



Blackburn with Darwen

# ADULT LEARNING



**Course Programme**  
February 2024 to July 2024

*See where learning can take you...!*



# Welcome



## Introduction

**Karen Wignall**

*Service Lead –*

*Adult Learning and Employment Support*

Happy New Year to you all!

We hope you like the format of the new course brochures. We now have just two per year, making it easier for you to plan ahead to develop the skills you need and the courses you will find inside run from February to July 2024. We are continuing to develop our programme for Darwen and have taken on board previous feedback about the range of courses, including a request for sewing and dressmaking courses. Whilst this offer continues to develop we appreciate feedback about what you would like to see in Darwen, so please do get in touch.

This March we are planning the launch of our Employment, Skills and Support Hub. You may have seen the postcards or banners showing what the hub can help with, and you can already access that support by contacting us by phone, email or by scanning the QR code and completing the online request form.

Our aim is to provide specific and tailored support to help people identify what they might need and where they can go to help them develop the skills and gain the necessary qualifications to put them on the path to securing meaningful employment.

We have a wide range of partners who provide different types of employability support and qualifications, and you will be put in touch with the most relevant for you.

Finally, I wanted to mention the ESOL Plus classes we have introduced. Learners on some of our ESOL courses attend an additional session each week, continuing to develop their English skills whilst gaining additional knowledge in subjects like ICT and maths. These have been very successful over the past few months, providing learners with some context to their English language and they have enjoyed being able to learn other subjects alongside their English course.

*Karen W.*



Why not follow us on social media?

- You can keep up to date with our course offers
- Find out more about the partners we work with
- Hear what other people have to say about us
- Share ideas and tell us what you think!

Welcome to our latest course programme for February 2024 – July 2024.


Whether you want to learn how to use a computer, improve your health and wellbeing or progress your career prospects, we have a course for you at Blackburn with Darwen Adult Learning.

With a wide range of courses and workshops across Blackburn with Darwen there is something for everyone. Why not join us and be an adult learner? You can gain a qualification, boost your confidence or learn new skills.

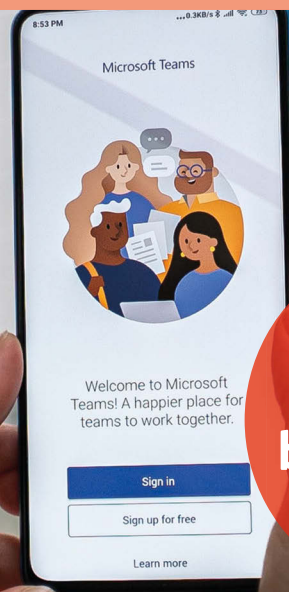


**Cllr Jackie Floyd,**  
*Executive Member for  
Adult Social Care*

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# Book on a course



It's even  
easier to  
book onto a  
course

If you are viewing this Course Programme online, simply click anywhere on the course to open the booking page.

**Booking is easy – find a course that you would like to try, sign up and away you go.**

Book online at [www.bwdlearning.org](http://www.bwdlearning.org)

Or you can call us on **(01254) 507720** or **581175**

Or email us at: [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

(Please say which session you are interested in, together with your details).

Welcome to Blackburn with Darwen Borough Council's Adult Learning Service.

In this brochure you will find a range of courses to support you with your health and wellbeing, employability prospects, volunteering and future learning opportunities.

Once enrolled on a course we ask that you attend, or notify us if you are unable to. Persistent non attendance may result in your place being allocated to others who are waiting for a place.

When booking courses please ensure that you are not booked on multiple courses which are scheduled at the same time, if this does happen we will contact you to identify your preferred selection.

We welcome all who have a desire to learn and progress their personal and professional development. We do this in a supportive and welcoming environment which all learners are encouraged to uphold for the comfort and enjoyment of each other.

If you have any questions please contact us, we welcome your feedback and suggestions to help build on our ever-evolving offer. Non-accredited courses and workshops are free, there is a small charge for accredited courses if you earn over £20,319 a year. A course up to 20 hours will cost £20 and a course up to 30 hours will cost £30.

N.B. Full fee remission is available if you are in receipt of: Jobseekers Allowance, Universal Credit or any other state benefits (conditions apply).

Most  
courses  
are Free!



## Skills for Employment

### Digital/ICT and Employability Skills Builder

- Skills Builder is for those of you who need the flexibility to come to sessions when you need the support.
- Come and improve your ICT and Employability skills for life, work and confidence.
- Brush up your skills to gain confidence before joining an accredited course and in finding employment.

You can either use our devices or bring your own laptop or tablet so you can see how it works on your own device.

**Skills required: None. Suitable for absolute beginners. No booking required**

260	Darwen Town Hall	Tuesday	9.30am – 11.30am	20/02/2024 to 23/07/2024
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### Getting Back into Employment

Looking to get back into employment but not sure where to start. Come along to this short Employability course where we will review your career aspirations and achievement, help build your career record, show you how to apply for jobs, examine your career gaps then explore interview questions and prepare you for that interview.

