

Courses on offer in 2025 – most are free!

Wellbeing

Digital

Community training

English, maths & ESOL

Childcare and Education

BE MORE
SKILLED

- ↓ Contact us to find out more:
- ☎ 01744 676671, 01744 677328, or 07702 959814
- @ adultlearning@sthelens.gov.uk
- 🌐 www.sthelens.gov.uk/adultlearning
- f STHelensACL
- ✂ @STHLearning

Lifelong learning for all!



Welcome to St Helens Adult and Community Learning

Hello everyone,

I'm really pleased to be able to share the new St Helens Adult and Community Learning (ACL) 2024/25 course information booklet with you. Getting involved in learning is a great way to meet new friends, build your confidence, learn new skills, and support you in developing your career.

We have a wide range of subjects on offer this year, so please take the time to browse the booklet to see what sparks your interest. If you would like more information about any of our courses, then please give us a call; we will be happy to talk through your options in more detail.

The ACL team in St Helens provides a supportive and inclusive learning environment, welcoming all individuals at a variety of skills levels. Whether you are looking to return to work and want to enhance your employability skills or are retired or just want to broaden your horizons, please come and visit us and we will be very happy to help you make the right choice for you.

I look forward to seeing you in one of our classes very soon!

Diane Ireland

ACL Team Manager

“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!”



Wellbeing

Improve your wellbeing and confidence with Learn to Grow!

Photography & Wellbeing: Over 5 weeks, explore the 5 Ways to Wellbeing and how photography can help to develop these. This course is ideal if you want to use a phone or tablet device as you will learn about app settings to help you capture better images. You will look at different types of photography and ways to use composition and light to add impact.

Journalling: Come along and learn what journalling is and how it can help you to relax and unwind! Over the 3 sessions you will build a personalised journal by choosing from activities and methods. We'll explore different journalling types and techniques that can help wellbeing and daily life.

Crafts for Wellbeing: Relax, unwind, and improve your wellbeing through crafts. The course topics change throughout the year and are suitable for adults wanting to develop craft skills and meet new people.

Mental Health Awareness: Join our workshops to gain an understanding of what mental health is, how stigma can affect it and ways to look after mental health and wellbeing. You will also be given information on local and national support.

“The courses have helped me to get out of the house and find time for me again.”



Digital

Free courses to help you improve your digital skills and confidence.

Know Your Phone: Discover your phone's settings and features, essential apps, and how to be safe online on this 4-week course.

Smartphone Photography: Over 4 weeks learn about using your phone as a camera, app settings, composition techniques, and various photography styles. Unleash your creativity using natural light and other elements to make your photos stand out.

iPads & Tablets: Join our 5-week course about learning basic device security, using touch screens and on-screen keyboards, exploring mobile browsers and web addresses. Find and install useful apps to help you get the most from your device.

Digital Skills for Beginners: This 4-week introductory course will teach you the basics, from using a mouse and keyboard to navigating the internet for information and sending emails.

Digital Skills for Improvers: Take your digital skills to the next level over 3 weeks. Learn how to create a letter or CV using Microsoft Word, use Microsoft Excel to create a spreadsheet, or Microsoft PowerPoint to create a slideshow.



Community training

Are you volunteering in St Helens or part of a charitable organisation or community group?

Join our FREE programme of training to support you in your role

Would you know what to do in an emergency? We offer First Aid Awareness and a 1-day Emergency First Aid qualification.

Learn how to

- deal with emergencies in everyday situations
- recognise situations that require support
- safely administer first aid

We also offer workshops covering:

- ✓ Mental Health Awareness
- ✓ Equality and Diversity **NEW**
- ✓ Supporting Children and Young People's groups
- ✓ Getting Started in Volunteering **NEW**

“Clear, concise instructions and practical session. Very enjoyable!”



English, maths & ESOL

Functional Skills English

Improve your English skills to support writing, using the correct spelling, punctuation and grammar. You will look at a range of texts and explore how language works. You will develop your speaking and listening skills and learn how to adapt delivery depending on purpose and audience.

