



Lancashire  
Adult Learning

NELSON AND COLNE  
COLLEGE

# Adult Course Guide

## Spring 2019

January - March

Take a look at our wide range of  
adult courses across Lancashire



[www.lal.ac.uk](http://www.lal.ac.uk)



Learn something new today...

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**Learn something new this Spring!**

# Welcome to the Lancashire Adult Learning Spring Course Guide.

There is something for everybody at Lancashire Adult Learning, and with our wide range of exciting courses, you can explore an array of new learning opportunities.

Pick up a language for your next holiday, learn how to paint at the stroke of a brush, discover your fascinating family history through research or immerse yourself in a number of ways to improve your health and wellbeing.

There is the chance to progress your career with a flexible and affordable university level qualification, and we have a variety of free, high-quality Functional Skills and GCSE courses in Maths, English, ESOL and ICT taking place across the county too. You could also give your employment prospects a boost through one of our FREE Work Clubs.

It's never too late to learn with Lancashire Adult Learning.



# Chorley, Preston and South Ribble

Learn something new today...

## Arts and Media

Our great range of Arts and Media courses are an ideal way to learn a new skill or hobby. From Art History to Illustration, and Drawing and Painting to Watercolours, we can help you make the most of your creative flair. There really is something for everyone to enjoy!



COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Art History and Appreciation: The Lives of Artists	▲ ATN1000E	Preston Quaker Meeting House	THU	10am - 12pm	28th February	6	£69
Drawing and Painting Improvers	▲ ATN1055C	Living Waters Church, Chorley	MON	1pm - 3pm	21st January	8	£92
Illustration Improvers	▲ ATN1059	Saint Michael's CE High School, Chorley	MON	6pm - 8pm	21st January	4	£46
Make a Bag in 2 Weeks	▲ ATN1030	Saint Michael's CE High School, Chorley	TUE	6pm - 8:30pm	22nd January	2	£29
Start a Sketchbook	▲ ATN1053B	Saint Michael's CE High School, Chorley	WED	6pm - 8pm	23rd January	4	£46
Watercolour Improvers Term 2	▲ ATN1032A	Preston Quaker Meeting House	TUE	1pm - 3pm	22nd January	10	£115

## Humanities

Join one of our Humanities courses to spark your love for learning and introduce you to new theories and ideas about the world around you.

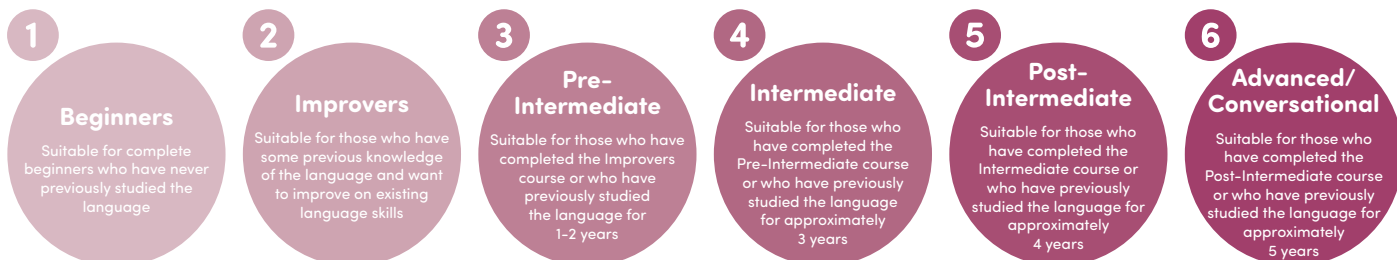


COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Creative Writing Beginners	▲ HNN1000B	Saint Michael's CE High School, Chorley	TUE	6pm - 8pm	22nd January	4	£46
Roman Temples of the North West	▲ HNN1024A	Euxton Community Centre	TUE	1:30pm - 3:30pm	19th February	1	£11.50

Time Credits | Fee remission may apply | Material fees apply

# Languages

Our language classes are a great way to develop valuable skills. Whether you want to pick up a few essential phrases for your next holiday or are looking to become a fluent linguist, we can help you on your way.



## French

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
French Beginners Term 2	▲ LGN1003E	Chorley Library	FRI	10am - 12pm	25th January	10	£115
French Improvers Term 2	▲ LGN1005C	Saint Michael's CE High School, Chorley	TUE	6pm - 8pm	22nd January	10	£115
French Intermediate Term 2	▲ LGN1007C	Saint Michael's CE High School, Chorley	TUE	6pm - 8pm	22nd January	10	£115
French Conversation (Advanced) Term 2	▲ LGN1009B	Saint Michael's CE High School, Chorley	WED	6pm - 8pm	23rd January	10	£115

## German

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
German Beginners Term 2	▲ LGN1013C	Chorley Library	WED	1pm - 3pm	23rd January	10	£115
German Pre-Intermediate Term 2	▲ LGN1018A	The Space Centre, Preston	THU	6:30pm - 8:30pm	24th January	10	£115
German Intermediate Term 2	▲ LGN1016E	The Space Centre, Preston	THU	6:45pm - 8:45pm	24th January	10	£115
German Improvers Term 2	▲ LGN1015C	Chorley Library	WED	10am - 12pm	23rd January	10	£115
German Advanced Term 2	▲ LGN1012A	Saint Michael's CE High School, Chorley	TUE	6:30pm - 8:30pm	22nd January	10	£115