261	Darwen Town Hall	Wednesday	10am – 12pm	06/03/2024	6 weeks
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### Introduction to Childcare

Are you thinking about a career in schools? This course is a great introduction and first steps towards this, come and join us to start your journey. **Skills required: Must have English language skills at Entry Level 3 or higher.**

304	Darwen Town Hall	Wednesday	9.30am – 2.30pm	21/02/2024	17 weeks
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# Special Educational Needs

## Hints and tips for parents of children with additional needs

The aim of these sessions is to enable parents and carers to gain knowledge about a range of special educational needs and disabilities to support their family and friends in the local community.

### Introduction to ADHD

301	Darwen Town Hall	Tuesday	1pm – 3pm	12/03/2024	2 hours
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### Introduction to Autism

302	Darwen Town Hall	Tuesday	1pm – 3pm	19/03/2024	2 hours
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### Introduction to Dyslexia

303	Darwen Town Hall	Tuesday	1pm – 3pm	16/04/2024	2 hours
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### The Basics of using a Sewing Machine

Have you ever wanted to learn how to use a sewing machine for family repairs and alterations? If so, why not bring out the budding seamstress in you by attending this beginner's course.

306	Darwen Town Hall	Friday	9.30am – 12pm	01/03/2024	3 weeks
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### Family Dressmaking and Alterations

Join our Family Dressmaking and Alterations course to improve your sewing techniques and improve your skills in basic repairs and alterations.

308	Darwen Town Hall	Friday	9.30am – 12pm	19/04/2024	6 weeks
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### The Basics of Henna Art

To introduce techniques used create henna designs on various surfaces.

309	Darwen Town Hall	Friday	9.30am – 12pm	07/06/2024	4 weeks
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### Crafts for Wellbeing

These sessions are designed for people who want to get creative for the spring season.

**£2.50 charge to cover cost of materials.**

284	Darwen Town Hall	Tuesday	9.30am – 12pm	07/05/2024	3 weeks
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### Ascentis Level 1 Mental Health and Wellbeing

In this course learners will be introduced to the terms associated with mental health and wellbeing, the different types of conditions and support available and gain a qualification in mental health wellbeing.

**Skills required: Must have English language skills at Entry Level 3 or higher to be able to complete the course.**

288	Darwen Town Hall	Tuesday	1pm – 3.30pm	04/06/2024	5 weeks
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# ICT & Digital Skills

**Our range of digital and computer courses are designed for you to gain valuable skills for both life and work. Don't worry if you have limited computing or digital skills, we have a course to get you started.**

**If you would like to make the most of your laptop, iPad/iPhone or tablet, we have a course for you too, whatever your needs we have just the course or support for you.**



# Digital and ICT Skills for Life and Work

## Digital Skills Builder

### Digital/ICT Skills Builder (term time only)

- Skills Builder is for those of you who need the flexibility to come to sessions when you can.
- Come and improve your ICT skills for life, work and confidence.
- Brush up your skills to gain confidence before joining an accredited course.

You can either use our devices or bring your own laptop or tablet so you can see how it works on your own device.

**Skills required: None. Suitable for absolute beginners. No Booking Required.**

252	Bank Top NLC	Wednesday	9.30am – 11.30am	21/02/2024 to 24/07/2024
251	Audley NLC	Thursday	1pm – 3pm	22/02/2024 to 25/07/2024

### Protect Yourself Online

Do you worry about your online safety when you are shopping, banking online or using social media? Do you know what to do if you experience cybercrime or cyberbullying? Do not worry, just call us or drop us an email and we will get back to you and discuss ways to keep you and your family safe.

### Digital/ICT Skills Support Service

This is a unique aspect of our provision, whatever your query whether it's how to use, for example, MS Teams, Zoom, social media to reduce isolation or how to access websites for information, research or employment we are here for you. .

We will identify the right support for you to make the most of your device and help you find a solution to your query. We could also assign you to a digital champion. Just call us or drop us an email and we will get back to you.

Contact us via email at [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)  
or call us on 01254 507720/01254 581175



# Digital Skills for Employment

## Microsoft Office – Intermediate Word Skills

New Course for 2024

This course is a follow on course from 'Introduction to Microsoft Word' and for those who have a basic understanding of how to use word application. You will learn how to enhance a document by adding a header and footer, inserting page numbers, applying borders, insert and format tables and explore the Microsoft Word Ribbon and its many features.

**Skills required: Mouse and keyboard skills and basic knowledge on how to use Microsoft Word.**

**Not suitable for people who have not used Microsoft Word.**

253	Bank Top NLC	Monday	9.30am – 11.30am	19/02/2024	3 weeks
257	Audley NLC	Tuesday	12.45pm – 2.45pm	20/02/2024	3 weeks

## Microsoft Office – Intermediate Excel Skills

New Course for 2024

This course is a follow on course from 'Introduction to Microsoft Excel' and for those who have a basic understanding of how to use Excel application. You will learn how to enhance a document by adding a header and footer, inserting page numbers, explore functions, sort and filter data and explore the Microsoft Excel Ribbon and its many features.