Functional Skills Maths

Improve your maths skills, focusing on number, calculations, fractions, measures, shape and space and data. This course will improve your confidence with maths in everyday situations.

To access Functional Skills courses, you will need to complete an initial assessment to determine the level you are working at. At the end of these courses, you will achieve a Functional Skills qualification.



English, maths & ESOL

Maths and English Family Learning

Join our Family Learning courses to help you 'keep up with your children'. These courses range from short taster sessions to 3 and 6 week courses. You will look at how you can support your children to develop their maths and English skills whilst having fun and improving your own skills.

Confidence in the Workplace

This course is for anyone who wants to develop their confidence and improve their basic English skills to support them finding employment or a volunteer role. The course runs for approximately 20 hours.

An Introduction to English

Our Introduction to English course will help you understand how English is used in everyday life. This course is suitable for you if you aren't quite ready for a qualification. This 12 week course will help you to improve your confidence and also prepare you for the Functional Skills qualification.

Our Multiply Offer

A range of maths courses to support you to develop your maths skills.

*"I feel like I'm gaining confidence
in the course each week"*

**BE MORE
SKILLED**

Multiply

English, maths & ESOL

English for Speakers of Other Languages (ESOL)

If English is not your first language, please contact us to join our small and friendly classes.

ESOL 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.

ESOL Family Learning

Contact us if you would like to learn about what your child is doing in school.

This course is 6 weeks long.

It runs once a week during school times.

It will help you to support your child at home.



Childcare and Education

Non-accredited courses

Not quite ready to commit to a qualification? Throughout the year, we will run a range of childcare related short courses and workshops. Please keep an eye on our Facebook page for news!

Entry Level Award Caring for a Child/Children

Do you want to develop parenting skills or understand more about the skills needed to care for a baby or young child?

This course runs twice weekly (5 hours total per week) for 11 weeks. You will learn about building confidence through play, developing routines for a young child (0-5yrs) and providing a safe and healthy lifestyle.

Level 1 Introduction to Early Years Settings

This course is for anyone interested in working in an Early Years setting. It may also interest parents and volunteers who would like to play a part in Early Years settings, such as pre-schools or nurseries. It will take place twice weekly (2 x 3hr sessions) for six weeks. (It is not a course requirement, but it is recommended that you volunteer in an Early Years setting during the course.)

Units studied include the value of play for babies and young children, management and organisation in an Early Years setting, and roles and responsibilities within this setting.

*“The course was wonderful
and useful for me”*

Childcare and Education

Level 1 Award Caring for Children

This course is for those who want to develop their personal skills and confidence in caring for children (aged 0-5yrs). Or want to know more about what a career in childcare might involve. Sessions will take place twice weekly (2 x 3hr sessions) for ten weeks and learning will be assessed through written tasks and practical classroom activities.

You will study three units: sharing learning experiences, craft activities for young children and understanding learning and development through play. On completion, you will have the option of studying a further six units to gain the Level 1 Certificate.



Childcare and Education

Level 2 Certificate Supporting Teaching and Learning

This course is for those who want to work in a school or college setting to support children and young people (aged 5-19). The course runs one day per week (Mondays) during term time only and requires a weekly placement at a school or college (approx. 6 hours per week).

You will study across a range of units including children and young people's development, supporting children and young people's positive behaviour and safeguarding children and young people. Learning will be assessed through written assignments and practical skills demonstrated on placement within a school or college.

“The course is brilliant and really prepares you for the role as a TA.”



Why choose ACL?

Great teaching from experienced and qualified tutors

Support and information to help achieve your goals

Small class sizes

Based in the community

Regular feedback and support

Fairness and respect for all

Safe and friendly place to learn

Tutors skilfully select and teach topics relevant to learners' everyday lives (Ofsted, October 2023)

Learners develop their confidence and resilience because of what they learn during courses (Ofsted, October 2023)

Call TODAY!