## Italian

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Italian Beginners Term 2	▲ LGN1022B	St Peter's Church Meeting Room, Chorley	TUE	1pm - 3pm	22nd January	10	£115
Italian Improvers Term 2	▲ LGN1023G	The Space Centre, Preston	THU	1pm - 3pm	24th January	10	£115
Italian Improvers Term 2	▲ LGN1023F	Saint Michael's CE High School, Chorley	WED	6pm - 8pm	23rd January	10	£115
Italian Intermediate Term 2	▲ LGN1024G	Saint Michael's CE High School, Chorley	TUE	6pm - 8pm	22nd January	10	£115
Italian Intermediate Term 2	▲ LGN1024H	St Peter's Church Meeting Room, Chorley	THU	10am - 12pm	24th January	10	£115
Italian Conversation Term 2	▲ LGN1058A	Living Waters Church, Chorley	WED	10am - 12pm	23rd January	10	£115

## Latin

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Latin Intermediate Term 2	▲ LGN1028A	Lancashire Archives, Preston	MON	1pm - 3pm	21st January	9	£104

Time Credits | ▲ Fee remission may apply | ● Material fees apply

## Spanish

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Spanish Beginners	▲ LGN1043D	Costa Coffee, Preston	MON	6pm – 7.30pm	4th March	3	£26
Spanish Beginners Term 2	▲ LGN1035H	Saint Michael's CE High School, Chorley	MON	6pm – 8pm	21st January	9	£104
Spanish Beginners Term 2	▲ LGN1035I	Euxton Community Centre, Chorley	TUE	1pm – 3pm	22nd January	10	£115
Spanish Improvers Term 2	▲ LGN1036G	Saint Michael's CE High School, Chorley	TUE	6pm – 8pm	22nd January	10	£115
Spanish Improvers Term 2	▲ LGN1036I	Euxton Community Centre, Chorley	WED	1pm – 3pm	23rd January	10	£115
Spanish Pre-Intermediate Term 2	▲ LGN1039D	Euxton Community Centre, Chorley	TUE	10am – 12pm	22nd January	10	£115
Spanish Post-Intermediate Term 2	▲ LGN1038A	Living Waters Church, Chorley	TUE	10am – 12pm	22nd January	10	£115
Spanish Advanced Term 2	▲ LGN1033E	Euxton Community Centre, Chorley	WED	10am – 12pm	23rd January	10	£115

## Health and Wellbeing



Whether you are looking to enjoy a bit of 'me time' with one of our relaxation and mindfulness classes, or would like to make positive changes to your diet, we have a range of Health and Wellbeing courses to suit you!

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
7 Minute Exercises That Can Change Your Life!	HBN1036A	The Space Centre, Preston	MON	1pm – 3pm	14th January	1	FREE
Be Food Smart	HBN1012	Lostock Hall Library	MON	9:30am – 12pm	14th January	1	FREE
Discover the 5 Ways to Wellbeing	HBN1018B	Chorley Library	FRI	9:30am – 11:30am	5th April	1	FREE
Discover the 5 Ways to Wellbeing	HBN1018C	Clayton Green Library	FRI	9:30am – 11:30am	5th April	1	FREE
Discover the 5 Ways to Wellbeing	HBN1018F	Leyland Library	FRI	1pm – 3pm	5th April	1	FREE
Relax & De-stress	HBN1031C	Preston Wings Centre	MON	9:30am – 11:30am	1st April	1	FREE
Relax & De-stress	HBN1031D	The Space Centre, Preston	MON	1pm – 3pm	1st April	1	FREE
Stress Awareness	HBN1027F	Chorley Library	THU	9:30am – 11:30am	4th April	1	FREE
Stress Awareness	HBN1027D	Clayton Green Library	THU	1pm – 3pm	4th April	1	FREE
Sugar Swaps	HBN1050	Leyland Day Centre	TUE	1pm – 3pm	15th January	1	FREE
Understanding Autism	HBN1049	Leyland Library	MON	9:30am – 11:30am	1st April	1	FREE
Understanding Autism	HBN1049D	Chorley Library	TUE	9:30am – 11:30am	23rd April	1	FREE
Understanding Autism	HBN1049A	Preston Wings Centre	WED	1pm – 3pm	3rd April	1	FREE

Time Credits | ▲ Fee remission may apply | ● Material fees apply



# East Lancashire and the Ribble Valley

Learn something new today...

## Arts and Media

Our great range of Arts and Media courses are an ideal way to learn a new skill or hobby. From Drawing and Painting to Ceramics and Sewing and Dressmaking to Watercolours, we can help you make the most of your creative flair. There really is something for everyone to enjoy!



COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Ceramics Creative Crafts Improvers	▲ ATN1021	Nelson and Colne College	THU	6pm - 8:30pm	24th January	10	£144
Drawing and Painting Improvers	▲ ATN1055b	Northlight, Brierfield	THU	10am - 12pm	24th January	10	£115
Introduction to Glazing Pottery	ATN1020	Nelson and Colne College	TUE	6pm - 8:30pm	19th March	1	£15
Make a Bag in 2 Weeks	▲ ATN1030A	Northlight, Brierfield	FRI	1pm - 3:30pm	15th March	2	£29
Introduction to Sewing and Dressmaking	▲ ATN1056	Northlight, Brierfield	FRI	1pm - 3pm	25th January	1	FREE
Sewing and Dressmaking Improvers	▲ ATN1054B	Nelson and Colne College	TUE	6pm - 8:30pm	26th February	6	£87
Watercolour Improvers	▲ ATN1032B	Padiham Town Hall	THU	1pm - 3pm	24th January	10	£115

## Business and Digital

Our tailored range of Business and Digital courses are ideal for small businesses or those who wish to learn new skills.