**Skills required: Mouse and keyboard skills and basic knowledge on how to use Microsoft Excel.**

**Not suitable for people who have not used Microsoft Excel.**

258	Audley NLC	Tuesday	12.45pm – 2.45pm	12/03/2024	3 weeks
256	Bank Top NLC	Monday	9.30am – 11.30am	01/07/2024	3 weeks

## Microsoft Office – Intermediate PowerPoint Skills

New Course for 2024

This course is a follow on course from 'Introduction to Microsoft PowerPoint' and for those who have a basic understanding of how to use PowerPoint application. You will learn how to enhance a presentation by adding a header and footer, custom a slide show, view the printing options, add links to a presentation, and explore the Microsoft PowerPoint Ribbon and its many features. **Skills required: Mouse and keyboard skills and basic knowledge on how to use Microsoft PowerPoint. Not suitable for people who have not used Microsoft PowerPoint.**

259	Audley NLC	Tuesday	12.45pm – 2.45pm	23/04/2024	3 weeks
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## Ascentis Level 1 Award in Essential Digital Skills for Work and Life

This qualification builds on your existing digital and ICT skills and is a progression opportunity from Getting Ready for Essential Digital Skills Level 1 course. The course is split into five units, which we will support you through.

These include:

1. Using devices and handling information
2. Creating and editing
3. Communicating
4. Transacting
5. Being safe and responsible online

At the end of the course you will complete online practical and knowledge based tests but don't worry we are here to help. **Skills required: Must have English language skills at Level 1 or higher and basic computing skills such as mouse and keyboard, basic file management, email and internet skills are essential.**

254	Bank Top NLC	Monday	9.30am – 2.30pm	11/03/2024	12 weeks
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**Digital Buddy** - We are looking for volunteers to support our learners with their skills development. Would you like to be a Digital Buddy?

Digital Buddies is a social connection support project linked to the Adult Learning provision in Blackburn with Darwen.

We are looking for people with excellent ICT and social media skills who can support those who are digitally excluded because of low level skills or the lack of access to devices and connectivity. This service is both online and face to face in one of our local community centres.



# Employability

**We are offering free bespoke employability courses to help you improve and develop your employability prospects.**

**You can gain valuable and appropriate employability skills needed by employers to help enhance your CV. If you would like help to look for work, write a CV/cover letter or apply for jobs, with support from a tutor we are here, contact us via email at [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk) or call us on 01254 507720/01254 581175.**



## Skills for Employment



### Digital/ICT and Employability Skills Builder

- Skills Builder is for those of you who need the flexibility to come to sessions when you need the support.
- Come and improve your ICT and Employability skills for life, work and confidence.
- Brush up your skills to gain confidence before joining an accredited course and in finding employment.

You can either use our devices or bring your own laptop or tablet so you can see how it works on your own device.

**Skills required: None. Suitable for absolute beginners. No booking required**

260	Darwen Town Hall	Tuesday	9.30am – 11.30am	20/02/2024 to 23/07/2024
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### First Aid

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

All of the first aid courses involve written and practical assessments therefore learners must have English language skills at Entry Level 3 or higher and be physically able to get up and down from the floor to complete the practical elements of these courses. **Skills required: English language at Entry 3 or above to be able to complete this course.**

### Emergency First Aid at Work (Adult)

271	Bank Top NLC	Tuesday	9.30am – 2.30pm	27/02/2024	2 sessions
		Wednesday	9.30am – 2.30pm	28/02/2024	
285	Bank Top NLC	Wednesday	9.30am – 2.30pm	08/05/2024	2 sessions
		Thursday	9.30am – 2.30pm	09/05/2024	

# Mental Health

## Ascentis Level 1 Award in Mental Health & Wellbeing

In this course learners will be introduced to the terms associated with mental health and wellbeing, the different types of conditions and support available and gain a qualification in mental health wellbeing.

**Skills required: Must have English language skills at Entry Level 3 or higher to be able to complete the course.**

286	Audley NLC	Monday	9.30am – 12pm	03/06/2024	5 weeks
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# Preparing for Volunteering

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

266	Bank Top NLC	Wednesday	9.30am – 12pm	05/06/2024	2½ hours
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## Volunteer Learning Passport

The Volunteer Learning Passport is a selection of online courses equipped for volunteers to gain skills and knowledge in key subject areas to enable them to feel confident in their volunteering role. However, we recognise that e-learning is not for everyone. If you are a volunteer or an organisation with volunteers who would like to complete the Volunteer Passport in a classroom, with a tutor, then contact us. .



Contact us via email at [adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)  
or call us on 01254 507720/01254 581175

# Preparing for Employment in Education

## NCFE Level 1 Introduction to Childcare

**New Course for 2024**

Are you thinking about a career in schools? This course is a great introduction and first steps towards this, come and join us to start your journey.

**Skills required: Must have English language skills at Entry Level 3 or higher.**

305	Bank Top NLC	Monday	9.30am – 2.30pm	19/02/2024	17 weeks
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# Safeguarding in Employability

## Ascentis Level 1 Understanding Safeguarding for Work, Education and Life

**New Course for 2024**

This safeguarding course is designed to give you knowledge of safeguarding when in work, education, volunteering and in life contexts. The qualification covers how to recognise different types of abuse, the possible safeguarding issues caused by modern technology, the meaning of discrimination and victimisation and the importance of disclosing safeguarding concerns to professionals. This is an important course for anyone wanting to work or volunteer with children and informative for a parent wanting to learn about safeguarding.

