



NELSON & COLNE  
COLLEGE

ACCRINGTON & ROSSENDALE  
COLLEGE

# Adult Course Guide

**SPRING 2021**

JANUARY - MARCH





# Welcome to our Spring Adult Course Guide

## What we do...

Lancashire Adult Learning, alongside Nelson and Colne College and Accrington and Rossendale College, are part of the Nelson and Colne College Group. Together we offer a wide range of programmes to help you get back into work, courses for leisure, Maths and English and programmes to improve your digital skills.

We also offer a range of Professional Skills and Higher Level qualifications for adults that are looking to get back into work, change their career or who want to upskill within their current job role.

## What's on offer this Spring...

Take control this Spring. Whether you're looking for work, want to improve your mental health and lifestyle, develop your digital skills, support your family, or boost your career prospects, there's a range of new FREE and flexible courses starting this January.

For this Spring, why not have a go at something new with one of our free courses? You may have developed a hobby over lockdown that you would like to improve on, or you may be keen to learn a new skill – no matter what your driving force, we have something to suit you. Get creative with one of our Arts and Media courses, develop employability skills to get you back into work, find inspiration to improve your children's learning at home, or immerse yourself in a number of ways to improve your health and wellbeing.

If Maths and English are holding you back, we have a variety of free, high-quality Functional Skills available in English and Maths, ESOL and ICT to help boost your employment prospects.

With the majority of our sessions being offered online, you can learn anywhere. It's never too late to learn with Lancashire Adult Learning!

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## Online Course Types

Our online courses will be delivered in one of two ways which are explained below.

### Online Flexible Learning

These courses are available flexibly online. You will have access to resources and will work independently at your own pace. Support is available throughout the course.

### Live Online Classroom

The course is delivered online over a set number of weeks or sessions. Learners will attend live online sessions on allocated days and times. Learners will be supported to work through the course content.



# Our Courses



## Developing yourself

There has never been a better time to take control of your wellbeing, after a turbulent and unprecedented year. Make the most of our wide range of free, online leisure and skills courses and develop a new skill or hobby with Lancashire Adult Learning. Get creative with one of our Arts and Media courses, or immerse yourself in a number of ways to improve your health and wellbeing. There is even a unique opportunity to learn a new language for free!



## Looking for work

If you are currently out of work and looking for new opportunities during this uncertain time, we are here to help you take control of your future. Develop new skills and improve your employability with our variety of short courses and personalised support. We provide one to one support with CVs, online applications and employability skills – both over the phone and online, to get you where you want to be. If Maths, English or Digital Skills are holding you back, we have a range of courses to help boost your employment prospects and we also have plenty of opportunities for those looking to get into volunteering.



## Retraining

Has 2020 made you rethink your career? Want to try something completely new? It's never too late! We have a wide range of exciting opportunities to support you in changing your career path and building your skills and knowledge in your chosen sector. Our courses include Professional Skills qualifications in Construction, Hair and Beauty, Sport and more, as well as a wide range of 'Get into...' courses to support your next career move. Those looking to enter the Health and Social Care sector can benefit from our Health and Social Care Hub – offering work ready courses, designed in partnership with employers from across Lancashire. You can also earn a higher education qualification locally and flexibly at our University Centre. Take control of your career today.



## Looking after your family

Looking to support your family? Want to learn skills you can put into practice to boost wellbeing? Want to be able to teach your children at home or support them with their school work? Whatever your needs, Lancashire Adult Learning has a range of free and flexible online courses and activities available this January for you and your family. With wraparound support from our expert tutors and access to our community networks, our courses are tailored to your family. We work in partnership with local schools and nurseries to make learning with your child fun! Find out more about our family learning courses on page 13 and take control for your family today.

# Our Courses

## Arts and Media

Make use of your time at home and get crafty with our Arts and Media courses including Digital Photography, Sewing and Dressmaking, Painting, Illustration and Jewellery Making. Course levels range from beginners to advanced, so there is something for everyone to enjoy!