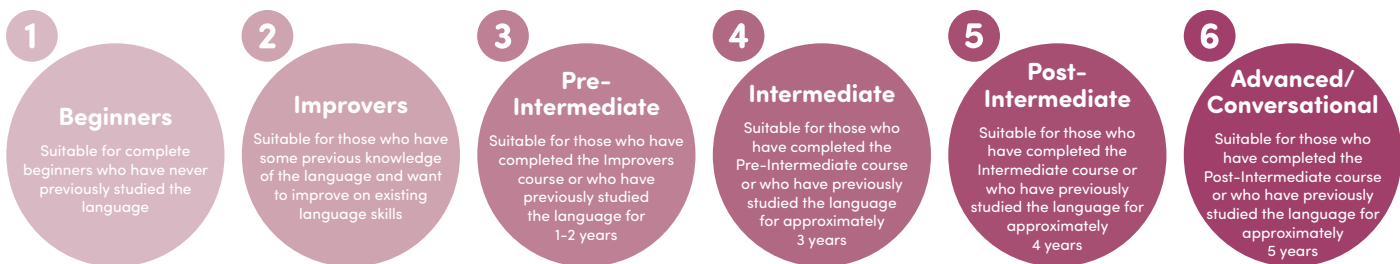


COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Digital Photography Beginners	▲ ICN1006A	Nelson and Colne College	TUE	6pm - 9pm	15th January	5	£75
Digital Photography Intermediate	▲ ICN1008A	Nelson and Colne College	TUE	6pm - 9pm	5th March	5	£75

Time Credits | 
 Fee remission may apply | 
 Material fees apply

# Languages

Our language classes are a great way to develop valuable skills. Whether you want to pick up a few essential phrases for your next holiday or are looking to become a fluent linguist, we can help you on your way.



## British Sign Language

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Introduction to British Sign Language	LGN1046A	Costa Coffee, Tesco Extra, Burnley	WED	6pm - 7:30pm	13th March	3	£26

## French

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
French Beginners Term 2	LGN1003D	Northlight, Brierfield	WED	10am - 12pm	23rd January	10	£115
French Pre-Intermediate Term 2	LGN1006C	Whalley Old Grammar School	MON	10am - 12pm	21st January	9	£104
French Pre-Intermediate Term 2	LGN1006D	Whalley Old Grammar School	MON	1pm - 3pm	21st January	9	£104
French Intermediate Term 2	LGN1007D	Whalley Old Grammar School	WED	1pm - 3pm	23rd January	10	£115
French Advanced Term 2	LGN1062C	Whalley Old Grammar School	FRI	10am - 12pm	25th January	10	£115

## German

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
German Improvers Term 2	LGN1015B	Northlight, Brierfield	TUE	9:30am - 11:30am	22nd January	10	£115

## Italian

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Italian Improvers Term 2	LGN1023D	Whalley Old Grammar School	MON	1pm - 3pm	21st January	9	£104
Italian Improvers Term 2	LGN1023E	Whalley Old Grammar School	MON	3:30pm - 5:30pm	21st January	9	£104
Italian Intermediate Term 2	LGN1024F	Whalley Old Grammar School	MON	10am - 12pm	21st January	9	£104
Italian Intermediate Term 2	LGN1024I	Whalley Old Grammar School	THU	6:30pm - 8:30pm	24th January	10	£115
Italian Post-Intermediate Term 2	LGN1025A	Young Farmers' Federation, Clitheroe	FRI	10am - 12pm	25th January	10	£115
Italian Advanced Term 2	LGN1021A	Young Farmers' Federation, Clitheroe	FRI	1pm - 3pm	25th January	10	£115

Time Credits | Fee remission may apply | Material fees apply



## Spanish

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Spanish Beginners	▲ LGN1043E	Costa Coffee, Tesco Extra, Burnley	WED	6pm - 7:30pm	13th March	3	£26
Spanish Beginners Term 1	▲ LGN1035M	Whalley Old Grammar School	THU	6pm - 8pm	24th January	10	£115
Spanish Beginners Term 2	▲ LGN1035L	Nelson and Colne College	THU	6pm - 8pm	24th January	10	£115
Spanish Beginners Term 2	▲ LGN1035K	Whalley Old Grammar School	WED	10am - 12pm	23rd January	10	£115
Spanish Improvers Term 2	▲ LGN1036J	Whalley Old Grammar School	THU	1pm - 3pm	24th January	10	£115
Spanish Advanced Term 2	▲ LGN1033D	Padiham Town Hall	MON	1pm - 3pm	21st January	9	£104
Spanish Advanced Term 2	▲ LGN1033F	Whalley Old Grammar School	THU	9:30am - 11:30am	24th January	10	£115

## Health and Wellbeing

Whether you are looking to enjoy a bit of 'me time' with one of our relaxation classes, or would like to make positive changes to your diet, we have a range of Health and Wellbeing courses to suit you!



COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
7 Minute Exercises That Can Change Your Life!	HBN1036	Northlight, Brierfield	MON	9:30am - 11:30am	14th January	1	FREE
7 Minute Exercises That Can Change Your Life!	HBN1036C	Barnoldswick Library	THU	1pm - 3pm	17th January	1	FREE
Be Food Smart	HBN1012A	Haslingden Community Link	WED	9:30am - 12pm	16th January	1	FREE
Cancer Screening Champion	HBN1047	Haslingden Community Link	MON	9:30am - 12pm	29th April	1	FREE
Cancer Screening Champion	HBN1047B	Linkbridge Community Support Centre, Burnley	MON	1:15pm - 4pm	29th April	1	FREE
Cancer Screening Champion	HBN1047A	Northlight, Brierfield	MON	12pm - 3pm	29th April	1	FREE
Discover the 5 Ways to Wellbeing	HBN1018E	Northlight, Brierfield	FRI	9:30am - 11:30am	5th April	1	FREE
Discover the 5 Ways to Wellbeing	HBN1018D	Rawtenstall Library	FRI	9:30am - 11:30am	5th April	1	FREE
Eat Well on a Budget	HBN1046	Haslingden Community Link	MON	9:30am - 12pm	14th January	1	FREE
Eat Well on a Budget	HBN1046A	Linkbridge Community Support Centre, Burnley	MON	1pm - 3pm	14th January	1	FREE
Eat Well on a Budget	HBN1046C	Linkbridge Community Support Centre, Burnley	WED	1pm - 3pm	16th January	1	FREE
Eat Well on a Budget	HBN1046B	Northlight, Brierfield	WED	9:30am - 12pm	16th January	1	FREE
Make Veg Fun!	HBN1048	Haslingden Community Link	WED	1pm - 3pm	16th January	1	FREE
Relax & De-stress	HBN1031B	Northlight, Brierfield	MON	9:30am - 11:30am	1st April	1	FREE
Stress Awareness	HBN1027C	Barnoldswick Library	MON	9:30am - 11:30am	1st April	1	FREE
Stress Awareness	HBN1027E	Haslingden Community Link	THU	9:30am - 11:30am	4th April	1	FREE
Understanding Autism	HBN1049B	Northlight, Brierfield	MON	1pm - 3pm	29th April	1	FREE
Understanding Autism	HBN1049C	Rawtenstall Library	MON	1:15pm - 3:15pm	29th April	1	FREE

 Time Credits | 
  Fee remission may apply | 
  Material fees apply







# Lancaster, Morecambe and Fylde Coast

Learn something new today...

## Arts and Media



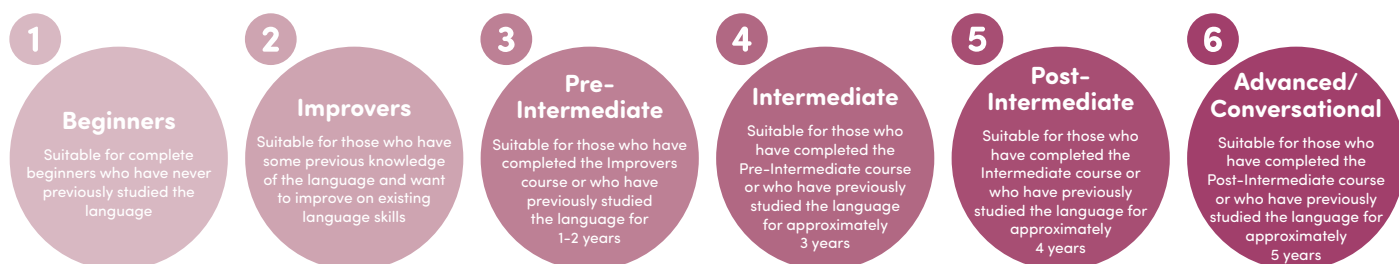
Our great range of Arts and Media courses are an ideal way to learn a new skill or hobby. From Drawing and Painting, and Illustration to Silver Jewellery, we can help you make the most of your creative flair!

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Children's Book Illustration 	ATN1047B	University of Cumbria (Lancaster)	MON	6pm - 8pm	4th March	4	£46
Drawing and Painting Improvers 	ATN1055A	St Thomas Parish and Community Hall, Garstang	FRI	10am - 12pm	25th January	10	£115
Drawing and Painting Improvers 	ATN1055	The Storey, Lancaster	TUE	1:30pm - 3:30pm	22nd January	10	£115
Introduction to Precious Metal Clay 	ATN1036	Halton Mill, Lancaster	SAT	9:30am - 4pm	19th January	1	£65
Sewing and Dressmaking Improvers 	ATN1054A	University of Cumbria (Lancaster)	THU	6pm - 8pm	24th January	10	£115
Silver Jewellery Beginners/ Beginners Plus 	ATN1009A	Halton Mill, Lancaster	MON	6:30pm - 9pm	21st January	9	£130
Silver Jewellery Intermediate 	ATN1034A	Halton Mill, Lancaster	MON	9:30am - 12pm	21st January	9	£130
Silver Jewellery: Make Presents for Beginners 	ATN1057	Halton Mill, Lancaster	FRI	9:30am - 3pm	15th March	1	£32
Silver Jewellery Advanced 	ATN1035A	Halton Mill, Lancaster	TUE	6:30pm - 9pm	22nd January	10	£144

 Time Credits |  Fee remission may apply |  Material fees apply

# Languages

Our language classes are a great way to develop valuable skills. Whether you want to pick up a few essential phrases for your next holiday or are looking to become a fluent linguist, we can help you on your way.



