/2024	4	10:00	12:00	£44.00	P
Beginners Pen and Ink Techniques	WOR	WOR23C051	Helena Thompson Museum (Workington)	F	09/02/2024	1	10:00	14:00	£22.00	P
Improvers Watercolours and Painting Skills	KEN	KEN23C052	Kendal Library	M	19/02/2024	6	14:30	16:30	£66.00	P
Sustainable Art Trash to Treasure Mending Creatively (Patching and Embroidery)	KEN	KEN23C053	Kendal Library	M	19/02/2024	6	16:30	18:30	£66.00	P
Improvers Painting Watercolour from Observation (Still Life)	WHI	WHI23C060	The Gather, Ennerdale	Tu	20/02/2024	6	10:00	12:00	£66.00	P
Art for Wellbeing Moving on with Mindful Design	KEN	KEN23C054	Kendal Library	Tu	20/02/2024	6	14:30	16:30	FREE	S
Beginners Painting Create Interesting Compositions in your Watercolour Paintings	WHI	WHI23C061	Royal British Legion (Bransty)	F	23/02/2024	5	10:00	12:00	£55.00	P
Beginners Textile Skills Sewing Skills	WOR	WOR23C039	Workington Library	Sa	24/02/2024	1	10:00	14:00	£22.00	P

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginners Textile Skills Dressmaking Projects	WOR	WOR23C040	Workington Library	Sa	02/03/2024	1	10:00	14:00	£22.00	P
Improvers Ceramic Produce Work Inspired by Ancient Pottery	WHI	WHI23C062	Florence Art Centre (Egremont)	W	06/03/2024	5	11:30	13:30	£65.00	P
Beginners Ceramic Making and Using Plaster Moulds	WHI	WHI23C063	Florence Art Centre (Egremont)	W	06/03/2024	5	14:00	16:00	£65.00	P
Beginners Ceramic Using Coloured Slip on your Pottery	WHI	WHI23C064	Florence Art Centre (Egremont)	W	06/03/2024	5	16:30	18:30	£65.00	P
Beginners Craft Making Spring Paper Flowers	PEN	PEN23C044	Penrith Library	M	11/03/2024	3	13:15	14:45	£29.75	P
Beginners Experimenting with Mixed Media	WOR	WOR23C052	Helena Thompson Museum (Workington)	F	15/03/2024	1	10:00	14:00	£22.00	P
Beginners Papercraft Collage and Simple Printing	KEN	KEN23C055	Kendal Library	M	22/04/2024	4	14:30	16:30	£44.00	P
Beginners Painting Introduction to Acrylic Painting and Mixed Media	KEN	KEN23C056	Kendal Library	M	03/06/2024	6	14:30	16:30	£66.00	P



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginners Mixed Media Skills Art School for Adults	PEN	PEN23C027	Online Delivery	M-F	14/08/2023	1	10:00	13:00	£75.00	P
Beginners Textile Skills Sewing Machine Skills	PEN	PEN23C029	Online Delivery	M	18/09/2023	6	18:00	20:00	£60.00	P
Beginners Painting Understanding Colour	PEN	PEN23C031	Online Delivery	M	18/09/2023	8	18:00	20:30	£100.00	P
Introducing Architectural History	WHI	WHI23C033	Online Delivery	M	18/09/2023	5	18:30	20:30	£50.00	P
Intermediate Painting Build a Portfolio of Your Own Work	PEN	PEN23C033	Online Delivery	W	20/09/2023	12	09:30	12:00	£150.00	P
Following on with Architectural History	WHI	WHI23C043	Online Delivery	M	30/10/2023	5	18:30	20:30	£50.00	P
Beginners Textile Skills Sewing Machine Skills Create and Make	PEN	PEN23C037	Online Delivery	M	08/01/2024	5	18:00	20:00	£50.00	P
Beginners Drawing Skills Edges, Spaces and Proportions	PEN	PEN23C041	Online Delivery	M	08/01/2024	8	18:00	20:30	£100.00	P
Intermediate Painting Build a Portfolio of Your Own Work	PEN	PEN23C040	Online Delivery	W	10/01/2024	11	09:30	12:00	£125.00	P

Do you want to speak to someone about a course? Why not contact your Centre today, see page 34 for contact details.

