

Adult Learning

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Ofsted
Good
Provider



ESOL



Adult Learning Courses 2024/2025



Westmorland & Furness Council

Working for Cumberland Council and Westmorland & Furness Council

adultlearningcumbria.org

WELCOME

...to the 2024/25 Adult Learning Brochure! We are excited to share our range of new and enriching opportunities for all adults in our communities across Cumberland and 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.

Now hear from our portfolio holders...

Scan here



Cumberland

Westmorland & Furness



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ABOUT US

Adult Learning believes in:

- Inspiring you to achieve your potential
- Celebrating your extraordinary achievements
- Empowering you and your communities

Our 6 Adult Learning Centres provide rich and varied learning activities at over 170 venues across Cumbria. From a maths qualification for your dream job, to exploring your art skills to improve your wellbeing; we have something for everyone. If you can't get to a venue why not take a look at one of our online courses?

Wherever you are in the county and whatever you choose to study with us, we look forward to supporting you on your learning journey.



WHAT OUR LEARNERS SAY

English Functional Skills

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

Beginners Textiles

"I am now doing my own projects at home with my own sewing machine. This course has given me confidence and I have learned to connect with my own creativity. Classes with Claire were inspirational, relaxed and informative. I shall look forward to signing up for another sewing course."

Skills for the Creative Industries

"I have just been given an award by SANE, a mental health charity, to put on my first ever solo art exhibition. This is a result of the confidence I have gained and the new skills learned with Adult Learning."

OUR CENTRES

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

WESTMORLAND AND FURNESS CENTRES

- Barrow Adult Learning and the surrounding areas (**BAR**)
Tel: **01229 407630 / 07867 182841**
Email: **barrowadultlearning@westmorlandandfurness.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**

CUMBERLAND CENTRES

- Carlisle Adult Learning and the surrounding areas (**CAR**)
Tel: **01228 227304 / 01228 227305**
Email: **carlisleadultlearning@cumberland.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**

DELIVERY PARTNERS

- PHX Training (**PHX**)
Tel: **01228 810960** (Carlisle) Email: **carlisle@phxtraining.co.uk**
Tel: **01228 810960** (Workington) Email: **workington@phxtraining.co.uk**
Tel: **01229 808095** (Barrow) Email: **barrow@phxtraining.co.uk**
- System People | Tel: **01228 530552**
Email: **Bookings@sptraininguk.com**
- The Skills Network | Tel: **01757 606648**
- Learning Curve Group | Web: **enrolment.learningcurvegroup.co.uk/ enrol**

HOW TO JOIN A COURSE

- 1 Contact your local centre via telephone or email.**
Centre details are on page 4 or visit our website at **adultlearningcumbria.org** where you can find information and enrol online.

- 2 Ask any questions you may have about a course.**
Find out more about the course content and if you are able to attend.
Either speak to a person from the centre, or go to our website to find out more information regarding what sort of things you will learn, where, when and how often the classes take place and how much it will cost.

- 3 Check you meet the entry course requirements.**
Is it the right level course for you? If you want to join a qualification course, you will need to complete an initial assessment which can be arranged with your local centre.

ENROL NOW OR BOOK AN INITIAL ASSESSMENT

- 4 Book your initial assessment.**
Contact your local centre and arrange your initial assessment. You will be advised how long the assessment will take and anything else that is expected of you on that day.

- 5 Complete an initial assessment.**
If you have additional needs or difficulties, please inform the centre before you start your initial assessment so we can provide any support you need. After you have finished the assessment, we will discuss your results with you to help you find a suitable course and level.

ENROL ONTO THE COURSE

- 6 Get ready to start your new course.**
A few weeks before your course starts, we will email / text you with more details about your course and confirm start time, venue and tutor name to ensure your first day is trouble free. We wish you all the best and thank you for contacting Adult Learning.

CARLISLE LIBRARY UPDATE

Transformation of Carlisle Library

We're excited to announce works are continuing for the refurbishment of Carlisle Library. This project will transform the existing library space in The Lanes Shopping Centre into a state-of-the-art library and learning facility.

What to expect

The new multi-functional space will offer a blend of opportunities for learning, skills development, digital connectivity, and community engagement. Equipped with the latest digital tools and training materials, the newly transformed library will serve as a vibrant centre for education and community activities.

Temporary relocation of Adult Learning

During the construction period which is due to begin in autumn, Adult Learning services will temporarily move to the Civic Centre. This temporary relocation ensures that there is no interruption in services and that adult learners continue to have access to the support and resources they need.

Civic Centre, Rickergate, Carlisle CA3 8QG

E: carlisleadultlearning@cumberland.gov.uk

T: 01228 227304/227305

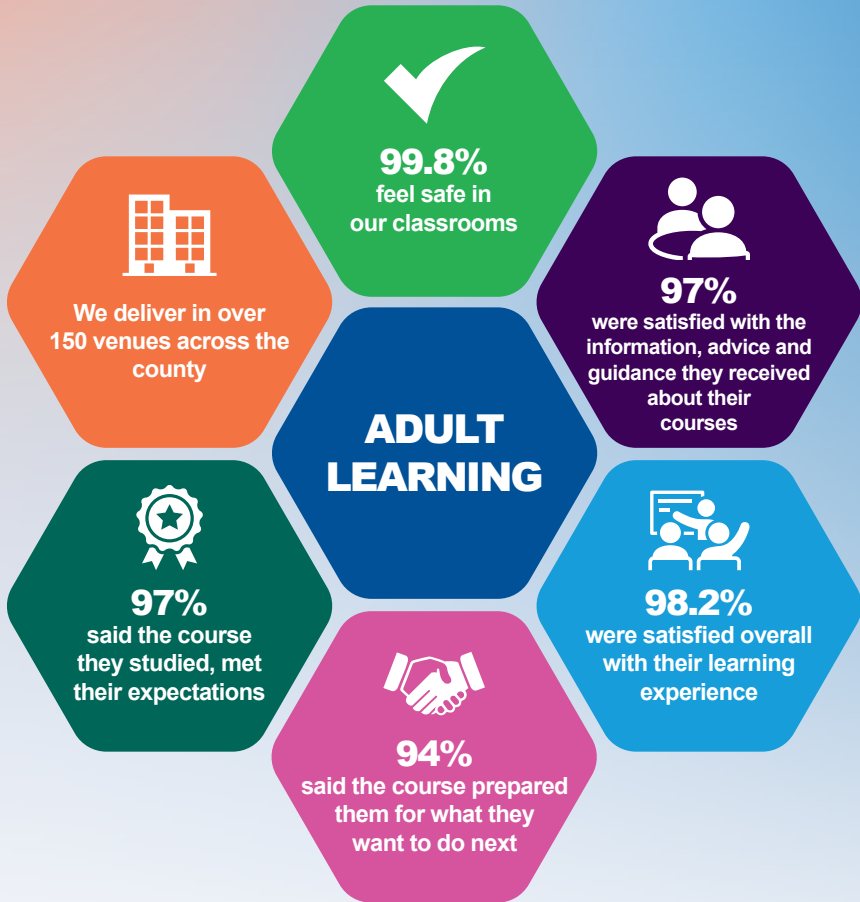


INFORMATION, ADVICE AND GUIDANCE

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.

CELEBRATING OUR SUCCESSES



Learner Reflections:

“The overall experience (of Adult Learning) has been 100% positive for me. All the staff involved: the Tutors, Invigilators, Managers, Course Organisers and Administrative Support were incredibly positive and supportive and superbly efficient in everything that they did.”

“The maths course was taught at the Foundation Level, which is going back to the very basics. This got everyone in the class thinking and talking about maths in the same way, so although we were all at slightly different levels and experience it levelled the playing field really nicely.”

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 4 for details.

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 4).

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



English

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.

Why English? An English course can give you the skills you need to get a job or progress within employment. It can also enable you to function more effectively in everyday life, or simply help you achieve personal goals.