**Skills required: Must have English language skills at Entry Level 3 or higher to be able to complete the course.**

262	Bank Top NLC	Wednesday	9.30am – 12.30pm	21/02/2024	6 weeks
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## Ascentis Level 1 in Understanding an Inclusive Environment

New Course for 2024

This is a new safeguarding course looking at how the law protects the vulnerable people in society and how to promote an inclusive environment including the benefits to society of an inclusive environment. You will learn how to recognise abusive relationships and that poor and abusive family relationships can have a negative impact for victims of abuse and learn how to conduct healthy relationships and support victims of abuse.

**Skills required: Must have English language skills at Entry Level 3 or higher to be able to complete the course.**

264 Bank Top NLC

Wednesday

9.30am – 12.30pm

24/04/2023

6 weeks

This is only a small amount of the courses we have on offer, if there is something you would like to do that isn't in the brochure please contact us.

Are you a local business, community group, school or a Children's Centre that would like courses run in your venue, we can come to you to deliver:

- Family Learning
- Health and Social Care
- Safeguarding
- Maths
- English
- Training for Volunteers

If the course you are looking for is not in this brochure then contact us.



**Classroom Support Volunteer** - We are offering the opportunity for you to spend time supporting in our adult learning classes. We are looking for volunteers to support in the adult learning setting across all our subject areas, this will help you to develop your knowledge and skills in relation to supporting adults to learn. Duties include supporting adult learners with confidence building, reading, writing and supporting the tutor with general classroom duties. We offer courses all year round in various subjects and levels.



# English and Maths

If you want to brush up your English or maths skills and not sure where to start then come to us and we'll help you take that first step. We offer a range of courses including those without a qualification and others where you will get a certificate to show your learning. Come and meet our supportive team who are waiting to help you make a start.

# English and Maths

Don't have the English and Maths qualification to get the job you want, complete an apprenticeship or progress your career? Then book your assessment now!

## Assessment Week

Wednesday January 3rd to Thursday 11th January 2024

Call to book your place on 01254 581175/01254 507720. Once you complete your assessment, we will signpost you to the right class for you. Allow approximately 40 minutes per subject.

### Introduction to English

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

### Introduction to Maths

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

### Level 1 and Level 2 Functional Skills English and Maths

We are also offering NCFE Level 1 and Level 2 Functional English and maths classes. You will need to book an assessment and will be offered a class if you are working at an appropriate level.



## Maths

### Maths

#### Maths Skills Builder (term time only)

- Skills Builder is for those of you who need the flexibility to come to sessions when you can.
- Come and improve your maths skills for life, work and confidence.
- Brush up your number skills to gain confidence before joining an accredited course.

**Skills required: None. Suitable for anyone wanting to improve or gain maths skills. No booking required.**

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BWD71	Bank Top NLC	Thursday	9.30am – 11.30am	22/02/2024 to 25/07/2024
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# SKILLS FOR LIFE MULTIPLY



## What is Multiply?

Multiply is a new nationwide government-funded programme to help you improve your numeracy skills, build your confidence and possibly gain a qualification.

Do you feel uncomfortable when you think about maths? If yes, then we have just the solution for you. Our classes will help you build confidence in your everyday life, which includes budgeting money, helping your children with their school homework and many other life skills. With the current situation of the cost of living, it is the best time now to improve your own skills in working with numbers. Good numeracy skills can also help open a variety of different job opportunities for you. All of our courses will be suitable for beginners and you will be able to learn at your own pace.

## What are the entry requirements?

- You must be aged 19+
- Reside or work in Blackburn with Darwen
- Have the right to live and work in the UK
- Not have a GCSE maths in grade C/4 or above

If you would like to join our qualification based courses, you will be asked to come in for an initial assessment to see what level you are currently at.

## What are the fees?

All our courses offered through Multiply are free of charge.

## Where can I learn?

You can choose to learn at a range of venues across the Borough, including our neighbourhood learning centres at Bank Top Learning and Audley.

## What type of courses will you be delivering?

We will be delivering a variety of courses, including short courses and day sessions. You can find further information on our website.

## What should I do next?

If you would like further information, please call **01254 507720** or **01254 581175**

Email [multiply@blackburn.gov.uk](mailto:multiply@blackburn.gov.uk)

We also work in partnership with the following organisations who also offer a variety of different courses through Multiply.

*Al Hayat*  
*Blackburn College*  
*Get Set Academy*







If English is not your first language, you can join an ESOL course to help develop and improve your English language skills and gain a qualification at the end of your learning. These qualifications will help build your knowledge of the English language and allow you to live more independently in the UK through interactive speaking, listening, reading and writing activities.



## English for Speakers of Other Languages

Our ESOL courses are delivered in community settings and supports people to learn English, access services and get involved in the community. As part of the course, participants will take part in local community activities to improve confidence and social integration.