Some learners may be eligible for fee concessions. For more information on the fee codes please see see page 35.



Employability

For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.


We have designed the employability curriculum to help you develop skills that employers say they are looking for. These can be industry specific skills such as Food Hygiene, Equality and Diversity or Infection Prevention and Control. But we can also help you recognise and improve the transferable skills that we all need to be successful in the workplace. Our classes cover topics like communication, organisation and collaboration and these can be done as standalone modules or as part of a wider skills qualification.

Learners who have completed courses with us tell us that our supportive tutors and the content of the classes have really made a difference to their job applications; they have felt more confident at interview and employers have recognised the positive steps they are taking to upskill themselves. Our classes take place face to face and online in a variety of venues and times and our tutors will work with you to identify your own personal learning route.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Employability Skills Food Safety in Catering Level 1	BAR	BAR23S049	Barrow Library	Tu	08/08/2023	40	13:00	14:30	FREE	A
Extended Award in Skills for Working in Construction and Building Industries Level 1	BAR	BAR23S051	Barrow Library	Tu	08/08/2023	40	13:00	16:00	FREE	A
Award in Food Safety and Catering Level 2	BAR	BAR23S050	Barrow Library	Tu	08/08/2023	40	14:30	16:00	FREE	A
Award in Health and Safety Level 1	BAR	BAR23S053	Barrow Library	Th	10/08/2023	2	10:00	16:00	FREE	A
Award in Equality and Diversity Entry Level 3	BAR	BAR23S054	Barrow Library	Th	24/08/2023	2	10:00	16:00	FREE	A
Preparing for Employment	BAR	BAR23C001	Hindpool Community Centre (Barrow)	M	11/09/2023	6	09:30	12:00	FREE	S
Award in Understanding Safeguarding for Life and Work Level 1	BAR	BAR23S067	Hindpool Community Centre (Barrow)	Tu	12/09/2023	6	09:30	12:30	FREE	A
Building Confidence for Employment	WOR	WOR23C019	Workington Library	W	13/09/2023	6	09:30	11:30	FREE	S
Award in Employability Skills Level 1	WOR	WOR23S031	Workington Library	W	13/09/2023	13	12:30	15:30	FREE	A
Building Confidence	PEN	PEN23C001	Penrith Library	W	13/09/2023	6	13:00	15:00	FREE	S

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Building Confidence for Employment	BAR	BAR23C002	Barrow Library	Th	14/09/2023	6	10:00	12:00	FREE	S
Award in Health and Safety Level 1	BAR	BAR23S058	Hindpool Community Centre (Barrow)	M	30/10/2023	6	10:00	12:00	FREE	A
Award in Understanding Safeguarding for Life and Work Level 1	BAR	BAR23S060	Hindpool Community Centre (Barrow)	Tu	31/10/2023	6	09:30	12:30	FREE	A
Award in Health and Safety Level 1	WOR	WOR23S030	Workington Library	W	01/11/2023	5	09:30	11:30	FREE	A
Award in Equality and Diversity Entry Level 3	KEN	KEN23S016	Kendal Library	W	01/11/2023	6	12:30	14:30	FREE	A
Positive Thinking	PEN	PEN23C002	Penrith Library	W	01/11/2023	6	13:00	15:00	FREE	S
Preparing for Employment	BAR	BAR23C007	Barrow Library	Th	02/11/2023	6	09:30	12:00	FREE	S
Supporting Yourself into Employment	KEN	KEN23C019	Kendal Library	M	27/11/2023	4	13:00	14:30	FREE	S
Job Search and Application	WOR	WOR23C020	Workington Library	W	06/12/2023	1	09:30	12:30	FREE	S
Job Search and Application	WOR	WOR23C021	Workington Library	W	13/12/2023	1	09:30	12:30	FREE	S
Preparing for Employment	BAR	BAR23C009	Hindpool Community Centre (Barrow)	M	08/01/2024	6	09:30	12:00	FREE	S
Award in Food Safety Level 2	KEN	KEN23S017	Kendal Library	M	08/01/2024	5	10:00	12:00	FREE	A
Award in Health and Safety Level 1	KEN	KEN23S018	Kendal Library	W	10/01/2024	5	10:00	12:00	FREE	A
Assertiveness and Decision Making	WHI	WOR23C025	Workington Library	W	10/01/2024	7	12:30	14:30	FREE	S
Achieving your goals	PEN	PEN23C003	Penrith Library	W	10/01/2024	5	12:45	14:45	FREE	S
Award in Employability Skills Level 1	BAR	BAR23S063	Barrow Library	Th	11/01/2024	18	09:30	12:00	FREE	A
Award in Equality and Diversity Entry Level 3	BAR	BAR23S066	Hindpool Community Centre (Barrow)	Th	11/01/2024	6	13:00	15:00	FREE	A
Award in Health and Safety Level 1	BAR	BAR23S064	Hindpool Community Centre (Barrow)	M	19/02/2024	6	10:00	12:00	FREE	A
Award in Equality and Diversity Entry Level 3	KEN	KEN23S019	Kendal Library	M	19/02/2024	6	10:00	12:00	FREE	A
Award in Safeguarding for Work, Education and Life Level 1	CAR	CAR23S040	Tullie House Museum (Carlisle)	Tu	20/02/2024	8	12:30	15:00	FREE	A
Award in Equality and Diversity Level 1	BAR	BAR23S065	Hindpool Community Centre (Barrow)	Th	22/02/2024	6	13:00	15:00	FREE	A
Promoting Positive Relationships in the Workplace	WOR	WOR23C022	Workington Library	W	13/03/2024	1	09:30	12:30	FREE	S
Job Search and Application	WOR	WOR23C023	Workington Library	Tu	19/03/2024	1	12:00	15:00	FREE	S
Interview Preparation	WOR	WOR23C024	Workington Library	Tu	26/03/2024	1	12:00	15:00	FREE	S
Award in Safeguarding for Work, Education and Life Level 1	KEN	KEN23S020	Kendal Library	W	17/04/2024	10	10:00	12:00	FREE	A



