

Improve your skills...Achieve your goals!

Having the right skills and knowing how to find and then get a job are more important than ever in today's competitive job market.

Our courses will help you to learn, build confidence, improve your wellbeing, improve and develop new skills required by employers in the workplace.



Courses are **FREE** to those who are either unemployed, on low income or in receipt of state benefit. Whatever your reason for returning to learning, we can help.

Courses are all delivered in a supportive and friendly environment and cater for all levels.

For courses taking place in April, May, June and July please see overleaf.

Computing & Digital Skills

COURSES WITHOUT QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
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The Beginner's and Intermediate Digital Skills courses are FREE to everyone.

Beginner's Digital Skills	Mon 28th April	1.00pm-3.00pm	5 weeks	Bury Library
Beginner's Digital Skills	Wed 23rd April	10.00am-12.00pm	6 weeks	Prestwich Library
Beginner's Digital Skills	Thurs 24th April	1.00pm-3.00pm	6 weeks	Asda (Radcliffe)
Intermediate Digital Skills	Thurs 24th April	10.00am-12.00pm	6 weeks	Bury Adult Learning Centre
Intermediate Digital Skills	Wed 23rd April	1.00pm-3.00pm	6 weeks	Prestwich Library
Intermediate Digital Skills	Thurs 5th June	10.00am-12.00pm	5 weeks	Bury Adult Learning Centre
Intermediate Digital Skills	Wed 4th June	1.00pm-3.00pm	5 weeks	Prestwich Library
Internet Safety	Wed 4th June	10.00am-12.00pm	6 weeks	Prestwich Library
Internet Safety	Thurs 5th June	1.00pm-3.00pm	5 weeks	Asda (Radcliffe)

COURSES WITH QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
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Introduction to ICDL Level 2	Mon 19th May (Mon-Fri)	9.30am-4.00pm	1 week	Bury Adult Learning Centre
ICDL Level 2	Mon 2nd June (Mon-Fri)	9.30am-4.00pm	3 weeks	Bury Adult Learning Centre
ICDL Level 2	Mon 30th June (Mon-Fri)	9.30am-4.00pm	3 weeks	Bury Adult Learning Centre
Introduction to ICT Skills—Entry 3	Mon 7th July (Mon-Fri)	10.00am-3.00pm	3 weeks	Bury Adult Learning Centre
ICT Skills for Employment Level 1	Mon 7th July (Mon-Fri)	9.30am-4.00pm	3 weeks	Bury Adult Learning Centre

Work Skills & Employment

COURSES WITH QUALIFICATIONS	STARTS	STARTS	DURATION	VENUE
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Food Safety Level 2	Mon 19th May	9.30am-4.30pm	1 day	Bury Adult Learning Centre
Food Safety Level 2	Tues 24th June	9.30am-4.30pm	1 day	Bury Adult Learning Centre
Food Safety Level 2	Mon 28th July	9.30am-4.30pm	1 day	Bury Adult Learning Centre
Introduction to a Career in Care Level 1	Mon 16th June	9.30am-4.30pm	3 weeks	Bury Adult Learning Centre
Health Improvement Level 1	Mon 7th July	9.30am-4.30pm	1 day	Bury Adult Learning Centre
Health Improvement Level 2	Wed 9th July & Thurs 10th July	9.30am-3.00pm & 9.30am-12.00pm	2 days	Bury Adult Learning Centre

Work Skills & Employment

COURSES WITHOUT QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
Further Learning in Health	Thurs 10th July	1.00pm-3.30pm	1 day	Bury Adult Learning Centre
Get That Job in Care	Mon 14th July (Mon-Thurs)	9.30am-3.30pm	4 days	Bury Adult Learning Centre
Help Yourself to Wellbeing	Thurs 24th April	9.30am-12.00pm	5 weeks	Bury Adult Learning Centre
Help Yourself to Wellbeing	Thurs 5th June	9.30am-12.00pm	5 weeks	Bury Adult Learning Centre

NEW COURSES!

COURSES WITH QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
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This qualification course is for young people aged between 19-29 years old, and will provide an understanding of the principles of promoting health and wellbeing.