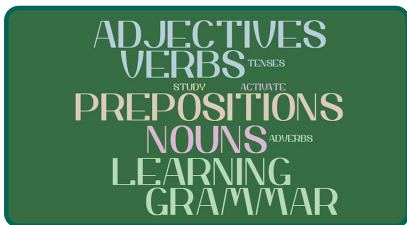
Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Functional Skills English Level 1	BAR	BAR24S010	Barrow Library	M	09/09/2024	18	09:15	12:15	FREE	M
Functional Skills English Level 2	BAR	BAR24S012	Barrow Library	M	09/09/2024	18	09:15	12:15	FREE	M
Functional Skills English Entry Level 3	BAR	BAR24S014	Barrow Library	M	09/09/2024	18	13:00	16:00	FREE	M
Functional Skills English Entry Level 2	BAR	BAR24S016	Barrow Library	M	09/09/2024	18	13:00	16:00	FREE	M
Functional Skills English Level 2	BAR	BAR24S013	Barrow Library	M	24/02/2025	18	09:15	12:15	FREE	M
Functional Skills English Level 1	BAR	BAR24S011	Barrow Library	M	24/02/2025	18	09:15	12:15	FREE	M
Functional Skills English Entry Level 2	BAR	BAR24S017	Barrow Library	M	24/02/2025	18	13:00	16:00	FREE	M
Functional Skills English Entry Level 3	BAR	BAR24S015	Barrow Library	M	24/02/2025	18	13:00	16:00	FREE	M
English Step Up	CAR	CAR24T019	Tourist Information Centre (Carlisle)	W	11/09/2024	14	10:00	12:00	FREE	S
Functional Skills English Entry Level 2	CAR	CAR24S012	Civic Centre (Carlisle)	W	11/09/2024	18	10:00	13:00	FREE	M
GCSE English	CAR	CAR24S007	Tourist Information Centre (Carlisle)	Th	12/09/2024	30	09:30	12:30	FREE	M
Functional Skills English Level 1	CAR	CAR24S008	Pennine Way CDC (Carlisle)	W	18/09/2024	18	09:30	12:30	FREE	M
Functional Skills English Level 2	CAR	CAR24S011	Pennine Way CDC (Carlisle)	W	26/02/2025	18	09:30	12:30	FREE	M
Functional Skills English Entry Level 3	CAR	CAR24S013	Civic Centre (Carlisle)	W	26/02/2025	18	10:00	13:00	FREE	M
Functional Skills English Level 1	WHI	WHI24S019	Whitehaven Library	W	11/09/2024	18	09:15	12:15	FREE	M
Functional Skills English Entry Level 3	WHI	WHI24S027	Whitehaven Library	W	11/09/2024	18	13:00	16:00	FREE	M
Functional Skills English Level 1	WHI	WHI24S022	Whitehaven Library	W	05/02/2025	18	13:00	16:00	FREE	M
Functional Skills English Level 2	WHI	WHI24S026	Whitehaven Library	W	06/02/2025	18	09:15	12:15	FREE	M

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Functional Skills English Level 1	WOR	WOR24S009		Workington Library	Tu	10/09/2024	18	18:00	21:00	FREE	M
Bibliotherapy	WOR	WOR24T009		Helena Thompson Museum (Workington)	Th	12/09/2024	8	10:00	12:00	FREE	S
Functional Skills English Level 1	WOR	WOR24S010		Workington and District Amateur Musical Society (WADAMS)	W	18/09/2024	18	12:00	15:00	FREE	M
Functional Skills English Level 2	WOR	WOR24S011		Workington Library	Tu	04/02/2025	18	18:00	21:00	FREE	M


Online courses

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
GCSE English	BAR	BAR24S009		Online Delivery	Tu	10/09/2024	30	18:00	21:00	FREE	M
Functional Skills English Level 2	CAR	CAR24S010		Online Delivery	W	18/09/2024	18	18:00	21:00	FREE	M
Functional Skills English Level 1	CAR	CAR24S009		Online Delivery	W	26/02/2025	18	18:00	21:00	FREE	M
Functional Skills English Level 2	WHI	WHI24S023		Online Delivery	W	11/09/2024	18	18:00	21:00	FREE	M
Functional Skills English Level 2	WHI	WHI24S024		Online Delivery	Th	12/09/2024	18	18:00	21:00	FREE	M
Functional Skills English Level 1	WHI	WHI24S018		Online Delivery	Th	12/09/2024	18	18:00	21:00	FREE	M
Functional Skills English Level 1	WHI	WHI24S020		Online Delivery	W	05/02/2025	18	18:00	21:00	FREE	M
Functional Skills English Level 1	WHI	WHI24S021		Online Delivery	Th	06/02/2025	18	18:00	21:00	FREE	M
Functional Skills English Level 2	WHI	WHI24S025		Online Delivery	Th	06/02/2025	18	18:00	21:00	FREE	M



“This course was so massively different from what I remember in school! It was absolutely brilliant! Really interesting and really stretching. I found it quite exciting to be discussing concepts and ideas with the class every week; everyone was kept at the top of their game by the rest of the class, so I ended up doing a quality of work that I'd never imagined that I was capable of.”

Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 for contact details. Some learners may be eligible for fee concessions. For more information on the fee codes please see see page 35.

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Maths


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.

Why Maths ? A maths course can give you the skills you need to get a job or progress within employment. It can also enable you to function more effectively in everyday life, or simply help you achieve personal goals.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Functional Skills Maths Level 1	BAR	BAR24S001	Barrow Library	Th	05/09/2024	18	09:15	12:15	FREE	M
Functional Skills Maths Level 2	BAR	BAR24S003	Barrow Library	Th	05/09/2024	18	09:15	12:15	FREE	M
Functional Skills Maths Entry Level 3	BAR	BAR24S005	Barrow Library	Th	05/09/2024	18	13:00	16:00	FREE	M
Functional Skills Maths Entry Level 2	BAR	BAR24S007	Barrow Library	Th	05/09/2024	18	13:00	16:00	FREE	M
Functional Skills Maths Level 2	BAR	BAR24S004	Barrow Library	Th	27/02/2025	18	09:15	12:15	FREE	M
Functional Skills Maths Level 1	BAR	BAR24S002	Barrow Library	Th	27/02/2025	18	09:15	12:15	FREE	M
Functional Skills Maths Entry Level 2	BAR	BAR24S008	Barrow Library	Th	27/02/2025	18	13:00	16:00	FREE	M
Functional Skills Maths Entry Level 3	BAR	BAR24S006	Barrow Library	Th	27/02/2025	18	13:00	16:00	FREE	M
Functional Skills Maths Entry Level 3	CAR	CAR24S006	Civic Centre (Carlisle)	M	16/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Level 2	CAR	CAR24S004	Pennine Way CDC (Carlisle)	W	18/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1	CAR	CAR24S002	Botcherby Community Centre	Th	19/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Level 1	CAR	CAR24S003	Pennine Way CDC (Carlisle)	W	26/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	CAR	CAR24S005	Botcherby Community Centre	Th	27/02/2025	18	09:30	12:30	FREE	M
Functional Skills Maths Entry Level 3	KEN	KEN24S006	To Be Confirmed (Kendal)	Tu	10/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Entry Level 2	KEN	KEN24S008	To Be Confirmed (Kendal)	Tu	10/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Entry Level 2	KEN	KEN24S009	To Be Confirmed (Kendal)	Tu	25/02/2025	18	09:30	12:30	FREE	M
Functional Skills Maths Entry Level 3	KEN	KEN24S007	To Be Confirmed (Kendal)	Tu	25/02/2025	18	09:30	12:30	FREE	M
GCSE Maths	PEN	PEN24S001	BlueJam Arts (Penrith)	W	11/09/2024	30	12:00	15:00	FREE	M
Functional Skills Maths Level 1	PEN	PEN24S004	BlueJam Arts (Penrith)	Th	12/09/2024	18	13:30	16:30	FREE	M

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Functional Skills Maths Level 2	PEN	PEN24S008	BlueJam Arts (Penrith)	Th	12/09/2024	18	13:30	16:30	FREE	M
Functional Skills Maths Level 1	PEN	PEN24S006	BlueJam Arts (Penrith)	Th	27/02/2025	18	13:30	16:30	FREE	M
Functional Skills Maths Level 2	PEN	PEN24S010	BlueJam Arts (Penrith)	Th	27/02/2025	18	13:30	16:30	FREE	M
Functional Skills Maths Entry Level 3	WHI	WHI24S016	Whitehaven Harbour Youth Project	Tu	10/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S010	St Benedict's Catholic High School (Whitehaven)	Tu	10/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1	WHI	WHI24S005	Millom Hub	Tu	10/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S008	Whitehaven Harbour Youth Project	W	11/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Level 1	WHI	WHI24S004	Whitehaven Harbour Youth Project	Th	12/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Level 1	WHI	WHI24S006	Whitehaven Harbour Youth Project	Tu	04/02/2025	18	09:30	12:30	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S014	St Benedict's Catholic High School (Whitehaven)	Tu	04/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S015	Millom Hub	Tu	04/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Entry Level 3	WHI	WHI24S017	Whitehaven Harbour Youth Project	W	05/02/2025	18	09:30	12:30	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S013	Whitehaven Harbour Youth Project	Th	06/02/2025	18	09:30	12:30	FREE	M
Functional Skills Maths Entry Level 3	WOR	WOR24S008	Workington Library	Tu	17/09/2024	18	09:00	12:00	FREE	M
Functional Skills Maths Level 1	WOR	WOR24S002	Workington Library	Tu	17/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WOR	WOR24S005	Workington Library	Tu	17/09/2024	18	18:00	21:00	FREE	M
GCSE Maths	WOR	WOR24S001	Workington Library	W	18/09/2024	30	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WOR	WOR24S006	Workington Library	Th	09/02/2025	18	09:00	12:00	FREE	M
Functional Skills Maths Level 1	WOR	WOR24S003	Workington Library	Tu	11/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1	WOR	WOR24S004	Workington Library	Tu	25/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WOR	WOR24S007	Workington Library	Tu	25/02/2025	18	18:00	21:00	FREE	M


Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
GCSE Maths	CAR	CAR24S001	Online Delivery	M	09/09/2024	30	18:00	21:00	FREE	M
Functional Skills Maths Level 1	KEN	KEN24S002	Online Delivery	Tu	17/09/2024	18	18:00	21:00	FREE	M
GCSE Maths	KEN	KEN24S001	Online Delivery	W	18/09/2024	30	18:00	21:00	FREE	M
Functional Skills Maths Level 2	KEN	KEN24S004	Online Delivery	Th	19/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1	KEN	KEN24S003	Online Delivery	Tu	25/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	KEN	KEN24S005	Online Delivery	Th	27/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1	PEN	PEN24S003	Online Delivery	Th	12/09/2024	18	09:30	12:30	FREE	M
Functional Skills Maths Level 2	PEN	PEN24S007	Online Delivery	Th	12/09/2024	18	09:30	12:30	FREE	M
GCSE Maths	PEN	PEN24S002	Online Delivery	F	13/09/2024	30	09:30	12:30	FREE	M
Functional Skills Maths Level 2	PEN	PEN24S009	Online Delivery	Th	27/02/2025	18	09:30	12:30	FREE	M
Functional Skills Maths Level 1	PEN	PEN24S005	Online Delivery	Th	27/02/2025	18	09:30	12:30	FREE	M
GCSE Maths	WHI	WHI24S001	Online Delivery	Tu	10/09/2024	30	18:00	21:00	FREE	M
Functional Skills Maths Level 1	WHI	WHI24S002	Online Delivery	W	11/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S009	Online Delivery	W	11/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1	WHI	WHI24S003	Online Delivery	Th	12/09/2024	18	18:00	21:00	FREE	M
Functional Skills Maths Level 1	WHI	WHI24S007	Online Delivery	W	05/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S011	Online Delivery	W	05/02/2025	18	18:00	21:00	FREE	M
Functional Skills Maths Level 2	WHI	WHI24S012	Online Delivery	Th	06/02/2025	18	18:00	21:00	FREE	M

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”.

Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 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.

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.


Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
ESOL Step into Digital	CAR	CAR24M002	Tourist Information Centre (Carlisle)	Tu	12/09/2024	14	09:30	12:30	FREE	X
Multiply - Moving on with Maths	CAR	CAR24M001	Civic Centre (Carlisle)	M	16/09/2024	13	13:00	15:00	FREE	X
Cooking on a Budget	CAR	CAR24M003	Church of Scotland (Carlisle)	W	25/09/2024	5	13:30	15:30	FREE	X
Thriving Homes	CAR	CAR24M004	Civic Centre (Carlisle)	Th	07/11/2024	5	10:00	12:00	FREE	X
Cooking on a Budget	CAR	CAR24M005	Church of Scotland (Carlisle)	W	13/11/2024	5	13:30	15:30	FREE	X



ESOL


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.

Why ESOL? An English course can give you the skills you need to get a job or progress within employment. It can also enable you to function more effectively in everyday life, or simply help you achieve personal goals.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
An Introduction to ESOL	BAR	BAR24T010	Cooke Studio (Barrow)	Tu	03/09/2024	8	09:30	12:00	FREE	S
Award in ESOL Skills for Life Writing Entry Level 3	BAR	BAR24S035	Hindpool Community Centre (Barrow)	M, W	04/09/2024	15	09:30	12:30	FREE	A
Award in ESOL Skills for Life Writing Entry Level 1	BAR	BAR24S043	Salvation Army (Barrow)	Tu, W	04/09/2024	15	13:00	16:00	FREE	A
Award in ESOL Skills for Life Writing Entry Level 2	BAR	BAR24S041	Bram Longstaffe (Barrow)	M, Th	05/09/2024	15	09:30	12:30	FREE	A
Award in ESOL Skills for Life Writing Level 1	BAR	BAR24S037	Ormsgill Community Centre	Tu, Th	05/09/2024	15	13:00	16:00	FREE	A
Award in ESOL Skills for Life Writing Level 2	BAR	BAR24S039	Ormsgill Community Centre	Tu, Th	05/09/2024	15	13:00	16:00	FREE	A
Beginners Functional ESOL	BAR	BAR24T016	Cooke Studio (Barrow)	Tu	15/10/2024	6	09:30	12:00	FREE	S
Building Confidence in ESOL	BAR	BAR24T021	Barrow Library	F	18/10/2024	6	09:30	12:00	FREE	S
Award in ESOL Skills for Life Speaking and Listening Entry Level 1	CAR	CAR24S022	Civic Centre (Carlisle)	Tu	10/09/2024	30	09:30	13:30	FREE	A
Award in ESOL Skills for Life Speaking and Listening Entry Level 3	CAR	CAR24S023	Upperby CDC (Carlisle)	Tu	10/09/2024	30	09:30	13:30	FREE	A
Award in ESOL Skills for Life Reading Entry Level 2	CAR	CAR24S024	To Be Confirmed (Carlisle)	Tu	10/09/2024	40	10:00	11:30	FREE	A
Award in ESOL Skills for Life Writing Entry Level 2	CAR	CAR24S030	To Be Confirmed (Carlisle)	Tu	10/09/2024	36	11:30	14:00	FREE	A
Ascentis Award in Introduction to Learning for Speakers of Other Languages Pre Entry Level	CAR	CAR24T030	Tourist Information Centre (Carlisle)	Tu, Th	10/09/2024	10	12:30	16:30	FREE	S
Award in ESOL Skills for Life Reading Entry Level 3	CAR	CAR24S026	Upperby CDC (Carlisle)	Th	12/09/2024	30	09:30	11:30	FREE	A
Award in ESOL Skills for Life Writing Entry Level 1	CAR	CAR24S028	Civic Centre (Carlisle)	Th	12/09/2024	37	09:30	11:30	FREE	A

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in ESOL Skills for Life Reading Entry Level 1	CAR	CAR24S029	Civic Centre (Carlisle)	Th	12/09/2024	30	11:30	13:30	FREE	A
Award in ESOL Skills for Life Writing Entry Level 3	CAR	CAR24S027	Upperby CDC (Carlisle)	Th	12/09/2024	37	11:30	13:30	FREE	A
Award in ESOL Skills for Life Speaking and Listening Entry Level 2	CAR	CAR24S025	Botcherby Community Centre	Th	12/09/2024	30	18:00	21:00	FREE	A
Ascentis Award in Introduction to Learning for Speakers of Other Languages My Story Pre Entry Level	CAR	CAR24T031	Tourist Information Centre (Carlisle)	F	13/09/2024	30	09:30	12:30	FREE	S
ESOL Gaining Confidence in English	CAR	CAR24T032	Tourist Information Centre (Carlisle)	Tu	01/10/2024	11	09:30	12:30	FREE	S
Award in ESOL Skills for Life Speaking and Listening Entry Level 1	KEN	KEN24S022	Kendal Library	Th	05/09/2024	27	09:15	12:15	FREE	A
Award in ESOL Skills for Life Speaking and Listening Entry Level 2	KEN	KEN24S023	Kendal Library	Th	05/09/2024	27	09:15	12:15	FREE	A
Award in ESOL Skills for Life Speaking and Listening Entry Level 1	KEN	KEN24S024	Kendal Library	Th	05/09/2024	37	12:45	14:45	FREE	A
Award in ESOL Skills for Life Reading Level 1	KEN	KEN24S025	To Be Confirmed (Kendal)	Tu	10/09/2024	13	10:00	14:00	FREE	A
ESOL Beginners English Support	KEN	KEN24T014	Kendal Library	Th	12/09/2024	14	09:30	11:30	FREE	S
Award in ESOL Skills for Life Speaking and Listening Entry Level 3	KEN	KEN24S026	Kendal Cancer Care	F	13/09/2024	25	09:45	14:15	FREE	A
Award in ESOL Skills for Life Speaking and Listening Level 1	KEN	KEN24S027	To Be Confirmed (Kendal)	Tu	07/01/2025	24	10:00	14:00	FREE	A
Award in ESOL Skills for Life Reading Entry Level 3	KEN	KEN24S028	Kendal Cancer Care	F	25/04/2025	12	09:45	14:15	FREE	A
ESOL Beginners English Support Autumn - Part 1	WHI	WHI24T015	Archive Building Whitehaven	M, Th	09/09/2024	7	09:15	12:15	FREE	S
Award in ESOL Skills for Life Writing Entry Level 2	WHI	WHI24S045	Archive Building Whitehaven	M	09/09/2024	30	13:00	16:00	FREE	A
Ascentis Award in Introduction to Learning for Speakers of Other Languages My Local Area Pre Entry Level	WHI	WHI24T014	Archive Building Whitehaven	Tu	10/09/2024	30	09:15	12:15	FREE	S
Award in ESOL Skills for Life Speaking and Listening Entry Level 3	WHI	WHI24S046	Archive Building Whitehaven	Tu	10/09/2024	38	13:00	16:00	FREE	A
Award in ESOL Skills for Life Reading Entry Level 1	WHI	WHI24S047	The Solway Hall (Whitehaven)	W	11/09/2024	20	09:15	12:15	FREE	A
Gaining Confidence in English Term 1 - Part 1	WHI	WHI24T016	The Solway Hall (Whitehaven)	Th	12/09/2024	7	13:00	16:00	FREE	S