## French

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
French Pre-Intermediate Term 2	▲ LGN1006E	University of Cumbria (Lancaster)	THU	1pm - 3pm	24th January	10	£115
French Post-Intermediate Term 2	▲ LGN1008C	University of Cumbria (Lancaster)	THU	10am - 12pm	24th January	9	£104
French Advanced Term 2	▲ LGN1062B	University of Cumbria (Lancaster)	TUE	10:15am - 12:15pm	22nd January	10	£115

## German

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
German Intermediate Term 2	▲ LGN1016C	University of Cumbria (Lancaster)	TUE	1pm - 3pm	29th January	9	£104
German Intermediate Term 2	▲ LGN1016D	University of Cumbria (Lancaster)	TUE	6:30pm - 8:30pm	29th January	9	£104

## Italian

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Italian Beginners Term 2	▲ LGN1022C	University of Cumbria (Lancaster)	WED	6:30pm - 8:30pm	23rd January	10	£115

## Latin

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Latin Beginners Term 2	▲ LGN1027A	University of Cumbria (Lancaster)	THU	1pm - 3pm	24th January	9	£104
Latin Improvers Term 2	▲ LGN1059A	Lancaster Methodist Church	TUE	10am - 12pm	22nd January	10	£115

## Spanish

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Spanish Beginners Term 2	▲ LGN1035J	Lancaster Methodist Church	TUE	1pm - 3pm	22nd January	10	£115
Spanish Beginners Term 2	▲ LGN1035N	University of Cumbria (Lancaster)	THU	6:30pm - 8:30pm	24th January	10	£115
Spanish Improvers Term 2	▲ LGN1036H	University of Cumbria (Lancaster)	TUE	6:30pm - 8:30pm	22nd January	10	£115
Spanish Intermediate Term 2	▲ LGN1037C	University of Cumbria (Lancaster)	THU	10am - 12pm	24th January	10	£115
Spanish Pre-Intermediate Term 2	▲ LGN1039C	University of Cumbria (Lancaster)	MON	6:30pm - 8:30pm	21st January	9	£104

Time Credits | ▲ Fee remission may apply | ● Material fees apply

# Health and Wellbeing



Make a positive change to your lifestyle and health with this free course running in your local area!

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
7 Minute Exercises That Can Change Your Life!	HBN1036B	Positive Futures, Lancaster	TUE	9:30am - 11:30am	15th January	1	FREE



This course has been a great help and has encouraged me to do the exercises myself at home. It has improved my mobility by doing so.  
- LAL Learner

# Humanities

Join one of our Humanities courses to help spark your love for learning and introduce you to new theories and ideas about the world around you.



COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Creative Writing Improvers ▲	HNN1023	Halton Mill	FRI	10am - 12pm	25th January	10	£115
Roman Temples of the North West ▲	HNN1024	University of Cumbria (Lancaster)	MON	1:30pm - 3:30pm	11th February	1	£11.50

Time Credits | Fee remission may apply | Material fees apply



# CACHE Level 1 Award in Preparing to Work in Schools

**Are you looking to take the first steps towards a career in education?**

This Level 1 course is designed to prepare you for progression on to further learning and training. It will help you develop an understanding of the teaching and learning environment in a school setting and how to support the wellbeing of a child or young person in education.

COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Level 1 Award in Preparing to Work in Schools (CACHE)	WDN1000	Skelmersdale Library	TUE	9am - 11:30am	8th January	12	FREE
Level 1 Award in Preparing to Work in Schools (CACHE)	WDN1000A	Nelson and Colne College	WED	6pm - 8:30pm	9th January	12	FREE
Level 1 Award in Preparing to Work in Schools (CACHE)	WDN1000B	Saint Michael's CE High School, Chorley	THU	6pm - 8:30pm	10th January	12	FREE

**Do you already work in a school or nursery?  
Are you a parent with school age children?**

Lancashire Adult Learning's Family Learning Team works in partnership with local schools and nurseries to offer a wide range of FREE, fun courses to families across Lancashire.

Our courses are a great way for parents, grandparents and carers to learn together with their child and discover more about how their children learn. Courses take place within the school or nursery setting and are delivered by fully qualified teachers. They include sessions such as LEGO Robotics, Let's Engineer, Look Who's Talking (speech and language development), Family English and Maths, plus many more!

If you work with families and would like to know how our Family Learning Team can work with your organisation, or if you are a parent and want to find out more about our courses, call **0333 003 1717**.







# Digital Skills Training from Lancashire Adult Learning in partnership with **facebook**

The Digital Skills Training Programme by Facebook and Freeformers, in partnership with Lancashire Adult Learning, focuses on enabling you to develop the confidence and the skills you may need for future employment in a digital economy.

This programme specifically targets people between the ages of 18 and 30 who want to improve their digital understanding, or learn new skills. It has been designed to help you succeed both professionally and personally in the digital economy: we see you as the generation transitioning from “learning to earning” and wish to support you to achieve this.

Join us for this fast paced and informative course, covering three key areas in just 3.5 hours:

- Innovation - come up with your next big idea and prototype it!
- Social Marketing - make the most of it for you, your career, community or business!
- Cyber Security- tips to make you safer online!

VENUE	DAY	TIMES	DATE	WEEKS	COST
Nelson and Colne College	WED	6pm - 9pm	23rd January	1	FREE
Nelson and Colne College	WED	6pm - 9pm	6th March	1	FREE

## Did you know?

In the UK it is estimated that digital sectors are creating jobs 2.8 times faster than the rest of the economy, and it is predicted that within 20 years 90% of all jobs will require some element of digital skills.



 Time Credits |  Fee remission may apply |  Material fees apply

Evening classes at Costa Coffee stores across Lancashire.