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Safeguarding for Work, Education and Life Level 1	PEN	PEN23S014	Online Delivery	W	10/01/2024	10	09:30	11:30	FREE	A

Do you want to speak to someone about a course? Why not contact your Centre today, see page 34 for contact details.

Some learners may be eligible for fee concessions. For more information on the fee codes please see see page 35.

Our Subcontracting partner PHX has courses available to view on our website adultlearningcumbria.org



Family Learning

For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.

Focus on skills – Family Learning - Family Learning courses are designed to help parents and carers learn more about how to support your child's learning and development, whilst brushing up on your own English and maths skills. Friendly and accessible, Family Learning offers fun opportunities for adults and children to learn both independently and together. Progression routes are available into other curriculum areas to learn something new, develop your skills for employment and for health and wellbeing.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Ready, Set... Create!	PEN	PEN23C082	Penrith Library	Th	17/08/2023	1	14:00	15:00	FREE	S
Hearing Readers	WOR	WOR23C034	Flimby Primary School	W	20/09/2023	2	13:15	15:15	FREE	S
Spooky Halloween Crafts	CAR	CAR23C035	Carlisle Library	Sa	28/10/2023	1	10:00	12:00	FREE	S
Christmas Crafts	CAR	CAR23C036	Carlisle Library	Th	21/12/2023	1	10:00	12:00	FREE	S



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	PEN	PEN23C049		Online Delivery	Tu	22/08/2023	4	09:30	11:00	FREE	S
Maths All About Preparing Your Child for Year 2	PEN	PEN23C050		Online Delivery	Tu	22/08/2023	4	13:00	14:30	FREE	S
English All About Preparing Your Child for Year 2	PEN	PEN23C051		Online Delivery	W	23/08/2023	4	09:30	11:00	FREE	S
English All About Preparing Your Child for Year 1	PEN	PEN23C052		Online Delivery	W	23/08/2023	4	13:00	14:30	FREE	S
Early Years All About Preparing Your Child for Reception	PEN	PEN23C053		Online Delivery	Th	24/08/2023	4	09:00	11:00	FREE	S
English All About Phonics Make a Rhyming Puppet	PEN	PEN23C054		Online Delivery	Th	24/08/2023	4	13:00	14:30	FREE	S
English All About Reading Make a Den	PEN	PEN23C067		Online Delivery	Tu	16/01/2024	4	13:00	14:30	FREE	S
Maths All About Number	PEN	PEN23C068		Online Delivery	W	17/01/2024	4	13:00	14:30	FREE	S
Early Years All About Learning Through Stories	PEN	PEN23C074		Online Delivery	Tu	20/02/2024	4	13:00	14:30	FREE	S
English All About Phonics Make a Rhyming Puppet	PEN	PEN23C075		Online Delivery	W	21/02/2024	4	13:00	14:30	FREE	S

Do you want to speak to someone about a course? Why not contact your Centre today, see page 34 for contact details.