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
ESOL Beginners English Support Autumn - Part 2	WHI	WHI24T017	Archive Building Whitehaven	M, Th	04/11/2024	7	09:15	12:15	FREE	S
Gaining Confidence in English Term 1 - Part 2	WHI	WHI24T018	The Solway Hall (Whitehaven)	Th	07/11/2024	7	13:00	16:00	FREE	S
An Introduction to ESOL	WOR	WOR24T010	Workington Library	Th	12/09/2024	10	09:30	11:30	FREE	S
Award in ESOL Skills for Life Reading Entry Level 1	WOR	WOR24S029	Workington Library	Th	12/09/2024	20	13:30	15:30	FREE	A
Award in ESOL Skills for Life Reading Entry Level 3	WOR	WOR24S028	Workington Library	F	13/09/2024	20	09:30	12:00	FREE	A
ESOL Advanced English Support	WOR	WOR24T011	Workington Library	F	13/09/2024	14	13:00	15:00	FREE	S
Award in ESOL Skills for Life Speaking and Listening Entry Level 1	WOR	WOR24S027	Workington and District Amateur Musical Society (WADAMS)	M	16/09/2024	34	12:30	15:30	FREE	A
ESOL Intermediate English Support	WOR	WOR24T012	Workington and District Amateur Musical Society (WADAMS)	W	18/09/2024	13	10:00	12:00	FREE	S



A well-attended ESOL celebration event with Afghan, Polish, Sudanese and Ukrainian learners and supported by the Resettlement Team.

Learners took part in a quiz around the topic of home, which was their learning theme this term and we enjoyed food from a range of countries, brought in by learners.

Translation services for this brochure can be found on the back page.



Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 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.


Why Digital Skills? Are you feeling left behind with the latest technology and need help with your device? Are you looking to learn new Digital skills for everyday life and work? We offer a wide variety of workshops and courses to help you learn the basics, re-train or upskill, as well as accredited courses to gain a qualification..



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Internet and Email for Beginners	BAR	BAR24T001	Barrow Library	Th	14/08/2024	3	09:30	12:00	FREE	S
Android Smartphone for Beginners	BAR	BAR24T002	Dalton Community Centre	W	04/09/2024	3	10:00	12:00	FREE	S
Computers for the Absolute Beginner - An Introduction to IT	BAR	BAR24T003	Dalton Community Centre	F	06/09/2024	6	09:30	12:00	FREE	S
Android Smartphone for Improvers	BAR	BAR24T004	Dalton Community Centre	W	25/09/2024	3	10:00	12:00	FREE	S
Award in Digital and IT Skills Level 2	BAR	BAR24S018	Barrow Library	W	09/10/2024	24	10:00	12:00	FREE	A
Android Smartphone for Beginners	BAR	BAR24T005	Dalton Community Centre	W	16/10/2024	3	10:00	12:00	FREE	S
Computers for the Absolute Beginner - An Introduction to IT	BAR	BAR24T006	Barrow Library	F	18/10/2024	6	09:30	12:00	FREE	S
Essential Digital Skills Entry Level 3	BAR	BAR24S019	Barrow Library	Th	18/10/2024	20	13:00	15:30	FREE	A
Essential Digital Skills Level 1	BAR	BAR24S020	Barrow Library	W	06/11/2024	20	09:30	12:00	FREE	A
Android Smartphone for Improvers	BAR	BAR24T007	Dalton Community Centre	W	20/11/2024	3	10:00	12:00	FREE	S
Computers for the Absolute Beginner - An Introduction to IT	BAR	BAR24T009	Barrow Library	F	06/12/2024	6	09:30	12:00	FREE	S
Internet and Email for Beginners	BAR	BAR24T008	Dalton Community Centre	W	11/12/2024	3	09:30	12:00	FREE	S
Essential Digital Skills Level 1	BAR	BAR24S021	Barrow Library	W	27/02/2025	18	09:30	12:15	FREE	A
Essential Digital Skills Entry Level 3	BAR	BAR24S022	Barrow Library	F	28/02/2025	18	09:30	12:15	FREE	A
Essential Digital Skills Entry Level 3	CAR	CAR24S014	Pennine Way CDC (Carlisle)	Th	19/09/2024	15	09:30	12:30	FREE	A
Computers for the Absolute Beginner - An Introduction to IT	CAR	CAR24T001	Upperby CDC (Carlisle)	Th	19/09/2024	8	13:30	15:30	FREE	S
Getting Started with the Internet	CAR	CAR24T003	Pennine Way CDC (Carlisle)	Tu	24/09/2024	1	10:00	12:00	FREE	S

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Getting to Know your iPad	CAR	CAR24T002		Pennine Way CDC (Carlisle)	Tu	24/09/2024	1	13:00	15:00	FREE	S
Getting to Know your iPhone	CAR	CAR24T004		Civic Centre (Carlisle)	W	25/09/2024	1	10:00	12:00	FREE	S
Getting to Know your Android Smartphone	CAR	CAR24T005		Civic Centre (Carlisle)	W	25/09/2024	1	13:00	15:00	FREE	S
Getting the Most out of Your Email	CAR	CAR24T006		Pennine Way CDC (Carlisle)	Tu	01/10/2024	1	10:00	12:00	FREE	S
iPad for Beginners	CAR	CAR24T007		Pennine Way CDC (Carlisle)	Tu	01/10/2024	2	13:00	16:00	FREE	S
iPhone for Beginners	CAR	CAR24T009		Civic Centre (Carlisle)	W	02/10/2024	2	09:00	12:00	FREE	S
Android Smartphone for Beginners	CAR	CAR24T008		Civic Centre (Carlisle)	W	02/10/2024	2	13:00	16:00	FREE	S
Internet and Email for Beginners	CAR	CAR24T010		Pennine Way CDC (Carlisle)	Tu	08/10/2024	4	10:00	12:00	FREE	S
iPad for Improvers	CAR	CAR24T011		Pennine Way CDC (Carlisle)	Tu	15/10/2024	2	13:00	16:00	FREE	S
iPhone for Improvers	CAR	CAR24T013		Civic Centre (Carlisle)	W	16/10/2024	2	09:00	12:00	FREE	S
Android Smartphone for Improvers	CAR	CAR24T012		Civic Centre (Carlisle)	W	16/10/2024	2	13:00	16:00	FREE	S
Computers for the Absolute Beginner - An Introduction to IT	CAR	CAR24T015		Pennine Way CDC (Carlisle)	Tu	12/11/2024	8	10:00	12:00	FREE	S
Beginners Computers	CAR	CAR24T016		Upperby CDC (Carlisle)	Th	21/11/2024	11	13:30	15:30	FREE	S
Essential Digital Skills Level 1	CAR	CAR24S015		Pennine Way CDC (Carlisle)	Th	27/02/2025	15	09:30	12:30	FREE	A
Essential Digital Skills Entry Level 3	CAR	CAR24S016		Upperby CDC (Carlisle)	Th	27/02/2025	15	13:30	16:30	FREE	A
Digital Skills for Improvers	KEN	KEN24T003		Kendal Library	Tu	10/09/2024	11	12:00	14:00	FREE	S
Computers for the Absolute Beginner - An Introduction to IT	KEN	KEN24T001		Kendal Library	Tu	10/09/2024	7	14:30	16:30	FREE	S
Computers for the Absolute Beginner - An Introduction to IT	KEN	KEN24T002		To Be Confirmed (Kendal)	W	11/09/2024	7	12:30	14:30	FREE	S
Essential Digital Skills Entry Level 3	KEN	KEN24S010		Kendal Library	F	13/09/2024	18	09:30	12:00	FREE	A
Award in Digital and IT Skills Level 2	KEN	KEN24S032		Kendal Library	F	13/09/2024	18	12:30	15:00	FREE	A
Android Smartphone for Beginners	KEN	KEN24T004		To Be Confirmed (Kendal)	W	18/09/2024	3	10:00	12:00	FREE	S
Android Smartphone for Improvers	KEN	KEN24T005		To Be Confirmed (Kendal)	W	09/10/2024	3	10:00	12:00	FREE	S
Beginners Computers Word, Excel and Publisher	KEN	KEN24T007		Kendal Library	Tu	05/11/2024	7	14:30	16:30	FREE	S
Computers for the Absolute Beginner - An Introduction to IT	KEN	KEN24T006		Windermere Library	W	06/11/2024	7	13:30	15:30	FREE	S
How to Buy and Sell Online	KEN	KEN24T008		Kendal Library	W	13/11/2024	3	10:00	12:00	FREE	S
Android Smartphone for Beginners	KEN	KEN24T009		Kendal Library	Tu	03/12/2024	3	12:00	14:00	FREE	S
Android Smartphone for Beginners	KEN	KEN24T010		Windermere Library	W	04/12/2024	3	11:00	13:00	FREE	S

