

Adult Learning Course Guide



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Lifelong learning for all!



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Welcome to St Helens Adult and Community Learning (ACL)

We're pleased to share our latest course guide with you! Whether you're looking to boost your confidence, learn new skills, meet new people or take steps toward a new career, there's something here for everyone.

Our courses are designed to be inclusive, supportive and accessible to learners of all backgrounds and skill levels. Whether you're returning to work, recently retired or simply curious to try something new, we're here to help you find the right path.

Take your time browsing the booklet and see what inspires you. If you'd like more information, just give us a call. We'll always be happy to help.

We look forward to welcoming you to one of our classes soon!

Helping adults (aged 19+) reach their goals by offering free, fun and flexible learning opportunities. We're here to support everyone; lifelong learning for all!

Why choose ACL?



Wellbeing

Boost your confidence and enhance wellbeing

Ways to Wellbeing (workshop) Learn about the five ways to wellbeing, simple things we can all do to help support mental health. We'll also introduce you to some of our ACL courses that can help you build these into your life. Whether you're looking to connect with others, try something new or take time for yourself, this workshop is a great place to start.

Photography & Wellbeing (5-week course) Explore the 5 Ways to Wellbeing and how photography can support them. Learn to use your phone or tablet to take better photos using app settings. Discover different photography styles and how to use composition and light for impact.

Journalling (3-week course) Learn what journalling is and how it can help you relax and unwind. Build a personalised journal by exploring different journalling types and techniques that support wellbeing and daily life.

Crafts for Wellbeing (workshops & 3-week courses) Relax, unwind, and improve your wellbeing through crafts. Topics change throughout the year and are ideal for adults wanting to develop craft skills and take time for themselves.

Mental Health Awareness (workshop) Gain an understanding of mental health, how stigma affects it and ways to support your wellbeing. Includes information on local and national support resources.

Coming soon Words for Wellbeing, Calming Clay and Time for Me!

"I came away feeling empowered and ready to take on what life throws at me".



Digital

Boost your confidence and skills with our courses for beginners!

iPads, Tablets & Smartphones (5-week course) Get to grips with your device! Learn how to use touchscreens, browse the web, stay secure and install helpful apps.

Laptops for Beginners (4-week course) New to computers? This course covers the basics - from using a mouse and keyboard to creating simple documents.

Internet & Email Made Easy (4-week course) Learn how to safely explore the internet, find useful information and send emails with confidence.

Microsoft Office Essentials (3-week courses) Already comfortable with a computer? Take the next step with these practical courses:

Microsoft Word Essentials: Create and format documents, add pictures and shapes.

Everyday Excel: Build spreadsheets, format data and use simple formulas.

PowerPoint for Beginners: Make engaging slideshows with text, images and animations.



Community training

Volunteering or part of a local charity or community group?

Join our FREE training to build skills and confidence in your role.

Emergency First Aid Training Learn how to respond to everyday emergencies, recognise when someone needs help and give first aid safely. We offer First Aid Awareness (workshop) and Emergency First Aid (1-day qualification).

Mental Health Awareness (workshop) Gain an understanding of mental health, how stigma affects it and ways to support your wellbeing. Includes information on local and national support resources.

Supporting Children & Young People's Groups (workshops)
Free workshops to help you lead creative, safe and engaging activities for children. Perfect for current or aspiring volunteers.

Workshops include:

Planning and Preparing Creative Activities

Creative Ideas on a Budget

Practical Health and Safety for Activities

Getting Started with Volunteering (workshop) Explore the benefits of volunteering, different ways to get involved and how to take your first steps.

*"I enjoyed
learning how to
plan creative
activities for
children and
young people"*



English, maths & ESOL

English

Improve your skills to support writing, using correct spelling, punctuation and grammar.

Develop speaking and listening skills and learn how to adapt delivery depending on purpose and audience.

Explore a range of texts and look at how language works.

Maths

Improve your maths skills, focusing on number, calculations, fractions, measure, shape, space and data. Develop your confidence with maths in everyday situations.

Opportunities for both accredited Functional Skills qualifications and courses to prepare for qualifications.

To access Functional Skills courses, you will need to complete an initial assessment to find out the level you are working at.

English for Speakers of Other Languages (ESOL)

If English is not your first language, please contact us to join our small and friendly classes. Classes will help to improve your reading, writing, speaking and listening skills.

You will get help with your grammar, punctuation, spelling and fluency. You will be supported to gain ESOL qualifications, if appropriate. ESOL qualifications range from Entry 1 to Entry 3. We also run Pre-Entry courses without qualifications.



"It's given me more confidence. As a result, I've landed myself a full-time job after my interview yesterday"

Childcare and Education

Award in Caring for a Child/Children (Entry 3/Level 1)

Ideal for those wanting to build parenting skills, learn how to care for babies and young children or as a first step towards a career in childcare. This course runs twice weekly, and Entry 3 learners cover topics such as confidence through play, routines for children aged 0–5 and promoting a safe, healthy lifestyle. Level 1 learners will learn about sharing learning experiences, designing craft activities and supporting child development through play. Learners completing the Level 1 Award have the option to progress to a Level 1 Certificate.

Level 1 Certificate in Caring for Children

Learners who have completed the L1 Award can go on to study a further 6 units to achieve the L1 Certificate. Additional units include: respecting and communicating with young children, developing musical, science and digital activities to support learning and next steps towards a career in childcare.

Level 1 Introduction to Early Years Settings

Perfect for those interested in working or volunteering in Early Years settings like nurseries or pre-schools. Topics include: the value of play in an EY setting, management and organisation of EY settings, and understanding roles and responsibilities in EY settings.

"The tutors have been very informative and approachable. I have enjoyed the course and have learnt a lot!"



Childcare and Education

Level 2 Certificate in Supporting Teaching and Learning

For those aiming to support children and young people (aged 5–19) in schools or colleges. This term-time course runs one day a week (Mondays) from September until June. It also includes a weekly work placement (approx. 6 hours). Units include child development, behaviour support and safeguarding.

Not ready to commit to a qualification?

We offer a variety of short childcare-related courses and workshops throughout the year. These include our short 6-week course, 'Little Children, Big Feelings' designed for parents/ carers who want to help their children develop confidence and skills to deal with challenges and setbacks.

We also offer Working with Children Workshops for those who want to explore a range of different career options in childcare. Learners will explore a range of roles in the childcare and education sector and identify the qualifications and skills required.



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