**Enrol Now!**



COURSE	CODE	VENUE	DAY	TIMES	DATE	WEEKS	COST
Spanish Beginners	LGN1043D	Preston Costa, Queen Street	MON	6pm - 7:30pm	4th March	3	£26
Spanish Beginners	LGN1043E	Burnley Tesco Extra Costa	WED	6pm - 7:30pm	13th March	3	£26
Introduction to British Sign Language	LGN1046A	Burnley Tesco Extra Costa	WED	6pm - 7:30pm	13th March	3	£26



Lancashire Adult Learning

IN ASSOCIATION WITH

**COSTA**

## Learning in Libraries

Lancashire Libraries are committed to providing lifelong learning opportunities for their local communities and are working in partnership with Lancashire Adult Learning to offer a variety of courses for adults, children and families. Why not start a course that is of interest to you and learn at your own pace within a group.



### Our courses support:

- Digital skills
- Job searching
- Keeping fit and healthy
- Reading and literacy
- Starting a business
- Growing a business
- Homework
- Starting a new hobby
- Researching family and local history
- Learning a language
- Arts, crafts and music
- Groups or individuals

### What's on offer:

- **FREE** to borrow printed resources
- **FREE** to download eBooks and audiobooks
- **FREE** access to the internet on PCs and WiFi
- Spaces for quiet study
- Free access at home to online resources for study and learning
- Knowledgeable staff in branches and online (through 'Ask a Lancashire Librarian' chat service)

Lancashire County Council



Call in to your local library to find out what's happening in your area.

Visit [www.lancashire.gov.uk/libraries](http://www.lancashire.gov.uk/libraries) or phone **0300 123 6703**



Time Credits



Fee remission may apply



Material fees apply





Lancashire  
Adult Learning

Volunteer Academy


Want to develop your skills and give something back?  
Why not become a volunteer?

This programme includes **FREE** accredited training  
in **First Aid and Food Safety** and covers:

- Finding out about volunteering
- Volunteering and voluntary organisations
- Working as a volunteer with a chosen organisation
- Health and safety
- Safe and sound awareness
- Understanding effective customer relations
- Developing interpersonal skills
- Dementia awareness
- Mental health awareness
- Conflict resolution
- Mentoring and befriending



**FREE**  
8 week Volunteer  
Training Programme  
for new and existing  
volunteers, aged 19  
years and over

On completion of the course, we will work with you to try and find a volunteer placement in an appropriate local setting where you can earn  **Time Credit** vouchers. These can be spent in a wide variety of locations across the county.

Visit [www.justaddspice.org](http://www.justaddspice.org) for more details.

For more information or to book onto a course close to you please contact **Helen Pass:**

☎ **01282 508236**    ✉ [h.pass@lal.ac.uk](mailto:h.pass@lal.ac.uk)

## Do you work with Community Groups?

Did you know that we can offer a range of  
**FREE courses\*** to **Community Groups** including:

- First Aid Training
- Arts and Crafts
- Health Awareness
- Introduction to British Sign Language
- Cookery
- And much more.....

We can run sessions in a wide range of community venues at a time and date suitable for your group. For more information or to arrange a course for your group please call **0333 003 1717** and speak to our Community Development Team.

\*Must meet suitability criteria and be aged 19+. Call for more information.

**FREE**  
Community  
Group Classes





Call us today  
on 0333 003 1717  
to find your  
nearest taster  
and assessment  
session!

Get started with...

# English and Maths

Do you need to improve your English and Maths skills?  
Do you want to boost your employment prospects?

Our **FREE** English and Maths courses will help you develop skills for home, work or if you are looking for employment.

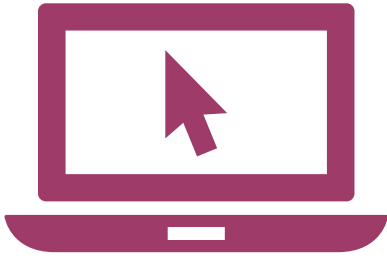
We offer short, flexible courses across Lancashire at a wide range of venues including:

- 📍 Burnley
- 📍 Chorley
- 📍 Fleetwood
- 📍 Hyndburn
- 📍 Lancaster
- 📍 Leyland
- 📍 Morecambe
- 📍 Pendle
- 📍 Preston
- 📍 Rossendale
- 📍 Skelmersdale
- 📍 St Annes

**Assessment required.**







**Call us today  
on 0333 003 1717  
to find your  
nearest taster  
and assessment  
session!**

Get started with...

# ICT

**Do you need to improve your ICT skills?**

**Do you want to boost your employment prospects?**

Our **FREE** ICT courses will help you develop skills for home, work or if you are looking for employment.

**We offer short, flexible courses across Lancashire at a wide range of venues including:**

- 📍 Burnley
- 📍 Chorley
- 📍 Fleetwood
- 📍 Hyndburn
- 📍 Lancaster
- 📍 Leyland
- 📍 Morecambe
- 📍 Pendle
- 📍 Preston
- 📍 Rossendale
- 📍 Skelmersdale
- 📍 St Annes



**Assessment required.**





**Call us today  
on 0333 003 1717  
to find your  
nearest taster  
and assessment  
session!**

Get started with...

# ESOL

## English for Speakers of Other Languages

### Do you need to improve your English language skills?

Learning or improving your English will help you in all aspects of life, including social skills, studying and getting a job. If English isn't your first language, our ESOL courses will help you to improve your speaking, reading, writing, listening, grammar and punctuation.

**We offer short, flexible courses across Lancashire at a wide range of venues including:**

- 📍 Accrington
- 📍 Burnley
- 📍 Chorley
- 📍 Fleetwood
- 📍 Lancaster
- 📍 Leyland
- 📍 Nelson
- 📍 Preston
- 📍 Rossendale

**Assessment required.**



# Work Clubs and Employability



## Looking for a job?

We offer a range of **FREE** employability courses to help you develop your CV, prepare for interviews and support you in finding suitable employment. Please call to find your nearest course.