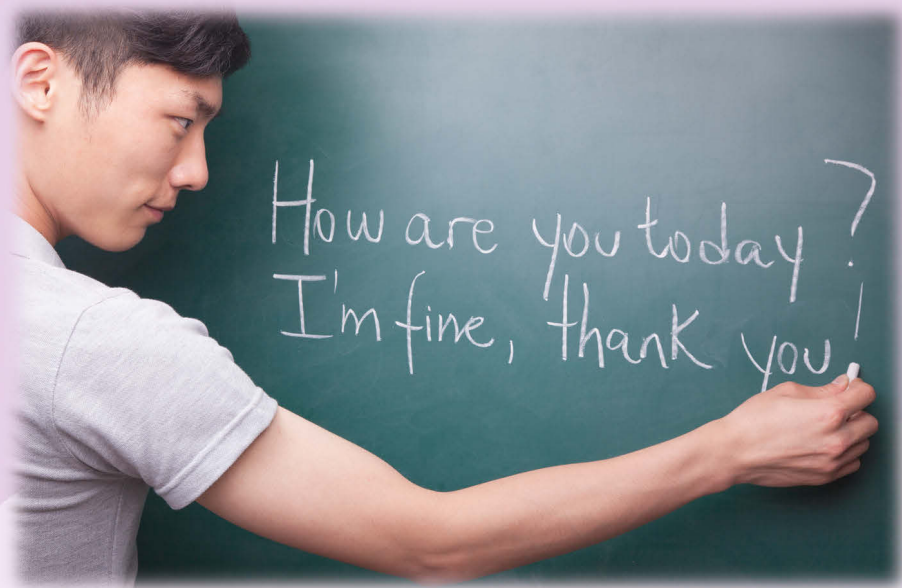
### **FREE ESOL** *classes take place at:*

- Audley & Queen's Park Neighbourhood Learning Centre
- Bank Top Neighbourhood Learning Centre
- Bangor Street Community Centre
- Darwen Children's Centre
- Darwen Town Hall

### **ESOL** *courses will help you to:*

- Feel more confident
- Be more independent
- Get a qualification
- Be job ready
- Improve digital skills
- Help your child with school work
- Progress on to other training
- Be happy!

*To book an assessment and join our classes:*  
Call 01254 581175, email us at [esol@blackburn.gov.uk](mailto:esol@blackburn.gov.uk)



## English Conversation Clubs

Conversation clubs are a relaxed and informal way to practice your English skills outside of the classroom in an informal, supportive space. These clubs are a great way to start your English language journey, get extra practice or provide a chance to learn whilst waiting for an ESOL class.

Conversation clubs consist of 8-10 people meeting weekly for 2 hours. We are facilitating these clubs across the borough. If you are interested in attending, please get in touch.

*We look forward to hearing from you...  
Let's get talking!*

## ESOL +

The ESOL Plus courses are designed to encourage learning additional skills through collaboration between English language (ESOL), digital skills and social skills. These courses support language development whilst learning new skills and are offered as part of our ESOL courses.

To join our **FREE** classes, please call 01254 581175  
or email [ESOL@blackburn.gov.uk](mailto:ESOL@blackburn.gov.uk)



# Family Learning

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

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



## Family Learning

We offer a range of courses and sessions to enable parents to support their children with learning and development.

### Half Term Fun for all the Family

Bring your children along to our fun interactive sessions where you can work together to get creative and crafty. Bookings for these sessions will open two weeks prior to the holidays. Keep an eye out on our social media page and website for further information and booking.

#### February Half Term – Activities for Families

229	Bank Top NLC	Family fun time with crafts	Monday	9.30am – 12pm	12/02/2024	2½ hours
242	Bank Top NLC	Family fun time with crafts	Monday	12.30pm – 3pm	12/02/2024	2½ hours
245	Audley NLC	Family fun time with crafts	Tuesday	9.30am – 12pm	13/02/2024	2½ hours
246	Audley NLC	Family fun time with crafts	Tuesday	12.30pm – 3pm	13/02/2024	2½ hours

#### Easter Holidays - Spring Activities for Families

293	Bank Top NLC	Family fun time with crafts	Tuesday	9.30am – 12pm	09/04/2024	2½ hours
294	Bank Top NLC	Family fun time with crafts	Tuesday	12.30pm – 3pm	09/04/2024	2½ hours
295	Audley NLC	Family fun time with crafts	Wednesday	9.30am – 12pm	10/04/2024	2½ hours
296	Audley NLC	Family fun time with crafts	Wednesday	12.30pm – 3pm	10/04/2024	2½ hours

# Watch out for our Summer Holiday offer on our website and social media

## Sewing Skills

Join our Family Dressmaking and Alterations course to improve your sewing techniques and improve your skills in basic repairs and alterations..

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297	Bank Top NLC	The Basics of using a Sewing Machine	Friday	9.30am – 12pm	05/07/2024	3 weeks
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## Special Educational Needs and Disabilities

### Hints and Tips for parents of children with additional needs

The aim of these sessions is to enable parents and carers to gain knowledge about a range of special educational needs and disabilities to support their family and friends in the local community.

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299	Audley NLC	Supporting Family Mental Health	Thursday	9.30am – 12pm	07/03/2024	4 weeks
298	Audley NLC	Introduction to ADHD	Thursday	9.30am – 12pm	18/04/2024	2½ hours
300	Audley NLC	Introduction to Autism	Thursday	9.30am – 12pm	02/05/2024	2½ hours

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# Health & Wellbeing

Our Health and Wellbeing area has something for everyone from one-off workshops introducing new topics, to longer courses where you can hone your skills over several sessions.