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Get Started with Art	BATN1111	Online	FRI	22nd January	10am – 12.30pm	9	FREE
Children's Book Illustration for Beginners	BATN1081C	Online	FRI	15th January	10am – 12.30pm	10	FREE
Children's Book Illustration for Improvers	BATN1093A	Online	THU	14th January	9.30am – 12pm	10	FREE
Digital Photography Beginners	BATN1003A	Nelson and Colne College	TUE	12th January	6pm – 9pm	5	FREE
Digital Photography Intermediate	BATN1004A	Nelson and Colne College	TUE	23rd February	6pm – 9pm	5	FREE
Discover: Art History and Appreciation: The Lives of Artists	BATN1077A	Online	WED	3rd March	9.30am – 12pm	4	FREE
Discover: Chalk Pastel People	BATN1112	Online	TUE	23rd February	1pm – 3.30pm	5	FREE
Discover: Charcoal for Beginners	BATN1060B	Online	TUE	12th January	1pm – 3.30pm	5	FREE
Discover: Creative Hand Stitching for Beginners	BATN1117	Online	WED	20th January	10am – 12.30pm	8	FREE
Discover: Creative Hand Stitching for Beginners	BATN1117A	Online	THU	21st January	1pm – 3.30pm	9	FREE
Discover: Experimental Drawing and Painting Beginners	BATN1095A	Online	TUE	12th January	9.30am – 12pm	5	FREE
Discover: Experimental Drawing and Painting Improvers	BATN1110	Online	TUE	23rd February	9.30am – 12pm	5	FREE
Get Started with Machine Sewing	BATN1113	Accrington and Rossendale College	MON	18th January	9.30am – 12pm	4	FREE
Get Started with Machine Sewing	BATN1113A	Accrington and Rossendale College	MON	22nd February	9.30am – 12pm	5	FREE
Discover: Spring Botanical Illustration for Beginners	BATN1114	Online	THU	21st January	1pm – 3.30pm	5	FREE
Discover: Spring Botanical Illustration for Beginners	BATN1114A	Online	WED	3rd March	9.30am – 12pm	4	FREE
Discover: The Animal Kingdom Illustration for Beginners	BATN1115	Online	WED	20th January	9.30am – 12pm	4	FREE
Discover: The Animal Kingdom Illustration for Beginners	BATN1115A	Online	THU	25th February	1pm – 3.30pm	5	FREE
Discover: The Art of Paper Cutting	BATN1116	Online	THU	21st January	9.30am – 12pm	4	FREE

Discover: The Art of Paper Cutting	BATN1116A	Online	THU	25th February	9.30am – 12pm	5	FREE
Discover: Watercolour Portraits	BATN1062B	Online	WED	20th January	9.30am – 12pm	4	FREE
Sewing and Dressmaking Beginners	BATN1026C	Accrington and Rossendale College	MON	18th January	1pm – 3.30pm	9	FREE
Silver Jewellery Beginners	BATN1028	Halton Mill	MON	18th January	6.30pm – 9pm	9	FREE
Silver Jewellery Intermediate	BATN1029	Halton Mill	MON	18th January	10am – 12.30pm	9	FREE
Silver Jewellery Advanced	BATN1027	Halton Mill	TUE	19th January	6.30pm – 9pm	9	FREE

## Business and Professional

Develop your skill set and take control of your career progression with professional and higher level qualifications in Business, Paralegal Studies, and Criminology and Criminal Justice. These courses can be studied flexibly alongside work and family life, with a blended approach to online and on-site learning. Loans are available for most of these programmes.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Brand Management (HND Business Module)	NBISHP502	Nelson and Colne College	THU	21st January	6pm – 9pm	16	£499
HNC in Business Full Time	NBISHF401XJA	Nelson and Colne College	TUE	19th January	9am – 9pm	30	£7725 ●
HNC in Business Part Time	NBISHF401XJA	Nelson and Colne College	TUE	19th January	Various options	30 per year	£4120 per year ●
HND in Business Full Time	NBISHP501XJA	Nelson and Colne College	THU	21st January	9am – 9pm	30	£7725 ●
HND in Business Part Time	NBISHP501XJA	Nelson and Colne College	THU	21st January	Various options	30 per year	£4120 per year ●
Business Law (HNC Business Module)	NBISHP403	Nelson and Colne College	TUE	19th January	6pm – 9pm	16	£499
FdA Criminology and Criminal Justice Full Time	AHUMHF501XJA	Accrington and Rossendale College	TUE	19th January	9am – 6pm	30	£7725 ●
FdA Criminology and Criminal Justice Part Time	AHUMHF501XJA	Accrington and Rossendale College	TUE	19th January	Various options	30 per year	£4120 per year ●
Entrepreneurship – Small Business Management (HNC Business Module)	NBISHP402	Nelson and Colne College	TUE	19th January	5pm – 6pm & online	16	£499
Introduction to Academic Studies	AAHEP102	Accrington and Rossendale College	FRI	15th January	9.30am – 4pm	18	£150 ▲
FdA Paralegal Studies Full Time	AHUMHF502XJA	Accrington and Rossendale College	TUE	19th January	9am – 6pm	30	£7725 ●
FdA Paralegal Studies Part Time	AHUMHF502XJA	Accrington and Rossendale College	TUE	19th January	Various options	30 per year	£4120 per year ●
Planning For Growth (HND Business Module)	NBISHP503	Nelson and Colne College	THU	21st January	1pm – 4pm	16	£499