Some learners may be eligible for fee concessions. For more information on the fee codes please see page 35.

WHAT OUR LEARNERS SAY

“Thank you for this excellent course, I have thoroughly enjoyed it and have come away buzzing with ideas. Your enthusiasm has encouraged me to look again at my son’s other storybooks and come up with ideas for extended activities. Thank you so much for sharing your knowledge, and for being a supportive and encouraging tutor”.





Greener Curriculum

For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.

All UK businesses have a target to become carbon neutral by 2050 and this is a key principle for both Cumberland and Westmorland and Furness councils. Our courses provide information and support whether you want to reduce your personal carbon footprint, save money by reusing and recycling or make something fabulous with materials that would otherwise end up in landfill. For those interested in a career in this sector we also have accredited qualifications in environmental sustainability which you can access online from all over Cumbria.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Level 1 Gateway to Rural Skills (Ecology and Conservation)	NEW	NEW23S001	Newton Rigg (Estate)	Tu, W	19/09/2023	12	09:00	16:00	FREE	A
Level 1 Gateway to Rural Skills (Animal Care)	NEW	NEW23S002	Newton Rigg (Estate)	Tu, W	19/09/2023	12	09:00	16:00	FREE	A
Level 1 Gateway to Rural Skills (Woodland Crafts)	NEW	NEW23S003	Newton Rigg (Estate)	Tu, W	19/09/2023	12	09:00	16:00	FREE	A
Repurposing Skills Create a Christmas Craft Gift	PEN	PEN23C047	Penrith Library	M	20/11/2023	4	13:15	14:45	FREE	S
Repurposing Skills Recycling Textiles for Rag Rugging	PEN	PEN23C048	Penrith Library	Sa	20/01/2024	1	09:30	16:00	FREE	S



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Environmental Sustainability Level 2	WHI	WHI23S050	Online Delivery	M	18/09/2023	10	18:30	20:30	FREE	A
Greener at Home Reduce Your Carbon Footprint	CAR	CAR23C046	Online Delivery	Tu	14/11/2023	5	18:00	20:00	FREE	S
Award in Environmental Sustainability Level 2	WHI	WHI23S051	Online Delivery	M	15/01/2024	10	18:30	20:30	FREE	A

Do you want to speak to someone about a course? Why not contact your Centre today, see page 34 for contact details.

Some learners may be eligible for fee concessions. For more information on the fee codes please see page 35.



Health and Wellbeing

For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.


These courses are very popular at the moment as we all try to deal with the uncertain world around us. People with a range of coping strategies - including knowing where to find information and help – are much more resilient and better able to look after themselves and the people who depend on them. Our short, focused courses cover useful topics like budgeting, healthy eating and mindfulness. We also run more formal qualifications that can help you understand common mental health conditions, how they affect individuals and families, and how you can support people with these conditions. Learners are really positive about the positive effect of our Wellbeing courses and tell us that they have helped them to look after themselves and others, build self-confidence and recognise their own strengths.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	BAR	BAR23S033	Barrow Library	W	16/08/2023	2	10:00	16:00	FREE	A
Award in Mental Health and Wellbeing Level 1	BAR	BAR23S031	Morrisons (Barrow)	W	06/09/2023	5	10:00	12:00	FREE	A
Art for Wellbeing	BAR	BAR23C019	To Be Confirmed*	F	08/09/2023	7	10:00	12:30	FREE	S
Award in Mental Health and Wellbeing Level 1	WHI	WHI23S037	Archive Building Whitehaven	M	11/09/2023	5	09:30	12:00	FREE	A
Award in Mental Health and Wellbeing Level 2	KEN	KEN23S010	Kendal Library	M	11/09/2023	13	10:00	12:30	FREE	A
Building Confidence	KEN	KEN23C020	Kendal Library	M	11/09/2023	6	13:00	14:30	FREE	S
Award in Mental Health and Wellbeing Level 1	WHI	WHI23S036	Millom Hub	Tu	12/09/2023	5	09:30	12:00	FREE	A
Award in Mental Health and Wellbeing Level 1	WOR	WOR23S015	Workington Library	Tu	12/09/2023	5	09:30	11:30	FREE	A
Award in Mental Health and Wellbeing Level 2	WHI	WHI23S040	Millom Hub	Tu	12/09/2023	12	13:00	15:30	FREE	A
Award in Skills Towards Enabling Progression (Step Up) Entry Level 3	CAR	CAR23S020	To Be Confirmed*	W	13/09/2023	12	09:30	12:00	FREE	A
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	PEN	PEN23S015	Eden Foyer (Penrith)	W	13/09/2023	6	09:30	11:30	FREE	A
Award in Healthy Living Level 1	KEN	KEN23S011	Kendal Library	W	13/09/2023	11	10:00	12:00	FREE	A