We also run a series of Work Clubs, three hour sessions for up to six weeks for those people who are actively seeking a job. You will get help and advice with cover letters and application forms, and will be advised about relevant training opportunities and courses. We will show you how to search and apply for the latest jobs locally, nationally and abroad.

Our Work Clubs are **FREE** to attend and are run in venues close to where you live.

**Our Work Clubs are FREE to attend and run in venues across the county!**

WORK CLUBS			
LOCATION	DAY	TIMES	CALL TO BOOK
Burnley Central Library	MON	1pm - 4pm	0333 003 1717
Chorley Library	MON	9:15am - 12:15pm	0333 003 1717
Clitheroe Library	MON	1.15pm - 4.15pm	0333 003 1717
Lancaster Library	WED	9:15am - 12:15pm	0333 003 1717
Leyland Library	TUE	9:15am - 12:15pm	0333 003 1717
Lostock Hall Library	WED	9:15am - 12:15pm	0333 003 1717
Morecambe Library	THU	9:15am - 12:15pm	0333 003 1717
Preston Harris Library	THU	1pm - 4pm	0333 003 1717
Scotland Road Training Centre, Nelson	FRI	9:15am - 12:15pm	0333 003 1717
Skelmersdale Job Centre Plus	TUE	9:15am - 12:15pm	0333 003 1717
Skelmersdale Job Centre Plus	TUE	1pm - 4pm	0333 003 1717
Skelmersdale Job Centre Plus	FRI	9:15am - 12:15pm	0333 003 1717
Skills and Training Centre, Linden Road, Colne	MON	9:15am - 12:15pm	01282 865324
St Annes Jobcentre Plus	MON	1pm - 4pm	0333 003 1717
The Storey, Lancaster	MON	1pm - 4pm	0333 003 1717

# Additional Learning Support

## Need support with learning?

If you have a disability or difficulty that may affect your learning, please let us know as our Additional Learning Support Team may be able to help.

## We may be able to:

- Provide additional support in class
- Provide assistive technology such as coloured overlays, magnifiers and hearing loops
- Make referrals for specialist assessments e.g. for exams or dyslexia
- Arrange for a Communication Support Worker for British Sign Language signing and note taking

Additional Learning Support respect confidentiality and will work with you to agree suitable support.

Lancashire Adult Learning ☎ 0333 003 1717 ✉ als@lal.ac.uk

Nelson and Colne College ☎ 01282 440 200 ✉ l.support@nelson.ac.uk

**"This course helped me feel more confident and I received the right support to help me succeed."**

– LAL Learner

# Information, Advice and Guidance

## Want advice about a course or new career?

Our expert team provide **FREE**, impartial and confidential support with:

- Choosing the right course
- Careers advice and CV development
- Job searches and interview preparation
- Volunteering opportunities

Appointments can be arranged at local community venues at a time to suit you. Our advice is free to all adults aged 19 years and over in Lancashire.

Our Information, Advice, Guidance and Careers Team is here to help!

Lancashire Adult Learning ☎ 0333 003 1717 ✉ iag&careers@lal.ac.uk

Nelson and Colne College ☎ 01282 440 200 ✉ CareersZone@nelson.ac.uk

**"I now have the confidence to get back into work."**

– LAL Learner





# How to Enrol


**Found a course that you would like to try? Enrolling is easy and there are lots of ways you can sign up.**

 **Online:** [www.lal.ac.uk](http://www.lal.ac.uk) or [www.nelson.ac.uk](http://www.nelson.ac.uk)

**Please note: It is not possible to enrol online if the course you wish to enrol on requires an interview, or you are paying the reduced fee.**

 **By telephone:** For Lancashire Adult Learning courses call **0333 003 1717**. For Nelson and Colne College courses where an interview is required, please call to book an appointment on **01282 440 200**.


 **In person:** At Lancashire Adult Learning, Northlight, Glen Way, Brierfield, BB9 5NH or Nelson and Colne College, Scotland Rd, Nelson BB9 7YT or at one of our **Enrolment Events** (see back page for details).


 **By post:** Send details of the course(s) you want to attend along with a cheque made payable to 'Nelson and Colne College' to the **Enrolment Team at Lancashire Adult Learning, Glen Way, Brierfield, BB9 5NH**. Please note that this can only be done for courses that do not require an interview.

**Book early to avoid disappointment!**

## How to pay

You can pay by VISA, Mastercard, cheque, or cash. Payments in installments may be available for some courses. Please enquire for further details.

Learners may also pay for Lancashire Adult Learning courses using  **Time Credits**. Spice Time Credits are a way of thanking people for the time that they give to their local community. If a person gives one hour of time

to a community organisation, they earn one time credit that can be spent on a range of activities in the local area, including adult learning courses. Please look for this symbol  to find out which courses this applies to. To find out more visit [www.justaddspice.org](http://www.justaddspice.org)

Spice Time Credits cannot be redeemed for online enrolments. Please call **0333 003 1717** for more information on payment using Spice Time Credits.

Please note an additional charge will be applied for courses which carry material costs.

## What you need to enrol

- Details of the course(s) you are interested in
- Payment for your course
- Proof of benefits if you are applying for fee remission

## Can I get help with my fees?

For some courses reduced fees or full fee remission may be available if you are in receipt of:

- Jobseeker's Allowance
- Employment and Support Allowance (Work Related Activity Group)
- Universal Credit
- Another state benefit (conditions apply)

Eligible learners can attend a maximum of two fee remitted courses each year and must show proof of their benefits at enrolment.