Spending time learning about something we enjoy, or learning a new skill can help improve our mood and help us connect with other people which in turn can make us feel better.



# Health & Wellbeing

## Mental Health

### Mental Health First Aid



Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

274	Youth Mental Health First Aid (Full Certificate) at Bank Top NLC	Tuesday	9am – 5pm	12/03/2024	2 sessions
		Wednesday	9am – 5pm	13/03/2024	
275	Adult Mental Health First Aid (Full Certificate) at Bank Top NLC	Tuesday	9.30am – 1.30pm	19/03/2024	4 sessions
		Wednesday	9.30am – 1.30pm	20/03/2024	
		Tuesday	9.30am – 1.30pm	26/03/2024	
		Wednesday	9.30am – 1.30pm	27/03/2024	
291	Adult Mental Health First Aid (Full Certificate) at Bank Top NLC	Monday	9am – 5pm	08/07/2024	2 sessions
		Tuesday	9am – 5pm	09/07/2024	

## Dementia Awareness

### Twiddle Mats - Dementia

**New Course for 2024**

Twiddle Mats are great for people with dementia who often have restless hands and like to have something to keep their hands occupied. A Twiddle Mat is a great source of visual, tactile and sensory stimulation. They can also help by keeping laps warm and hands occupied. Twiddle Mats can be one piece or many squares, they can be plain or patterned, with or without tactile items like buttons, tassels, zips and ribbons. Many hospital wards have found that Twiddle items have a positive effect on patients by keeping them comforted, as well as encouraging movement and brain stimulation. Come along to this session and create your own Twiddle Mat either for someone you know or to donate to a local care home supporting people with Dementia.

327	Bank Top NLC	Wednesday	9.30am – 2.30pm	21/02/2024	5 hours
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## Personal Wellbeing

### Confidence Building

**New Course for 2024**

This course will cover topics such as positive thinking, stress management and goal setting giving you the tools to be more confident.

328	Bank Top NLC	Friday	9.30am – 12pm	23/02/2024	5 weeks
329	Audley NLC	Monday	12.30pm – 3pm	03/06/2024	6 weeks

### Five Ways to Wellbeing

This five-week course offers you the chance to explore how we can all improve our wellbeing by connecting with others and the world around us, learning new things, giving back, being active and taking notice. Each week will offer tools to improve wellbeing, new ideas and activities to try and the opportunity to reflect on things you try each week.

282	Audley NLC	Friday	9.30am – 11.30am	26/04/2024	5 weeks
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### Menopause and Me

**New Course for 2024**

Are you experiencing menopause or perimenopause symptoms? This course offers the opportunity to look at common symptoms of perimenopause and things we can do to manage them. It focuses on how important looking after our wellbeing is during this challenging time while giving people the opportunity to meet others going through a similar experience and share tips.

290	Audley NLC	Friday	9.30am – 11.30am	07/06/2024	6 weeks
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# Creativity for Wellbeing

## Introduction to Papercraft

Learn the benefits and techniques involved in the art of paper folding to create decorative shapes and figures in this new course. **£2.50 charge to cover cost of materials.**

269	Bank Top NLC	Thursday	12.30pm – 2.30pm	22/02/2024	2 weeks
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## Spring Crafting for the House

**New Course for 2024**

Get your home filled with the sight of spring. This three week course takes you through simple craft activities to create decorative gifts and homeware using upcycled materials, scraps of fabrics and left over craft materials. This course shows you how to create a range of beautiful homeware that are simple and cheap to produce. **£2.50 charge to cover cost of materials.**

272	Bank Top NLC	Friday	9.30am – 11.30am	01/03/2024	3 weeks
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## 3D Papercraft

Building on the introductory papercraft course this course takes you on a papercrafting journey from traditional origami to papermache and creative ways to craft with paper. Paper folding and papercraft can help give us a focus and outlet in stressful times which we can use as an outlet for creativity. **£2.50 charge to cover cost of materials.**

279	Audley NLC	Tuesday	9.30am – 11.30am	16/04/2024	6 weeks
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## Spring Lavender Bags workshop

This short workshop shows you how to make lavender scented decorations that can be made from left over pieces of fabric. **£2.50 charge to cover cost of materials.**

280	Bank Top NLC	Wednesday	9.30am – 12pm	17/04/2024	2½ hours
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# Connect with Nature, Become Greener and Live Cleaner

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

## Food Growing Outdoors

Do you love the idea of growing your own food but don't have an outside space to use? Come along, learn some horticulture skills, and have a go at getting involved in a community planting space. Learn how to plan a growing space in your own garden or community space.