*Check website for venue details or speak to the centre to find out where this is being delivered.

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	KEN	KEN23S012	Kendal Library	W	13/09/2023	6	12:30	14:30	FREE	A
Award in Mental Health and Wellbeing Level 1	WOR	WOR23S016	The Oval Centre	Th	14/09/2023	5	12:30	14:30	FREE	A
Building Confidence	CAR	CAR23C037	To Be Confirmed*	M	18/09/2023	5	09:45	11:45	FREE	S
Award in Mental Health and Wellbeing Level 2	CAR	CAR23S019	Tullie House Museum (Carlisle)	Tu	19/09/2023	10	12:00	15:00	FREE	A
Hill Skills Map and Compass Workshop	CAR	CAR23C040	Pennine Way CDC (Carlisle)	Tu	26/09/2023	1	18:00	21:00	£16.50	P
Creative Writing for Wellbeing	WOR	WOR23C004	Helena Thompson Museum (Workington)	Th	28/09/2023	6	10:00	12:00	FREE	S
Hill Skills Map and Compass Workshop	CAR	CAR23C041	Pennine Way CDC (Carlisle)	Tu	10/10/2023	1	18:00	21:00	£16.50	P
Award in Mental Health and Wellbeing Level 2	BAR	BAR23S032	Morrisons (Barrow)	W	11/10/2023	9	09:00	12:00	FREE	A
Award in Mental Health and Wellbeing Level 2	WOR	WOR23S028	Workington Library	Tu	17/10/2023	12	09:30	11:30	FREE	A
Hill Skills Day on the Hill (High Fells)	CAR	CAR23C042	Honister Slate Mine	Tu	17/10/2023	1	10:00	15:30	£30.25	P
Positive Thinking and Self Esteem	CAR	CAR23C038	To Be Confirmed*	M	30/10/2023	5	09:45	11:45	FREE	S
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	CAR	CAR23S021	To Be Confirmed*	M	30/10/2023	5	12:30	14:30	FREE	A
Award in Mental Health and Wellbeing Level 1	WHI	WHI23S038	Archive Building Whitehaven	M	31/10/2023	5	09:30	12:00	FREE	A
Award in Mental Health and Wellbeing Level 1	PEN	PEN23S016	Eden Foyer (Penrith)	W	01/11/2023	6	09:30	11:30	FREE	A
Art for Wellbeing	BAR	BAR23C020	To Be Confirmed*	F	03/11/2023	7	10:00	12:30	FREE	S
Managing your Budget	KEN	KEN23C021	Kendal Library	M	06/11/2023	3	13:00	14:30	FREE	S
Award in Mental Health and Wellbeing Level 1	WHI	WHI23S039	Millom Hub	Tu	07/11/2023	5	09:30	12:00	FREE	A
Award in Mental Health and Wellbeing Level 2	WHI	WHI23S042	Archive Building Whitehaven	M	08/01/2024	12	09:30	12:00	FREE	A
Resilience and Grit Entry Level 3	CAR	CAR23S022	To Be Confirmed*	M	08/01/2024	8	09:30	12:00	FREE	A
Award in Mental Health and Wellbeing Level 1	CAR	CAR23S023	To Be Confirmed*	M	08/01/2024	5	12:30	14:30	FREE	A
Building Confidence	KEN	KEN23C022	Kendal Library	M	08/01/2024	5	12:30	14:30	FREE	S
Award in Mental Health and Wellbeing Level 2	WHI	WHI23S041	Millom Hub	Tu	09/01/2024	12	09:30	12:00	FREE	A
Positive Thinking and Self Esteem	WOR	WOR23C006	Workington Library	W	10/01/2024	1	09:30	11:30	FREE	S
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	BAR	BAR23S035	Morrisons (Barrow)	W	10/01/2024	5	10:00	12:00	FREE	A