To view our refund policy, please visit our websites at [www.lal.ac.uk](http://www.lal.ac.uk) or [www.nelson.ac.uk](http://www.nelson.ac.uk)

## Loans

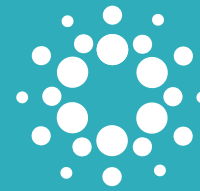
For some of our professional qualifications marked in this guide, learners can apply for loans to cover the costs of their course. The following loans may be available for you to apply for:

**HE Loans:** [www.slc.co.uk](http://www.slc.co.uk)

**Advanced Learner Loans:** [www.gov.uk/advanced-learner-loan](http://www.gov.uk/advanced-learner-loan)

Please see course details for more information.





Lancashire  
Adult Learning

# Spring Term Venues 2019

**Barnoldswick Library,**  
Fern Lea Avenue,  
BB18 5DW

**Burnley Tesco Extra**  
Costa Coffee, Finsley  
Gate, Burnley, BB11 2HE

**Chorley Library,** Union  
Street, Chorley, PR7 1EB

**Clayton Green Library,**  
Clayton Green Business  
Park, Library Road,  
Clayton-le-Woods,  
PR6 7EN

**Euxton Community  
Centre,** School Lane,  
Chorley, PR7 6JL  
Halton Mill, Mill Lane,  
Lancaster, LA2 6ND

**Haslingden Community  
Link,** Bury Road,  
Rossendale, BB4 5PG

**Lancashire Archives,**  
Lancashire Record  
Office, Bow Lane,  
PR1 2RE

**Lancaster Methodist  
Church,** Scotforth Road,  
Lancaster, LA1 4TE

**Leyland Day Centre,**  
King Street, Leyland,  
PR25 2GL

**Leyland Library,**  
Lancaster Gate, Leyland,  
PR25 2EX

**Linkbridge Community  
Support Centre,**  
1 Swinless Street,  
Burnley, BB10 3NB

**Living Waters  
Church,** 33-45 Bolton St,  
Chorley, PR7 3AB

**Lostock Hall Library,**  
Watkin Lane, PR5 5TU

**Nelson and Colne  
College,** Scotland Rd,  
Nelson, BB9 7YT

**Northlight,**  
Brierfield Mill, Glen Way,  
Brierfield, BB9 5NH

**Padiham Library,**  
Town Hall, Burnley Road,  
Burnley, BB12 8BS

**Positive Futures,**  
701 Cameron House,  
White Cross Industrial  
Estate, South Road,  
Lancaster, LA1 4XF

**Preston Costa Coffee,**  
Queen Street Retail Park,  
Preston, PR1 4JE

**Preston Quaker Meeting  
House,** 189 St George's  
Road, Preston, PR1 6NQ

**Preston Wings Centre,**  
82/83 Fishergate,  
Preston, PR1 2NJ

**Rawtenstall Library,**  
Queen Square,  
Haslingden Road,  
Rossendale, BB4 6QU

**Saint Michael's CE High  
School,** Astley Road,  
Chorley, PR7 1RS

**Skelmersdale Library,**  
Southway, Skelmersdale,  
WN8 6NL

**St Annes YMCA,**  
St Albans Road,  
St Annes, FY8 1XD

**St Peters Church  
Meeting Room,** Harpers  
Lane, Chorley, PR6 0HT

**St Thomas Parish and  
Community Hall,**  
Church Street, Garstang  
PR3 1PA

**The Space Centre,**  
Pedders Lane, Ashton on  
Ribble, Preston, PR2 2TH

**The Storey,**  
Meeting House Lane,  
Lancaster, LA1 1TH

**University of Cumbria  
(Lancaster),** Bowerham  
Road, Lancaster, LA1 3JD

**West End Impact Centre,**  
4-10 Heysham Road,  
Heysham, LA3 1DG

**Whalley Old Grammar  
School,** Station Road,  
Whalley, BB7 9RH

**Young Farmers'  
Federation,** Lincoln Way,  
Clitheroe, BB7 1QD



# Join us at one of our Information and Advice Events across the county!



Come along and find out more about our wide range of courses on offer, meet our tutors, get expert careers advice and even enrol on the day!\*

Location	Date	Time
Chorley Library	Tuesday 20th November	10am - 2pm
Colne Christmas Lights Switch On (Find us next to 2BR) *	Saturday 24th November	12pm - 4pm
Northlight, Brierfield Mill	Tuesday 27th November	10am - 2pm
The Storey, Lancaster *	Tuesday 27th November	5pm - 8pm
Nelson and Colne College	Thursday 10th January 2019	5pm - 7pm

\*Enrolments can be made on the day by completing an enrolment form. Payments can only be taken by cash or cheque. Those wishing to pay by card can still enrol but a follow up phone call will be made by our Enrolments Team to take payment.



## Adult Learning Enrolment Event

Thursday 10th January, 5pm-7pm  
Nelson and Colne College

Enrol Today... 0333 003 1717 [www.lal.ac.uk](http://www.lal.ac.uk)



January starts available for our University Level Qualifications!



NELSON AND COLNE COLLEGE

All course details and events are correct at the time of print. Courses may change or be cancelled subject to demand. For the latest information, please visit [www.lal.ac.uk](http://www.lal.ac.uk) or [www.nelson.ac.uk](http://www.nelson.ac.uk)