267	Bank Top NLC	Tuesday	1pm – 3pm	20/02/2024	6 weeks
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278	Bank Top NLC	Tuesday	1pm – 3pm	16/04/2024	6 weeks
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# Cookery Courses

New Courses for 2024

These new courses brought to you will cover the basics of cookery, how accessible it can be for everyone with a variety of tastes from around the world. **£2.50 each week to cover cost the ingredients.**

## Cooking for Beginners

330	Bank Top NLC	Thursday	9.30am – 12pm	18/04/2024	5 weeks
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## Healthier Cooking for Everyone

289	Bank Top NLC	Wednesday	9.30am – 12pm	05/06/2024	6 weeks
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## Italian Cooking

332	Bank Top NLC	Thursday	9.30am – 12pm	06/06/2024	6 weeks
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## Introduction to Healthier Indian Cooking

333	Bank Top NLC	Monday	9.30am – 12pm	24/06/2024	2 weeks
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# Creative Containers

New Course for 2024

These sessions are designed for people who want to get creative in their outdoor space. You will be learning new methods of making and decorating containers.

281	Darwen Valley CC	Thursday	1pm – 3pm	18/04/2024	6 weeks
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**Our Community Garden** at Bank Top is always on the look out for volunteers to help maintain and grow in our space. Whether you are a keen gardener with experience or a novice who is keen to get involved we have a wide variety of activities including sowing, planting, weeding, watering and general maintenance of the plot.

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



# Positive Minds

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

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



## Positive Minds

### About our courses for improved Mental Health and Wellbeing

Our Positive Minds courses are all specifically developed to help you improve your emotional wellbeing, whilst learning something new, meeting people and having fun! Courses take place in community venues and provide the opportunity to identify and practice ways to cope and feel better. Our tutors all have empathy and experience in mental health and will support you to build your confidence.

### Booking on Courses

To make sure the course is right for you we like to speak to you first. You can contact us on 01254 507720, book through our website or email us at [Positive.Minds@blackburn.gov.uk](mailto:Positive.Minds@blackburn.gov.uk) and one of the team will get back to you to arrange an appointment to talk about the courses we offer.

### Is there an assessment?

No; however we will ask you to complete a Mood and Wellbeing Questionnaire during your appointment and at the end of the course. This helps you to see how attending the course has affected your mood and wellbeing and lets us check if the Positive Minds courses are having an impact on the mood and wellbeing of people who attend.

### What happens if Positive Minds isn't right for me?

Your Learning Advisor will talk to you about alternative options. That might be another course that is more suitable, or an alternative activity that is better suited to what you have said you would like to do. They would also discuss any other support that may help you and where else you can access support.

To make sure your course is right for you, we would like to speak to you first. You can contact us on 01254 507720 or email us at [Positive.Minds@blackburn.gov.uk](mailto:Positive.Minds@blackburn.gov.uk), let us know which course you are interested in and we will arrange for a member of the team to contact you directly.

## Art for Wellbeing

New Course for 2024

Using different art techniques to aid relaxation and reduce stress. Having the opportunity to use a range of paint, pastels and pencils to get creative. Learn new ways to create pieces of art, find focus and lose yourself in a world of creation.

314	Audley NLC	Tuesday	1pm – 3.30pm	20/02/2024	5 weeks
321	Bank Top NLC	Friday	9.30am – 12pm	07/06/2024	6 weeks

## Cooking for Wellness

We've all heard the phrase "you are what you eat"; join our cooking course to find out how what we eat can affect how we feel and think. Learn how to prepare and cook tasty dishes, that will nourish your mind and body. Find out how making tasty meals can be of benefit to your general wellbeing.

316	Bank Top NLC	Thursday	9.30am – 12pm	22/02/2024	4 weeks
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## Man with a Pan

New Course for 2024

Are you a man that is new to the kitchen? Have you recently had to take over cooking responsibilities or have just decided to venture into the kitchen to learn something new? If so, this course is for you. Our experienced tutor will take you through the tools of your new trade and help you build your culinary confidences and improve your wellbeing over some tasty food you can make at home.

331	Bank Top NLC	Wednesday	9.30am – 12pm	24/06/2024 (no session 08/05/2024)	4 weeks
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## Managing My Mental Health – (Living Life to the Full)

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

320	Audley NLC	Tuesday	9.30am – 12pm	04/06/2024	5 weeks
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## Mindful Gardening

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

322	Bank Top NLC	Tuesday	1pm – 3pm	23/07/2024	6 weeks
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To make sure your course is right for you, we would like to speak to you first. You can contact us on 01254 507720 or email us at [Positive.Minds@blackburn.gov.uk](mailto:Positive.Minds@blackburn.gov.uk), let us know which course you are interested in and we will arrange for a member of the team to contact you directly.



# Supported Learning

These courses are designed to be accessible for people with learning disabilities or other challenges that impact their learning.



## Supported Learning

### Sensational Crafts

Getting creative is a great way to meet others and learn how to make gifts and decorations. Join Lynette on this 5-week course taking you through a range of craft activities with plenty for everyone. From wool and yarn to glue and paint, this course is a crafting sensation.

317	Bank Top NLC	Friday	12pm – 2.30pm	23/02/2024	5 weeks
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### Healthy Cooking

Improve your confidence in the kitchen with our 5-week cooking course that takes you through the skills you need to chop, mix and cook our tasty and healthy recipes. Explore different foods and learn how to make healthy choices that offer you a variety of exciting meals you can cook at home.