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Art for Wellbeing	BAR	BAR23C023		To Be Confirmed*	F	12/01/2024	6	10:00	12:30	FREE	S
Award in Mental Health and Wellbeing Level 1	WOR	WOR23S017		Workington Library	Tu	21/01/2024	5	09:30	11:30	FREE	A
Creative Writing for Wellbeing	WOR	WOR23C005		Helena Thompson Museum (Workington)	Th	25/01/2024	6	10:00	12:00	FREE	S
Hill Skills Map and Compass Workshop	CAR	CAR23C043		Pennine Way CDC (Carlisle)	Tu	06/02/2024	1	09:30	12:30	£16.50	P
Award in Introduction to Safeguarding Entry Level 3	WOR	WOR23S029		Workington Library	Tu	09/02/2024	5	12:30	14:30	FREE	A
Hill Skills Evening on the Hill	CAR	CAR23C044		Jockey Shield (Brampton)	Tu	20/02/2024	1	18:00	21:00	£16.50	P
Award in Mental Health and Wellbeing Level 1	KEN	KEN23S013		Kendal Library	W	21/02/2024	6	10:00	12:00	FREE	A
Award in Mental Health and Wellbeing Level 1	BAR	BAR23S034		Morrisons (Barrow)	W	21/02/2024	5	10:00	12:00	FREE	A
Award in Mental Health and Wellbeing Level 1	PEN	PEN23S017		Penrith Library	W	21/02/2024	6	12:45	14:45	FREE	A
Art for Wellbeing	BAR	BAR23C024		To Be Confirmed*	F	23/02/2024	6	10:00	12:30	FREE	S
Hill Skills Day on the Hill (Low Fells)	CAR	CAR23C045		Pooley Bridge	Tu	05/03/2024	1	10:00	15:30	£30.25	P
Supporting your Mental Health	WOR	WOR23C007		Workington Library	W	06/03/2024	1	12:30	15:30	FREE	S
Building Confidence	WOR	WOR23C008		Workington Library	W	13/03/2024	1	12:30	15:30	FREE	S
Achieving Your Goals	WOR	WOR23C009		Workington Library	W	20/03/2024	1	12:30	15:30	FREE	S
Introduction to Mental Health	WOR	WOR23C010		Workington Library	W	27/03/2024	1	12:30	15:30	FREE	S
Building Confidence	KEN	KEN23C023		Kendal Library	M	17/04/2024	5	12:30	14:30	FREE	S
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	KEN	KEN23S014		Kendal Library	W	05/06/2024	5	12:30	14:30	FREE	A


Online courses

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Hill Skills Map and Compass Workshop	CAR	CAR23C039		Online Delivery	Tu	12/09/2023	1	18:00	21:00	£15.00	P
Introduction to Mindfulness	PEN	PEN23C004		Online Delivery	Th	21/09/2023	1	10:00	12:00	FREE	S
Introduction to Mindfulness	PEN	PEN23C005		Online Delivery	W	04/10/2023	1	13:00	15:00	FREE	S
Introduction to Mindfulness	PEN	PEN23C006		Online Delivery	Th	19/10/2023	1	18:00	20:00	FREE	S

*Check website for venue details or speak to the centre to find out where this is being delivered.



Languages

For more information about any of our courses listed below and venue details, visit our website adultlearningcumbria.org and search for the course using the course code. There is a wealth of information available at your fingertips.

