

Learning Opportunities at Bury Adult Learning Service

IMPROVE your skills...ACHIEVE your goals!

Having the right skills—and knowing how to find and secure a job—has never been more important in today's competitive job market.

Our courses are designed to help you learn, build confidence, improve your wellbeing, and develop the skills employers are looking for.

Courses are **FREE** for individuals who are unemployed, on a low income, or receiving state benefits. Whatever your reason for returning to learning, we're here to help.

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

For courses taking place in November, please see overleaf.



Computing/Digital Skills

Courses Without Qualifications	Starts	Time	Wks	Venue
Intermediate Digital Skills	Monday, 3 rd Nov	1.00pm - 3.00pm	6	Bury Library
Intermediate Digital Skills	Thursday, 6 th Nov	1.00pm- 3.00pm	6	Asda, Radcliffe
Intermediate Digital Skills	Thursday, 6 th Nov	10.00am-12.00pm	6	Creative Living Centre
Beginner's Microsoft Excel	Monday, 3 rd Nov	1.00pm- 3.00pm	5	Bury Adult Learning Centre
ICDL Level 2	Enquire at Centre	6.00pm-9.00pm	30	Online

Work Skills & Employment

Courses With Qualifications	Starts	Time	Wks	Venue
Food Safety Level 2	Friday, 28 th Nov	9.30am-4.30pm	1 day	Bury Adult Learning Centre
Introduction to a Career in Care Level 1	Monday 17 th Nov (Mon-Fri)	9.30am-4.30pm	3	Bury Adult Learning Centre

Wellbeing

Courses Without Qualifications	Starts	Time	Wks	Venue
Art to Reduce Anxiety & Stress	Tuesday, 4 th Nov	7.00pm-9.00pm	5	Bury Adult Learning Centre
Improve Your Mood Through Food	Thursday, 6 Nov	9.30am-12.00pm	6	Bury Adult Learning Centre
Bake Yourself Happy	Thursday, 6 th Nov	1.00pm-3.30pm	6	Bury Adult Learning Centre
Self-Care Sanctuary For Winter	Thursday, 6 th Nov	10.00am-12.00pm	5	Bury Adult Learning Centre
Creative Writing For Wellbeing	Friday, 7 th Nov	1.00pm-3.30pm	5	Bury Adult Learning Centre

Family Learning

Courses Without Qualifications	Starts	Time	Wks	Venue
What's Cooking? - Healthy Eating on a Budget	Friday, 14 th Nov	12.30pm-2.30pm	5	Bury Adult Learning Centre

English & Maths

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 or download a copy of our course guide at www.bury.gov.uk/adultlearning

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