Young Health Champions Level 2	Mon 21st July (Except Tues)	9.30am-3.00pm	4 days	Bury Adult Learning Centre
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COURSES WITHOUT QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
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British Sign Language & Deaf Awareness	Wed 23rd April	7.00pm-9.00pm	8 weeks	Bury Adult Learning Centre
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Getting Your Writing Noticed	Fri 25th April	10.00am-12.00pm	5 weeks	Bury Adult Learning Centre
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Getting Your Writing Noticed	Fri 6th June	10.00am-12.00pm	5 weeks	Bury Adult Learning Centre
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Wellbeing

COURSES WITHOUT QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
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The Wellbeing courses are FREE to everyone.

Introduction to Mindfulness	Tues 22nd April	12.30pm-2.30pm	5 weeks	Bury Adult Learning Centre
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Introduction to Mindfulness	Tues 3rd June	3.30pm-5.30pm	5 weeks	Bury Adult Learning Centre
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Art to Reduce Anxiety & Stress	Tues 22nd April	7.00pm-9.00pm	5 weeks	Bury Adult Learning Centre
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Art to Reduce Anxiety & Stress	Tues 3rd June	7.00pm-9.00pm	5 weeks	Bury Adult Learning Centre
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Curry & Chat (Men only)	Tues 3rd June	6.30pm-8.30pm	1 session	Bury Adult Learning Centre
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Wellbeing

COURSES WITHOUT QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
Improve Your Mood Through Food	Thurs 24th April	9.30am-12.00pm	5 weeks	Bury Adult Learning Centre
Improve Your Mood Through Food	Thurs 5th June	9.30am-12.00pm	5 weeks	Bury Adult Learning Centre
Bake Yourself Happy	Thurs 24th April	1.00pm-3.30pm	5 weeks	Bury Adult Learning Centre
Bake Yourself Happy	Thurs 5th June	1.00pm-3.30pm	5 weeks	Bury Adult Learning Centre
Self-Care Sanctuary	Thurs 24th April	1.00pm-3.00pm	5 weeks	Bury Adult Learning Centre
Self-Care Sanctuary	Thurs 5th June	1.00pm-3.00pm	5 weeks	Bury Adult Learning Centre
Creative Writing For Wellbeing	Fri 25th April	1.00pm-3.30pm	5 weeks	Bury Adult Learning Centre
Creative Writing For Wellbeing	Fri 6th June	1.00pm-3.00pm	5 weeks	Bury Adult Learning Centre

Family Learning

COURSES WITHOUT QUALIFICATIONS	STARTS	TIMES	DURATION	VENUE
Our Family Learning team work in schools, Family Hubs and various community settings. Courses are FREE to all parents and carers. If you are a head teacher or a community worker interested in us setting up a Family Learning course for your parents or service users, contact Pete Cookson on 0161 253 5079.				
Family First Aid for Parents & Carers	Fri 25th April	10.00am-12.00pm	5 weeks	Bury Adult Learning Centre
What's Cooking?- School Dinners Special	Fri 13th June	12.30pm-2.30pm	5 weeks	Bury Adult Learning Centre
Steps to Confidence For Parents & Carers	Tues 22nd April	9.15am-11.15am	5 weeks	East Bury Family Hub
Positive Parenting	Tues 10th June	9.15am-11.15am	5 weeks	East Bury Family Hub
Family First Aid For Parents & Carers	Wed 11th June	1.00pm-3.00pm	5 weeks	East Bury Family Hub
The courses below are aimed at those whose English is not their first language.				
Reading For ESOL	Fri 25th April	9.30am-11.30am	5 weeks	East Bury Family Hub
ESOL—Family Language	Fri 13th June	9.30am-11.30am	5 weeks	East Bury Family Hub

Maths not adding up?

Do you worry about spelling and punctuation?

English and maths are everywhere! Enrol on our courses and:

- Improve and update your English and maths skills.
- Improve your career prospects.
- Grow in confidence while meeting others with the same goal.
- Further develop your employment opportunities.
- Feel more confident to help children with homework.
- Gain a recognised English and/or maths Functional Skills qualifications from entry level to level 2.

Level 2 Functional Skills can provide a gateway into enrolling on a wide range of courses not only in college, but at university too.

Take a step forward today and enquire about our **FREE** English and maths courses.

Phone 0161 253 5772 to book an informal assessment and find out how we can help you to choose a course that is right for you!

**For more information about all our courses,
call Bury Adult Learning Centre on
0161 253 5772.**

**To download a copy of the spring/summer
course guide, visit
www.bury.gov.uk/adultlearning**

 <https://www.facebook.com/BuryAdultLearning>

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 <https://www.instagram.com/buryadultlearning/>