

Take Your First Step with ACL

Adult Learning for Life and Work



Most courses are FREE!

Supporting adults in St Helens
to learn, succeed and thrive!



What Can You Learn?



Wellbeing

Boost your confidence and wellbeing with our workshops and short courses:

- Ways to Wellbeing
- Journalling
- Photography & Wellbeing
- Time for Me
- Crafts for Wellbeing
- Mental Health Awareness



Digital Skills

Build skills for life and work with our beginner-friendly courses

- iPads, Smartphones & Tablets
- Laptops for Beginners
- Internet & Email
- Microsoft Word
- Everyday Excel
- PowerPoint for Beginners



"The teacher and the staff were very helpful and supportive. I would like to continue learning and develop my skills further".



What Can You Learn?



English, maths & ESOL

Friendly, supportive classes to help improve your:

- Reading
- Writing
- Speaking
- Listening
- Everyday maths skills



Childcare & Education

Develop knowledge and skills for working with children through courses from Entry 3 to Level 2, including:

- Caring for Children
- Early Years
- Supporting Teaching & Learning Level 2
- Working with Children workshops



Community Training

Supporting volunteers, charities and community groups with free training:

- First Aid
- Mental Health Awareness
- Children's Activity workshops

Why Learn With Us?



What Our Learners Say

"Helped ease me back into learning again".

"Allowed me to gain my confidence and I find myself eager to continue".

"Really enjoyed the course. Felt confident to ask questions".

Ready to Join? Contact Us

 01744 676671, 01744 677328, or 07702 959814

 adultlearning@sthelens.gov.uk

 www.sthelens.gov.uk/adultlearning

 StHelensACL

**SCAN
ME!**