318	Bank Top NLC	Thursday	12.30pm – 3pm	18/04/2024	5 weeks (no session 09/05/2024)
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### Painting for Fun

Did you enjoy painting in the past but don't have the chance to get involved anymore? This 6-week painting course takes you on a creative journey through the world of paint. From colour mixing, to using different types of paint, big projects to small, painting can be fun and improve your wellbeing.

319	Bank Top NLC	Friday	9.30am – 12pm	19/04/2024	6 weeks
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*Please contact us if you require an easy read version of the supported learning courses.*



**National  
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Helping you take  
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Whatever the  
stage of your career...  
**We are here to help!**

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both in and out of work.

01254 507720 / 01254 581175

[NCS@blackburn.gov.uk](mailto:NCS@blackburn.gov.uk)

[nationalcareers.service.gov.uk](http://nationalcareers.service.gov.uk) 0800 100 900



# What our learners say:



## Employability

"After 6 years I was shown ways to improve my CV and gain confidence to go back to work after caring for my mother."



## ICT/Digital

"This course was great at reminding me of things that I had done on the ICT course. I managed to carry out the tasks without much difficulty."



## Family Learning

"I enjoyed this course. I feel more confident and my teacher very friendly she always helps me. I make new friends during this course I really enjoyed it."

"I loved the way how the session was prepared and delivered. It was brilliant for both kids and parents! We learnt a lot and are going to carry on at home. Thank you so much for your wonderful work!"



## Health and Wellbeing

"A good learning environment. Feeling connected and enjoyed the course. Tutor was engaging to speak to and answer any questions."

"Wonderful group, had a lovely morning, met new people. I suffer with bad anxiety but made me confident - i didn't feel nervous at all - looking forward to next time."



## English

"Course help me improve my confidence, my spelling and helps me to write down sentences use of correct prepositions."

## Maths

"I have always been scared of maths and now I am in a position to have a qualification no matter what the level is."



## ESOL

"I feel good when I am learning .... I am reaching my goal slowly. My family are happy with me. I am starting to use English more in the community.

I think everyone should learn... especially people like me ... it is good to be a strong role model for the others to learn English in the future" -ESOL E3 learner



# Come and Volunteer



LANCASHIRE  
VOLUNTEER  
PARTNERSHIP



BLACKBURN  
DARWEN

## VOLUNTEER TODAY FEEL CHAMPION

Lancashire Volunteer Partnership (LVP) is a gateway into public service volunteering.

Volunteering a great way to give back to your local community, enhance your CV, and meet new people.

Our volunteers tell us their experience is incredibly rewarding!

### Contact us

Visit: [lancsvp.org.uk](http://lancsvp.org.uk)

Call: 01254 666483

Email: [lvp@blackburn.gov.uk](mailto:lvp@blackburn.gov.uk)

## VOLUNTEER TODAY FEEL CHAMPION

f @LANCSVP    t @LANCASHIREVP

### Why Volunteer?

**“It gives you perspective on your own life and a little boost that you’re helping someone else. It’s been rewarding, enriching and humbling.”**

- LVP Community Support Befriender

### Roles Available

- ✓ Supporting your neighbourhood
- ✓ Supporting adult learning
- ✓ Outdoor opportunities  
i.e. gardening / litter picking
- ✓ Supporting older people  
and those with a disability
- ✓ Supporting children and young people
- ✓ Improving health and wellbeing
- ✓ Community safety and resilience
- ✓ Supporting your local libraries

### ARE YOU INTERESTED IN BECOMING A VOLUNTEER?

To find out more about the opportunities available Contact us

Visit: [lancsvp.org.uk](http://lancsvp.org.uk) Call: 01254 666483

Email: [LVP@blackburn.gov.uk](mailto:LVP@blackburn.gov.uk)

f @LANCSVP    t @LANCASHIREVP



SCAN ME

# EMPLOYMENT, SKILLS AND SUPPORT HUB



## JOB CLUB

Supporting People into Work

<b>TUESDAY</b>	Audley Neighbourhood Learning Centre, Pringle St, Blackburn, BB1 1SF	1-3pm
<b>TUESDAY</b>	Darwen Town Hall, Croft St, Darwen, BB3 1BG	9.30am-11.30am
<b>THURSDAY</b>	Bank Top Neighbourhood Learning Centre, Arthur Way, Blackburn, BB2 1QP	1-3pm
<b>THURSDAY</b>	Bangor St Community Centre, Norwich St, Blackburn, BB1 6NZ	1-3pm

SUPPORT  
EMPLOYMENT  
SKILLS

## EMPLOYMENT, SKILLS AND SUPPORT HUB



SUPPORT



EMPLOYMENT



SKILLS

## EMPLOYMENT, SKILLS AND SUPPORT HUB

If you need help with any of the following:

- Finding the right job for you
- Retraining and upskilling
- Application and interview preparation
- Building confidence and removing barriers
- Improving your future prospects

Email us:

[adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)

We find the right support for you

Or call us:

01254 581175

01254 507720



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

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

**Darwen Town Hall**  
Croft Street, Darwen, BB3 1BQ  
Tel (01254) 581175  
(01254) 507720

Email:  
[adultlearning@blackburn.gov.uk](mailto:adultlearning@blackburn.gov.uk)



**SCAN ME**



[www.bwdlearning.org](http://www.bwdlearning.org)



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