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Essential Digital Skills Level 1	KEN	KEN24S011		Kendal Library	F	28/02/2025	18	09:30	12:00	FREE	A
Basic IT Skills Workshop	PEN	PEN24T001		Penrith Library	M	09/09/2024	3	09:30	11:30	FREE	S
Android Smartphone for Beginners	PEN	PEN24T002		Penrith Library	Tu	10/09/2024	2	09:30	12:00	FREE	S
Computers for the Absolute Beginner – An Introduction to IT	PEN	PEN24T003		Penrith Library	Th	19/09/2024	6	09:30	12:00	FREE	S
Essential Digital Skills Entry Level 3	PEN	PEN24S011		Penrith Library	M	07/10/2024	15	09:30	12:30	FREE	A
iPhone for Beginners	PEN	PEN24T005		Penrith Library	Tu	05/11/2024	2	09:30	12:00	FREE	S
Beginners Computers	PEN	PEN24T006		Penrith Library	Th	07/11/2024	7	09:30	12:00	FREE	S
Android Smartphone for Improvers	PEN	PEN24T008		Penrith Library	F	06/12/2024	2	09:30	12:00	FREE	S
Essential Digital Skills Level 1	PEN	PEN24S012		Penrith Library	M	24/02/2025	15	09:30	12:30	FREE	A
Essential Digital Skills Level 1	WHI	WHI24S028		Whitehaven Library	Tu	10/09/2024	16	09:15	12:15	FREE	A
Computers for the Absolute Beginner - An Introduction to IT	WHI	WHI24T002		Whitehaven Library	Tu	10/09/2024	8	13:00	15:00	FREE	S
Award in Digital and IT Skills Level 2	WHI	WHI24S029		Whitehaven Library	Th	12/09/2024	16	09:15	12:15	FREE	A
Basic IT Skills Workshop	WHI	WHI24T001		Whitehaven Library	F	13/09/2024	2	10:00	13:00	FREE	S
Word for Beginners	WHI	WHI24T003		Whitehaven Library	Th	19/09/2024	4	13:00	15:00	FREE	S
Essential Digital Skills Entry Level 3	WHI	WHI24S030		Whitehaven Library	F	27/09/2024	16	10:00	13:00	FREE	A
Excel for Beginners	WHI	WHI24T004		Whitehaven Library	Th	17/10/2024	4	13:00	15:00	FREE	S
Beginners Computers	WHI	WHI24T005		Whitehaven Library	Tu	12/11/2024	11	13:00	15:00	FREE	S
Desktop Publishing for Beginners	WHI	WHI24T006		Whitehaven Library	Th	21/11/2024	4	13:00	15:00	FREE	S
Award in Digital and IT Skills Level 2	WHI	WHI24S031		Whitehaven Library	Tu	21/01/2025	16	09:15	12:15	FREE	A
Essential Digital Skills Entry Level 3	WHI	WHI24S032		Whitehaven Library	Th	06/02/2025	16	09:15	12:15	FREE	A
Essential Digital Skills Level 1	WHI	WHI24S033		Whitehaven Library	F	07/02/2025	16	10:00	13:00	FREE	A
Essential Digital Skills Level 1	WOR	WOR24S013		Workington Library	F	06/09/2024	15	09:00	12:00	FREE	A
Extended Certificate in Digital and IT Skills Level 2	WOR	WOR24S014		Workington Library	F	07/09/2024	40	13:00	16:00	FREE	A
Essential Digital Skills Entry Level 3	WOR	WOR24S012		Workington Library	M	09/09/2024	15	09:00	12:00	FREE	A
Computers for the Absolute Beginner - An Introduction to IT	WOR	WOR24T001		Workington Library	W	11/09/2024	8	09:30	11:30	FREE	S
Ascentis Award in Digital Awareness and Internet Safety Pre Entry Level	WOR	WOR24T002		Workington Library	W	11/09/2024	10	12:30	14:30	FREE	S

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Word for Beginners	WOR	WOR24T003		Workington Library	W	27/11/2024	4	09:30	11:30	FREE	S
Ascentis Award in Digital Communications Pre Entry Level	WOR	WOR24T004		Workington Library	W	27/11/2024	10	12:30	15:30	FREE	S
Award in Digital and IT Skills Level 2	WOR	WOR24S015		Workington Library	F	07/02/2025	24	09:30	11:30	FREE	A



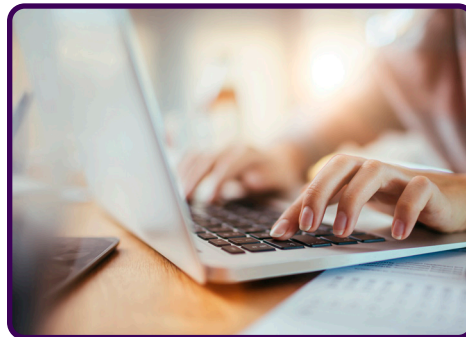
Online courses

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Excel for Beginners	CAR	CAR24T014		Online Delivery	Th	07/11/2024	4	18:00	20:00	FREE	S
Excel for Beginners	PEN	PEN24T004		Online Delivery	Tu	01/10/2024	4	10:00	12:30	FREE	S
Excel for Improvers	PEN	PEN24T007		Online Delivery	Tu	26/11/2024	4	10:00	12:30	FREE	S

Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 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.

Why Arts and Crafts? An adult learning arts course lets you explore your creativity, express yourself, and learn new skills in painting, drawing, textiles or other arts. It's a fun way to unwind and discover new talents.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Intermediate Drawing	CAR	CAR24T034	Upperby CDC (Carlisle)	M	16/09/2024	12	10:00	12:00	£144.00	P
Intermediate Painting (Year 1)	CAR	CAR24T035	Pennine Way CDC (Carlisle)	M	16/09/2024	12	18:30	20:30	£144.00	P
Beginners Illustration: Imaginative Art	CAR	CAR24T036	Botcherby Community Centre	Tu	17/09/2024	12	10:00	12:00	£144.00	P
Beginners Painting: Mixed Media	CAR	CAR24T037	Botcherby Community Centre	Tu	17/09/2024	12	13:00	15:00	£144.00	P
Intermediate Painting (Year 2)	CAR	CAR24T038	Botcherby Community Centre	W	18/09/2024	12	15:30	17:30	£144.00	P
Improvers Book Illustration	CAR	CAR24T039	Botcherby Community Centre	W	18/09/2024	12	18:30	20:30	£144.00	P
Beginners Painting: Mixed Media	CAR	CAR24T040	Upperby CDC (Carlisle)	Th	19/09/2024	12	18:30	20:30	£144.00	P
Beginners Textiles Workshop	CAR	CAR24T041	Botcherby Community Centre	Th	05/12/2024	1	10:00	12:00	£12.00	P
Christmas Crafts: Festive Cards	CAR	CAR24T042	Pennine Way CDC (Carlisle)	Tu	17/12/2024	1	10:00	13:00	£18.00	P
Christmas Crafts: Christmas Tree Art	CAR	CAR24T043	Pennine Way CDC (Carlisle)	W	18/12/2024	1	17:30	20:30	£18.00	P
Award in Skills for Creative Industries Entry Level 3	KEN	KEN24S029	Kendal Library	M	09/09/2024	26	14:30	16:30	FREE	A
Beginners Textiles: Surface Decoration	KEN	KEN24T025	Kendal Library	M	09/09/2024	7	16:30	18:30	£84.00	P
Beginners Painting: Watercolours using Experimental Techniques	KEN	KEN24T026	Kendal Cancer Care	Tu	10/09/2024	7	14:30	16:30	£84.00	P
Intermediate Painting - Watercolours	KEN	KEN24T027	Kendal Cancer Care	Th	12/09/2024	7	10:00	12:00	£84.00	P
Beginners Drawing and Painting	KEN	KEN24T028	To Be Confirmed (Kendal)	F	13/09/2024	7	10:00	12:00	£84.00	P
Beginners Textiles: Festive Rag Rugging	KEN	KEN24T029	Kendal Library	M	04/11/2024	7	16:30	18:30	£84.00	P
Beginners Art: Christmas Cards	KEN	KEN24T030	Kendal Cancer Care	Tu	05/11/2024	3	14:30	16:30	£36.00	P