There are many reasons why learners join one of our language classes: For fun, to improve their skills, build confidence and meet new people. We are able to work with you from absolute beginner level to upper intermediate level courses to further enhance your linguistic skills.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
French Beginners (Autumn)	KEN	KEN23C002	Windermere Library	Tu	12/09/2023	12	10:00	12:00	£132.00	P
Spanish Beginners (Autumn)	CAR	CAR23C004	Upperby CDC (Carlisle)	Tu	19/09/2023	12	14:00	16:00	£132.00	P
French Beginners (Autumn)	PEN	PEN23C045	Penrith Methodist Church	W	27/09/2023	10	10:00	12:00	£110.00	P
Spanish Beginners (Autumn)	KEN	KEN23C004	Kendal Library	W	04/10/2023	10	16:45	18:45	£110.00	P
Spanish Beginners (Autumn)	KEN	KEN23C005	Ambleside Library	Th	05/10/2023	10	10:00	12:00	£110.00	P
Spanish Beginners (Autumn)	KEN	KEN23C006	Ulverston Library	Th	05/10/2023	10	18:30	20:30	£110.00	P
French Beginners (Spring)	KEN	KEN23C009	Windermere Library	Tu	09/01/2024	10	10:00	12:00	£110.00	P
Spanish Beginners (Spring)	CAR	CAR23C009	Upperby CDC (Carlisle)	Tu	09/01/2024	11	14:00	16:00	£121.00	P
French Beginners (Spring)	PEN	PEN23C046	To Be Confirmed*	W	10/01/2024	10	10:00	12:00	£110.00	P
Spanish Beginners (Spring)	KEN	KEN23C010	Kendal Library	W	10/01/2024	11	16:45	18:45	£121.00	P
Spanish Beginners (Spring)	KEN	KEN23C011	Ambleside Library	Th	11/01/2024	11	10:00	12:00	£121.00	P
Spanish Beginners (Spring)	KEN	KEN23C012	Ulverston Library	Th	11/01/2024	11	18:30	20:30	£121.00	P
French Beginners (Summer)	KEN	KEN23C014	Windermere Library	Tu	16/04/2024	8	10:00	12:00	£88.00	P
Spanish Beginners (Summer)	KEN	KEN23C016	Kendal Library	W	17/04/2024	6	16:45	18:45	£66.00	P
Spanish Beginners (Summer)	KEN	KEN23C017	Ambleside Library	Th	18/04/2024	6	10:00	12:00	£66.00	P
Spanish Beginners (Summer)	KEN	KEN23C018	Ulverston Library	Th	18/04/2024	6	18:30	20:30	£66.00	P

*Check website for venue details or speak to the centre to find out where this is being delivered.


Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
French Beginners (Autumn)	KEN	KEN23C001	Online Delivery	M	11/09/2023	12	16:00	18:00	£120.00	P
Spanish Upper Intermediate (Autumn)	WOR	WOR23F001	Online Delivery	M	18/09/2023	10	18:00	21:00	£160.00	F
Japanese Beginners (Autumn)	KEN	KEN23C003	Online Delivery	Tu	19/09/2023	10	10:00	12:00	£100.00	P
Japanese Upper Intermediate (Autumn)	KEN	KEN23F001	Online Delivery	Tu	19/09/2023	10	13:00	14:30	£120.00	F
Spanish Beginners (Autumn)	WOR	WOR23C028	Online Delivery	Tu	19/09/2023	10	18:00	20:00	£100.00	P
German Upper Intermediate (Autumn)	CAR	CAR23F001	Online Delivery	Tu	19/09/2023	12	18:30	20:00	£144.00	F
German Intermediate (Autumn)	CAR	CAR23C002	Online Delivery	W	20/09/2023	12	18:00	20:00	£120.00	P
Spanish Improvers (Autumn)	WOR	WOR23C029	Online Delivery	W	20/09/2023	10	18:00	20:00	£100.00	P
Spanish Intermediate (Autumn)	CAR	CAR23C005	Online Delivery	Th	21/09/2023	12	14:30	16:30	£120.00	P
German Beginners (Autumn)	CAR	CAR23C001	Online Delivery	Th	21/09/2023	12	18:00	20:00	£120.00	P
Spanish Intermediate (Autumn)	WOR	WOR23C030	Online Delivery	Th	21/09/2023	10	18:00	20:00	£100.00	P
French Beginners (Spring)	KEN	KEN23C007	Online Delivery	M	08/01/2024	10	16:00	18:00	£100.00	P
Japanese Beginners (Spring)	KEN	KEN23C008	Online Delivery	Tu	09/01/2024	8	10:00	12:00	£80.00	P
Japanese Upper Intermediate (Spring)	KEN	KEN23F002	Online Delivery	Tu	09/01/2024	8	13:00	14:30	£96.00	F
German Upper Intermediate (Spring)	CAR	CAR23F003	Online Delivery	Tu	09/01/2024	11	18:30	20:00	£132.00	F
German Intermediate (Spring)	CAR	CAR23C007	Online Delivery	W	10/01/2024	11	18:00	20:00	£110.00	P
Spanish Intermediate (Spring)	CAR	CAR23C010	Online Delivery	Th	11/01/2024	11	14:30	16:30	£110.00	P
German Beginners (Spring)	CAR	CAR23C006	Online Delivery	Th	11/01/2024	11	18:00	20:00	£110.00	P
Spanish Upper Intermediate (Spring)	WOR	WOR23F002	Online Delivery	M	15/01/2024	10	18:00	21:00	£160.00	F
Spanish Beginners (Spring)	WOR	WOR23C031	Online Delivery	Tu	16/01/2024	10	18:00	20:00	£100.00	P
Spanish Improvers (Spring)	WOR	WOR23C032	Online Delivery	W	17/01/2024	10	18:00	20:00	£100.00	P
Spanish Intermediate (Spring)	WOR	WOR23C033	Online Delivery	Th	18/01/2024	10	18:00	20:00	£100.00	P
French Beginners (Summer)	KEN	KEN23C013	Online Delivery	M	15/04/2024	8	16:00	18:00	£80.00	P
Japanese Beginners (Summer)	KEN	KEN23C015	Online Delivery	Tu	23/04/2024	10	10:00	12:00	£100.00	P
Japanese Upper Intermediate (Summer)	KEN	KEN23F003	Online Delivery	Tu	23/04/2024	10	13:00	14:30	£160.00	F

OUR CENTRES

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

- Barrow Adult Learning and the surrounding areas (**BAR**)
Tel: **01229 407630 / 07867 182841**
Email: **barrowadultlearning@westmorlandandfurness.gov.uk**
- Carlisle Adult Learning and the surrounding areas (**CAR**)
Tel: **01228 227304 / 01228 227305**
Email: **carlisleadultlearning@cumberland.gov.uk**
- Kendal Adult Learning and the surrounding areas (**KEN**)
Tel: **01539 713257**
Email: **kendaladultlearning@westmorlandandfurness.gov.uk**
- Penrith Adult Learning and the surrounding areas (**PEN**)
Tel: **07468 709606**
Email: **penrithadultlearning@westmorlandandfurness.gov.uk**
- Whitehaven Adult Learning and the surrounding areas (**WHI**)
Tel: **01946 506416**
Email: **whitehavenadultlearning@cumberland.gov.uk**
- Workington Adult Learning and the surrounding areas (**WOR**)
Tel: **01900 706023**
Email: **workingtonadultlearning@cumberland.gov.uk**
- Newton Rigg Training (**NEW**)
Tel: **07970 151563**
Email: **katherine.jane@nrtraining.co.uk**
- PHX Training (**PHX**)
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**



Find

You can find a course in this brochure or search online by subject, title or by area: adultlearningcumbria.org



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 Adult Learning website adultlearningcumbria.org. If you experience any problems or are unable to book online, please contact your local centre where paper based enrolments can be completed (**Page 34**).

To view all our enrolment terms and conditions please refer to our website "About us" page at: adultlearningcumbria.org

MINIMUM AGE

Please note that you must be aged 19 or over on 31 August 2023 to access one of our courses. This excludes Multiply which is the start date of learning.

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	All Skills provision free until 31st July 2024	All Skills provision free until 31st July 2024.
A	Accredited Skills Qualification up to Level 2	All Skills provision free until 31st July 2024	All Skills provision free until 31st July 2024.
B	Accredited Skills Qualification	All Skills provision free until 31st July 2024	All Skills provision free until 31st July 2024.
X	Multiply	Free to all learners	Fully funded by the Department for Education Multiply Programme for eligible individuals aged 19 or older without a Maths GCSE of at least a Grade C/4 or a Functional Skills Level 2.

All information correct at time of print

Translation Services

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