

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 listed in April, May and June, please see overleaf.



Computing/Digital Skills

Courses With Quals	Starts	Time	Wks	Venue
Essential Digital Skills Level 1	Mon, 20 th April	9.45am-12.00pm	11	Bury Adult Learning Centre
Essential Digital Skills Entry 3	Mon, 20 th April	12.45pm-3.00pm	11	Bury Adult Learning Centre
ICDL Level 2 (Fast Track)	Mon, 20 th April	9.15am-12.15pm	11	Bury Adult Learning Centre

Courses Without Quals	Starts	Time	Wks	Venue
Beginners Digital Skills	Mon, 20 th April	1.00pm-3.00pm	6	Bury Library
Beginners Digital Skills	Thurs, 23 rd April	1.00pm-3.00pm	6	Asda, Radcliffe
Beginners Digital Skills	Thurs, 23 rd April	10.00am-12.00pm	6	Creative Living Centre
Beginners Microsoft Word	Mon, 20 th April	10.00am-12.00pm	5	Bury Library
Intermediate Digital Skills	Mon, 15 th June	1.00pm-3.00pm	6	Bury Library
Intermediate Digital Skills	Thurs, 4 th June	10.00am-12.00pm	6	Creative Living Centre
Intermediate Digital Skills	Thurs, 4 th June	1.00pm-3.00pm	6	Asda, Radcliffe

Work Skills & Employment

Courses With Quals	Starts	Time	Wks	Venue
Business Admin Skills Level 1	Mon, 20 th April	9.30am-12.30pm	11	Bury Adult Learning Centre
Food Safety in Catering Level 2 Award	Wed, 3 rd June	9.30am-4.30pm	1 day	Bury Adult Learning Centre

Wellbeing

Courses Without Quals	Starts	Time	Wks	Venue
Intro to Mindfulness Through Craftmaking	Tues, 21st April	1.00pm-3.00pm	10	Bury Adult Learning Centre
Art to Reduce Anxiety & Stress	Tues, 21 st April	7.00pm-9.00pm	5	Bury Adult Learning Centre
Art to Reduce Anxiety & Stress	Tues, 2 nd June	7.00pm-9.00pm	5	Bury Adult Learning Centre
Improve Your Mood Through Food	Thurs, 23rd April	9.30am-12.00pm	5	Bury Adult Learning Centre
Improve Your Mood Through Food	Thurs, 4 th June	9.30am-12.00pm	5	Bury Adult Learning Centre
Bake Yourself Happy	Thurs, 4 th June	1.00pm-3.30pm	5	Bury Adult Learning Centre
Mindfulness-Tools for Life	Fri, 24 th April	10.00am-12.00pm	10	Bury Adult Learning Centre
Creative Writing for Wellbeing	Fri, 24th April	1.00pm-3.30pm	5	Bury Adult Learning Centre
Creative Writing for Wellbeing	Fri, 5 th June	1.00pm-3.30pm	5	Bury Adult Learning Centre

Family Learning

Courses Without Quals	Starts	Time	Wks	Venue
Steps to Confidence for Parents & Carers	Tues, 21 st April	9.15am-11.15am	5	East Bury Family Hub
First Aid for Parents/Carers	Fri, 24 th April	10.00am-12.00pm	5	Bury Adult Learning Centre
Positive Parenting for Parents & Carers	Tues, 9 th June	9.15am-11.15am	5	East Bury Family Hub
Healthy Eating on a Budget	Fri, 12 th June	12.30pm-2.30pm	5	Bury Adult Learning Centre

Family Learning

The course below are aimed at those whose English is not their first language.				
Family Language - Reading for ESOL	Fri, 24 th April	9.30am-11.30am	5	East Bury Family Hub
Family Language (ESOL)- SPAG Booster	Fri, 12 th June	9.30am-11.30am	5	East Bury Family Hub

Skills For Independent Living & Learning

Courses Without Quals	Starts	Time	Wks	Venue
Beginners Therapeutic Art	Mon, 20 th April	9.45am-12.00pm	10	Bury Adult Learning Centre
Mindfulness Through Crafts	Mon, 20 th April	1.00pm-3.15pm	10	Bury Adult Learning Centre
Relaxing Art for Pleasure	Mon, 20 th April	3.30pm-5.30pm	10	Bury Adult Learning Centre
Exploring Nutrition & Wellbeing	Tues, 21 st April	9.45am-12.00pm	10	Bury Adult Learning Centre
Easy & Healthy Cooking	Tues, 21 st April	12.45pm-3.00pm	10	Bury Adult Learning Centre
Improve Your English (Entry Level)	Wed, 22 nd April	9.45am-12.15pm	10	Bury Adult Learning Centre
Enjoying English (Pre-Entry)	Wed, 22 nd April	1.00pm-3.30pm	10	Bury Adult Learning Centre
Living on a Budget	Thurs, 23 rd April	9.45am-12.15pm	10	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 FREE 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.

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 spring/summer course guide at www.bury.gov.uk/adultlearning.

Follow us on social media

  BuryAdultLearning