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginners Art: Mixed Media - Creative Collage	KEN	KEN24T031	Kendal Cancer Care	Tu	26/11/2024	4	14:30	16:30	£48.00	P
Intermediate Drawing Skills - Line, Shape, Space and Form	PEN	PEN24T017	Penrith Parish Centre	Tu	17/09/2024	13	09:30	12:00	£195.00	P
Beginners Drawing (Autumn) - Edges and Spaces	PEN	PEN24T018	Penrith Parish Centre	W	18/09/2024	6	09:30	12:00	£90.00	P
Improvers Acrylic Painting – Application of Paint, Light, Shadow and Form	PEN	PEN24T019	Penrith Parish Centre	W	18/09/2024	13	13:00	15:00	£156.00	P
Art for Wellness Workshop - Paint your Feelings through Abstracts	PEN	PEN24T020	Penrith Library	Sa	12/10/2024	1	10:00	16:00	£38.00	P
Beginners Drawing (Autumn) - Spaces and Relationships	PEN	PEN24T054	Penrith Parish Centre	W	06/11/2024	6	09:30	12:00	£90.00	P
Beginners Textile Skills – Working with a Sewing Machine Pattern	PEN	PEN24T021	Penrith Library	W	06/11/2024	6	13:00	16:00	£108.00	P
Art for Wellness Workshop - Reverse Colouring	PEN	PEN24T022	Penrith Library	Sa	09/11/2024	1	10:00	13:00	£18.00	P
Explore the Magic of Hand Printing a Christmas Card	PEN	PEN24T023	Penrith Library	Sa	23/11/2024	1	10:00	16:00	£35.00	P
Make a Paper Advent Calendar in Watercolour to Keep	PEN	PEN24T024	Penrith Library	Sa	30/11/2024	1	10:00	16:00	£35.00	P
Beginners Painting - Explore Acrylic Painting: An Introduction to Acrylic Landscape Painting	WHI	WHI24T026	The Gather, Ennerdale	Sa	07/09/2024	1	13:00	16:00	£18.00	P
Intermediate Painting - Be Inspired by Famous Artists	WHI	WHI24T021	The Gather, Ennerdale	Tu	17/09/2024	6	10:00	12:00	£72.00	P
Beginners Painting - Starting with Experimental Techniques in Watercolour	WHI	WHI24T022	The Gather, Ennerdale	Tu	17/09/2024	6	13:00	15:00	£72.00	P
Beginners Ceramics - Learn the Basics	WHI	WHI24T024	Florence Art Centre (Egremont)	W	18/09/2024	5	14:00	16:00	£70.00	P
Improvers Ceramics - Be Inspired by Ancient Pottery	WHI	WHI24T025	Florence Art Centre (Egremont)	W	18/09/2024	5	16:30	18:30	£70.00	P
Beginners Drawing - Learn the Basics	WHI	WHI24T023	The Gather, Ennerdale	F	20/09/2024	6	10:00	12:00	£72.00	P
Beginners Photography - The Ruins of Calder Abbey	WHI	WHI24T020	Calder Abbey (Seascale)	Sa	21/09/2024	1	13:00	16:00	£18.00	P
Beginners Photography Get the Most Out of your Mirrorless / DLSR Camera	WHI	WHI24T019	St Benedict's Catholic High School (Whitehaven)	W	25/09/2024	5	18:30	21:00	£138.00	P
Beginners Photography The Birds of Prey at Muncaster	WHI	WHI24T027	Muncaster Castle	Sa	05/10/2024	1	10:00	13:00	£32.50	P
Beginners Mixed Media – Get to Grips with a Range of Media. Learn how to make a Beautiful Concertina Sketchbook	WHI	WHI24T029	The Gather, Ennerdale	Sa	05/10/2024	1	13:00	16:00	£18.00	P

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Beginners Photography Getting to Grips with your Smartphone Camera at Muncaster	WHI	WHI24T028		Muncaster Castle	Sa	05/10/2024	1	14:00	17:00	£32.50	P
Intermediate Painting - Develop Your Own Personal Style	WHI	WHI24T031		The Gather, Ennerdale	Tu	05/11/2024	7	10:00	12:00	£84.00	P
Beginners Painting - Experimental Watercolour Taking it Further	WHI	WHI24T032		The Gather, Ennerdale	Tu	05/11/2024	7	13:00	15:00	£84.00	P
Beginners Ceramics - Learn the Basics of Hand Building	WHI	WHI24T034		Florence Art Centre (Egremont)	W	06/11/2024	5	14:00	16:00	£70.00	P
Improvers Ceramics - Be Inspired by Nature	WHI	WHI24T035		Florence Art Centre (Egremont)	W	06/11/2024	5	16:30	18:30	£70.00	P
Intermediate Photography for the Serious Amateur	WHI	WHI24T030		St Benedict's Catholic High School (Whitehaven)	W	06/11/2024	6	18:30	21:00	£165.00	P
Beginners Drawing - Experimental Drawing	WHI	WHI24T033		The Gather, Ennerdale	F	08/11/2024	7	10:00	12:00	£84.00	P
Beginners Painting - Paint a Watercolour Scene for a Christmas Card	WHI	WHI24T036		The Gather, Ennerdale	Sa	23/11/2024	1	13:00	16:00	£18.00	P
Beginners Craft - Felt a Christmas Decoration and make a Decorative Gift Box	WHI	WHI24T037		The Gather, Ennerdale	Sa	30/11/2024	1	13:00	16:00	£18.00	P
Beginners Painting with Watercolour	WOR	WOR24T017		Workington Library	Sa	12/10/2024	6	10:00	12:00	£72.00	P
Create a Christmas Wreath	WOR	WOR24T016		Workington Library	M	09/12/2024	1	17:00	20:00	£18.00	P



Online courses

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Improvers Painting - Developing Basic Skills through Personal Practice	PEN	PEN24T016		Online Delivery	M	16/09/2024	6	18:00	20:30	£82.50	P
Improvers Painting - Developing Skills through Personal Practice	PEN	PEN24T055		Online Delivery	M	04/11/2024	6	18:00	20:30	£82.50	P

Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 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.

Why Employability? An adult learning employability course helps you get better at things employers really value, like talking well with others, working in teams, and solving problems. It makes it easier for you to find a good job.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Food Safety in Catering Level 2	BAR	BAR24S028	Dalton Community Centre	Th	05/09/2024	5	10:00	12:00	FREE	A
Award in Equality and Diversity Level 1	BAR	BAR24S030	Portland Walk Careers Hub (Barrow)	M	09/09/2024	15	10:00	12:00	FREE	A
Award in Health & Safety in a Construction Environment Level 1	BAR	BAR24S031	Portland Walk Careers Hub (Barrow)	M	09/09/2024	8	13:00	15:30	FREE	A
Award in Understanding Safeguarding for Work, Education and Life Level 1	BAR	BAR24S033	Hindpool Community Centre (Barrow)	Tu	10/09/2024	8	12:30	15:00	FREE	A
Age For Positive Change (DWP)	BAR	BAR24T041	Barrow Library	M	18/11/2024	2	13:30	16:00	FREE	S
Award in Understanding Safeguarding for Work, Education and Life Level 1	CAR	CAR24S031	Civic Centre (Carlisle)	Tu	10/12/2024	8	09:30	12:00	FREE	A
Award in Equality and Diversity Entry Level 3	KEN	KEN24S015	Kendal Library	M	04/11/2024	7	10:00	12:00	FREE	A
Supporting Yourself into Employment	KEN	KEN24T012	Kendal Library	W	04/12/2024	3	12:30	14:30	FREE	S
Communication Skills for Employment	PEN	PEN24T014	Eden Foyer (Penrith)	Th	12/09/2024	7	13:00	15:00	FREE	S
Award in Health and Safety Level 1	PEN	PEN24S013	Eden Foyer (Penrith)	W	18/09/2024	6	13:00	15:00	FREE	A
Award in Equality and Diversity Entry Level 3	PEN	PEN24S014	Eden Foyer (Penrith)	W	06/11/2024	6	13:00	15:00	FREE	A
Award in Understanding Safeguarding for Work, Education and Life Level 1	PEN	PEN24S015	Eden Foyer (Penrith)	W	23/04/2025	10	13:00	15:00	FREE	A
Award in Food Safety in Catering Level 2	WOR	WOR24S016	Workington Library	Tu	10/09/2024	5	13:00	15:00	FREE	A
Award in Infection Control and Prevention Level 1	WOR	WOR24S017	Workington Library	Tu	15/10/2024	5	13:00	15:00	FREE	A

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Achieving your Goals	WOR	WOR24T005	Workington Library	Tu	26/11/2024	2	13:00	15:00	FREE	S
Award in Health and Safety Level 1	WOR	WOR24S018	Workington Library	M	13/01/2025	5	09:30	11:30	FREE	A
Award in Health and Safety Level 1	WOR	WOR24S019	Workington Library	Tu	14/01/2025	5	09:30	11:30	FREE	A
Award in Understanding Safeguarding for Work, Education and Life Level 1	WOR	WOR24S020	Workington Library	Tu	14/01/2025	10	09:30	11:30	FREE	A



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Health and Care Entry Level 3	BAR	BAR24S023	Online Delivery	M	12/08/2024	20	09:30	12:30	FREE	A
Award in Health and Safety Level 1	BAR	BAR24S029	Online Delivery	F	06/09/2024	5	13:00	15:00	FREE	A
Award in Health and Safety Level 1	BAR	BAR24S034	Online Delivery	F	11/10/2024	5	13:00	15:00	FREE	A

Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 for contact details.

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

Our delivery partners may be able to assist with further Employability courses see page 4 for details.





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
A Morning at the Museum	KEN	KEN24T032	Kendal Library	F	02/08/2024	1	10:00	12:00	FREE	S
Kaleidoscope Making Workshop	KEN	KEN24T033	Kendal Library	Tu	06/08/2024	1	10:00	12:00	FREE	S
Book Bag Decorating Workshop	KEN	KEN24T034	Kendal Library	W	28/08/2024	1	10:00	12:00	FREE	S
Ready, Set... Create! (Very Hungry Caterpillar)	PEN	PEN24T037	Penrith Library	Tu	06/08/2024	1	13:00	14:30	FREE	S
Ready, Set... Create! (We're Going on a Bear Hunt)	PEN	PEN24T038	Penrith Library	Tu	13/08/2024	1	13:00	14:30	FREE	S
Ready, Set... Create! (The Gruffalo)	PEN	PEN24T043	Penrith Library	Tu	20/08/2024	1	13:00	14:30	FREE	S
Story Sacks	PEN	PEN24T049	Penrith Library	Tu	12/11/2024	5	09:30	11:30	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 KS 1	PEN	PEN24T039	Online Delivery	W	14/08/2024	4	09:30	11:00	FREE	S
Early Years All About Learning Through Stories	PEN	PEN24T040	Online Delivery	W	14/08/2024	4	13:00	14:30	FREE	S
English All About Preparing Your Child for KS 1	PEN	PEN24T041	Online Delivery	Th	15/08/2024	4	09:30	11:00	FREE	S
English All About Phonics Make a Rhyming Puppet	PEN	PEN24T042	Online Delivery	Th	15/08/2024	4	13:00	14:30	FREE	S



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.

Why Greener? A greener adult learning course helps you understand how to live and work in an eco-friendlier way, reducing your impact on the environment and making the world a better place for everyone.



Face to face courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Stitch for Wellbeing- Jazz Up Your Wardrobe	BAR	BAR24T039	Ormsgill Community Centre	Tu	26/11/2024	5	10:00	12:00	FREE	S
Sustainable Textiles: Mend and Alter Knitwear	PEN	PEN24T030	Penrith Library	W	04/09/2024	5	13:00	16:00	FREE	S
Repurposing Skills: Recycling Textiles for Rag Rugging	PEN	PEN24T031	Penrith Library	Sa	21/09/2024	1	10:00	16:00	FREE	S
Sustainable Textiles: Making a Mask	PEN	PEN24T032	Penrith Library	Sa	28/09/2024	1	10:00	16:00	FREE	S
Repurposing Skills: Recycling Paper and Card: Sculpt using Recycled Materials	PEN	PEN24T033	Penrith Library	Sa	19/10/2024	1	09:30	15:30	FREE	S
Repurposing Skills: Recycling Paper and Card: Sculpt a Christmas Decoration	PEN	PEN24T034	Penrith Library	Sa	14/12/2024	1	10:00	16:00	FREE	S
Award in Preventing Plastic Pollution Level 1	PEN	PEN24S021	Eden Foyer (Penrith)	Th	24/04/2025	10	13:00	15:00	FREE	A
Award in Environmental Sustainability Level 1	WOR	WOR24S026	Workington Library	Tu	10/09/2024	10	09:30	11:30	FREE	A
Award in Preventing Plastic Pollution Level 1	WOR	WOR24S030	Workington Library	M	13/01/2025	10	13:00	15:00	FREE	A



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Environmental Sustainability Level 2	WHI	WHI24S041	Online Delivery	M	16/09/2024	10	18:30	20:30	FREE	A
Award in Environmental Sustainability Level 2	WHI	WHI24S042	Online Delivery	M	20/01/2025	10	18:30	20:30	FREE	A
Award in Environmental Sustainability Level 2	WHI	WHI24S043	Online Delivery	M	28/04/2025	10	18:30	20:30	FREE	A




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.

Why Health and Wellbeing? An adult learning health and wellbeing course teaches you how to stay physically and mentally healthy, so you can feel happier and handle stress better in your everyday life.



Face to face courses

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Health and Care Level 1	BAR	BAR24S032	Mind (Barrow)	Tu	10/09/2024	20	09:30	12:30	FREE	A
Stitch for Wellbeing - Stitch Yourself Happy	BAR	BAR24T026	Ormsgill Community Centre	Tu	10/09/2024	5	10:00	12:00	FREE	S
Art for Wellbeing - Customised Creative Textiles	BAR	BAR24T029	Salvation Army (Barrow)	W	11/09/2024	5	10:00	12:00	FREE	S
Stitch for Wellbeing - Stitch Yourself Happier	BAR	BAR24T030	Ormsgill Community Centre	Tu	15/10/2024	5	10:00	12:00	FREE	S
Art for Wellbeing- Recycling 3D Art	BAR	BAR24T038	Salvation Army (Barrow)	W	16/10/2024	5	10:00	12:00	FREE	S
Art for Wellbeing - Get Crafty for Christmas	BAR	BAR24T034	Salvation Army (Barrow)	W	27/11/2024	4	10:00	12:30	FREE	S
Award in Mental Health and Wellbeing Level 2	CAR	CAR24S017	Civic Centre (Carlisle)	Tu	17/09/2024	11	09:30	12:30	FREE	A
Building Confidence	CAR	CAR24T020	Civic Centre (Carlisle)	Tu	17/09/2024	5	13:00	15:00	FREE	S
Hill Skills Map and Compass Workshops	CAR	CAR24T022	Pennine Way CDC (Carlisle)	Tu	01/10/2024	1	09:30	12:30	£18.00	P
Hill Skills Map and Compass Workshops	CAR	CAR24T023	Pennine Way CDC (Carlisle)	Tu	15/10/2024	1	18:00	21:00	£18.00	P
Positive Thinking and Self-esteem	CAR	CAR24T021	Civic Centre (Carlisle)	Tu	22/10/2024	5	13:00	15:00	FREE	S
Hill Skills Map and Compass Workshops	CAR	CAR24T024	Pennine Way CDC (Carlisle)	Tu	29/10/2024	1	09:30	12:30	£18.00	P
Hill Skill Day on the Hill: Low Fells	CAR	CAR24T025	Pooley Bridge	Sa	09/11/2024	1	10:00	15:30	£33.00	P
Sewing for Wellbeing Workshop	CAR	CAR24T026	Botcherby Community Centre	Th	21/11/2024	1	13:00	15:00	FREE	S
Award in The Importance of Resilience and Grit Entry Level 3	CAR	CAR24S018	Civic Centre (Carlisle)	Tu	03/12/2024	10	13:00	15:00	FREE	A
Award in Mental Health and Wellbeing Level 1	CAR	CAR24S019	Civic Centre (Carlisle)	Tu	04/03/2025	5	13:00	15:00	FREE	A
Award in Mental Health and Wellbeing Level 2	CAR	CAR24S020	Civic Centre (Carlisle)	Tu	22/04/2025	11	13:00	16:00	FREE	A
Award in The Importance of Resilience and Grit Entry Level 3	CAR	CAR24S021	Civic Centre (Carlisle)	Tu	03/06/2025	7	09:00	12:00	FREE	A

Course title	Centre Code	Course Code	 Venue	Day	Start	Wks	From	To	Fee	Fee Code
Building Confidence	KEN	KEN24T016	Kendal Library	M	06/09/2024	6	12:30	14:30	FREE	S
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	KEN	KEN24S012	Kendal Library	M	09/09/2024	7	10:00	12:00	FREE	A
Award in Healthy Living Level 1	KEN	KEN24S013	Kendal Library	W	11/09/2024	10	12:30	14:30	FREE	A
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	KEN	KEN24S016	Kendal Library	M	04/11/2024	7	12:30	14:30	FREE	A
Award in Mental Health and Wellbeing Level 2	KEN	KEN24S017	Kendal Library	W	08/01/2025	15	12:30	14:30	FREE	A
Award in Healthy Living Level 1	KEN	KEN24S018	Kendal Library	M	13/01/2025	11	10:00	12:00	FREE	A
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	KEN	KEN24S019	Kendal Library	M	24/02/2025	6	12:30	14:30	FREE	A
Award in Mental Health and Wellbeing Level 1	KEN	KEN24S021	Kendal Library	W	14/05/2025	6	12:30	14:30	FREE	A
Building Confidence	PEN	PEN24T010	Eden Foyer (Penrith)	W	18/09/2024	6	10:00	12:00	FREE	S
Positive Thinking and Self Esteem	PEN	PEN24T013	Eden Foyer (Penrith)	W	06/11/2024	6	10:00	12:00	FREE	S
Award in The Importance of Resilience and Grit Entry Level 3	PEN	PEN24S016	Eden Foyer (Penrith)	W	08/01/2025	6	09:15	12:15	FREE	A
Award in Healthy Living for Wellbeing and Mental Health Entry Level 3	PEN	PEN24S017	Eden Foyer (Penrith)	Th	09/01/2025	6	10:00	12:00	FREE	A
Award in Mental Health and Wellbeing Level 1	PEN	PEN24S018	Eden Foyer (Penrith)	W	26/02/2025	6	09:30	11:30	FREE	A
Award in Healthy Living Level 1	PEN	PEN24S019	Eden Foyer (Penrith)	Th	27/02/2025	6	09:30	12:30	FREE	A
Award in Mental Health and Wellbeing Level 2	PEN	PEN24S020	Eden Foyer (Penrith)	W	23/04/2025	12	09:30	12:00	FREE	A
Award in Mental Health and Wellbeing Level 1	WHI	WHI24S034	Archive Building Whitehaven	Tu	10/09/2024	4	09:30	12:00	FREE	A
Relaxation Techniques for Wellbeing	WHI	WHI24T040	Archive Building Whitehaven	Tu	10/09/2024	5	13:00	15:00	FREE	S
Award in Personal Development Entry Level 3	WHI	WHI24S036	United Reform Church (Whitehaven)	Th	12/09/2024	20	10:00	13:00	FREE	A
Award in Mental Health and Wellbeing Level 1	WHI	WHI24S035	Millom Hub	Tu	17/09/2024	4	13:00	15:30	FREE	A
Award in Mental Health and Wellbeing Level 2	WHI	WHI24S037	Archive Building Whitehaven	Tu	15/10/2024	12	09:30	12:00	FREE	A
Award in Mental Health and Wellbeing Level 2	WHI	WHI24S038	Millom Hub	Tu	15/10/2024	12	13:00	15:30	FREE	A
Creative Journalling for Wellbeing	WHI	WHI24T048	Archive Building Whitehaven	Tu	15/10/2024	5	13:00	15:00	FREE	S
Award in Mental Health and Wellbeing Level 1	WHI	WHI24S039	Millom Hub	Tu	25/02/2025	4	13:00	15:30	FREE	A

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Award in Mental Health and Wellbeing Level 2	WHI	WHI24S040		Millom Hub	Tu	22/04/2025	12	13:00	15:30	FREE	A
Positive Thinking and Self Esteem	WOR	WOR24T006		Workington Library	M	09/09/2024	4	09:30	12:00	FREE	S
Building Confidence	WOR	WOR24T007		Workington Library	M	09/09/2024	4	13:00	15:30	FREE	S
Award in The Importance of Resilience and Grit Level 1	WOR	WOR24S022		Workington Library	M	07/10/2024	10	09:30	11:30	FREE	A
Award in Mental Health and Wellbeing Level 1	WOR	WOR24S023		Workington Library	Tu	19/11/2024	5	13:00	15:00	FREE	A
Positive Thinking and Self Esteem	WOR	WOR24T008		Workington Library	Tu	26/11/2024	4	09:30	12:00	FREE	S
Award in Mental Health and Wellbeing Level 2	WOR	WOR24S024		Workington Library	Tu	14/01/2025	10	13:00	16:00	FREE	A
Award in Introduction to Safeguarding Entry Level 3	WOR	WOR24S025		Workington Library	M	24/02/2025	5	09:30	11:30	FREE	A

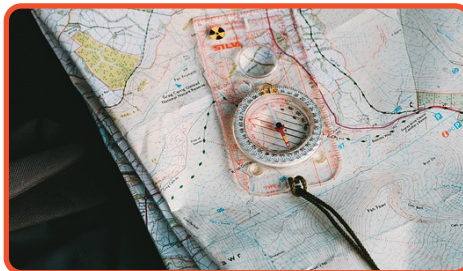


Online courses

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Art for Wellbeing- Drawing Skills	BAR	BAR24T024		Online Delivery	W	04/09/2024	13	10:00	12:00	FREE	S
Introduction to Mindfulness	PEN	PEN24T011		Online Delivery	Tu	01/10/2024	1	10:00	12:00	FREE	S
Introduction to Mindfulness	PEN	PEN24T012		Online Delivery	Th	10/10/2024	1	18:30	20:30	FREE	S

Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 for contact details.

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





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
Spanish Improvers (Autumn)	CAR	CAR24T044	Upperby CDC (Carlisle)	Tu	17/09/2024	12	14:00	16:00	£144.00	P
Spanish Beginners (Autumn)	KEN	KEN24T020	Kendal Library	W	18/09/2024	12	16:30	18:30	£144.00	P
Spanish Beginners (Autumn)	KEN	KEN24T021	Grange Library	Th	19/09/2024	12	10:00	12:00	£144.00	P
French Beginners (Autumn)	KEN	KEN24T024	Kendal Cancer Care	Th	19/09/2024	12	10:00	12:00	£144.00	P



Online courses

Course title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
German Upper Intermediate (Autumn) - Year 2	CAR	CAR24F003	Online Delivery	Tu	17/09/2024	12	18:30	20:00	£153.00	F
German Beginners (Autumn)	CAR	CAR24T045	Online Delivery	W	18/09/2024	12	12:00	14:00	£132.00	P
German Upper Intermediate (Autumn) - Year 1	CAR	CAR24F004	Online Delivery	W	18/09/2024	12	18:00	20:00	£204.00	F
German Improvers (Autumn)	CAR	CAR24T046	Online Delivery	Th	19/09/2024	12	12:00	14:00	£132.00	P
German Improvers (Autumn)	CAR	CAR24T047	Online Delivery	Th	19/09/2024	12	18:00	20:00	£132.00	P
French Beginners (Autumn)	KEN	KEN24T023	Online Delivery	M	16/09/2024	12	10:00	12:00	£132.00	P
Japanese Upper Intermediate (Autumn)	KEN	KEN24F001	Online Delivery	Tu	17/09/2024	11	13:00	14:30	£140.25	F
French Beginners (Autumn)	PEN	PEN24T015	Online Delivery	M	25/09/2024	10	10:00	12:00	£110.00	P
Spanish Beginners (Autumn)	WOR	WOR24T013	Online Delivery	M	23/09/2024	10	18:00	21:00	£110.00	P

Course title	Centre Code	Course Code		Venue	Day	Start	Wks	From	To	Fee	Fee Code
Spanish Improvers (Autumn)	WOR	WOR24T014		Online Delivery	Tu	24/09/2024	10	18:00	21:00	£110.00	P
Spanish Intermediate (Autumn)	WOR	WOR24T015		Online Delivery	W	25/09/2024	10	18:00	21:00	£110.00	P
Spanish Upper Intermediate (Autumn)	WOR	WOR24F001		Online Delivery	Th	26/09/2024	10	18:00	20:00	£170.00	F

For course listings which have venues “To be confirmed”, please check our website for all the latest updates at adultlearningcumbria.org or contact your Centre today.

Do you want to speak to someone about a course? Why not contact your Centre today, see page 4 for contact details.

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



MINIMUM AGE

Please note that you must be aged 19 or over on 31 August 2024 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

If you require this document in another format (e.g. CD, Braille or large type) or in another language, please telephone: **0300 373 3300**.

للوصل إلى هذه المعلومات بلغتك، يرجى
الاتصال 0300 373 3300

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ
করে 0300 373 3300 নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，
请致电 0300 373 3300

Jeigu norétumėte gauti šią informaciją savo kalba,
skambinkite telefonu 0300 373 3300

W celu uzyskania informacji w Państwa języku proszę
zatelefonować pod numer 0300 373 3300

Se quiser aceder a esta informação na sua língua,
telefone para o 0300 373 3300

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen
0300 373 3300 numaralı telefonu arayınız