For our full range of University Centre and professional qualifications available from September, please visit our websites at [www.accross.ac.uk](http://www.accross.ac.uk) | [www.nelson.ac.uk](http://www.nelson.ac.uk)

Don't worry if you miss the start date for our online 'flexible' courses, you will still be able to enrol online at [www.lal.ac.uk](http://www.lal.ac.uk)

▲ These courses may be free. Eligibility applies, please see Fees section.

● Material costs/software requirements may apply ● Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online - please enquire.



# Childcare and Education

Develop a career in this rewarding sector with a range of qualifications and courses aimed at working in either childcare, teaching or training professions.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Caring for Children Fast Track Level 1 Award	BWDN1022	Online	Flexible	Available from 25th January	Flexible	8	£95	▲
Caring for Children Level 1 Award	BWDN1005A	Online	THU	28th January	9.30am - 12pm	12	£95	▲
Education and Training Level 3 Award	AAHEP303	Accrington and Rossendale College	TUE	19th January	9.30am - 12.30pm	12	£435	
Get Into Childcare	BWDN1024	Online	THU	21st January	9.30am - 12pm	1	FREE	
Get Into Childcare	BWDN1024A	Online	FRI	22nd January	9.30am - 12pm	1	FREE	
Get Into Working in Schools or Colleges	BWDN1023	Online	TUE	19th January	9.30am - 12pm	1	FREE	
Get Into Working in Schools or Colleges	BWDN1023A	Online	WED	20th January	9.30am - 12pm	1	FREE	
Introduction to Caring for Children and Young People Level 2 Certificate	BWDN1017A	Online	TUE	26th January	9.30am - 12pm	21	£230	▲
Introduction to Caring for Children and Young People Level 2 Certificate	BWDN1017B	Online	FRI	29th January	9.30am - 12pm	20	£230	▲
Preparation to Work in Schools Fast Track CACHE Level 1 Award	BWDN1021	Online	Flexible	Available from 25th January	Flexible	8	£95	▲
Preparing to Work in Schools CACHE Level 1 Award	BWDN1000E	Online	TUE	26th January	9.30am - 12pm	12	£95	▲
Preparing to Work in Schools CACHE Level 1 Award	BWDN1000F	Online	WED	27th January	9.30am - 12pm	12	£95	▲
Preparing to Work in Schools CACHE Level 1 Award	BWDN1000G	Online	TUE	23rd February	12.15pm - 2.45pm	12	£95	▲
Support Work in Schools and Colleges CACHE Level 2 Award	BWDN1003C	Online	THU	21st January	9.30am - 12pm	20	£230	▲
Support Work in Schools and Colleges CACHE Level 2 Award	BWDN1003D	Online	THU	28th January	6pm - 8.30pm	19	£230	▲
Support Work in Schools and Colleges Fast Track CACHE Level 2 Award	BWDN1016B	Online	Flexible	Available from 22nd February	Flexible	12	£230	▲
Cert HE Working with Children, Young People & Families Full Time	AHSCHF401XJA	Accrington and Rossendale College	FRI	22nd January	9am - 5pm	30	£7725 per year	●
Cert HE Working with Children, Young People & Families Part Time	AHSCHF401XJA	Accrington and Rossendale College	FRI	22nd January	Various options	30 per year	£4120 per year	●
FdA Working with Children, Young People and Families Full Time	AHSCHF501XJA	Accrington and Rossendale College	FRI	22nd January	9am - 5pm	30	£7725*	●
FdA Working with Children, Young People and Families Part Time	AHSCHF501XJA	Accrington and Rossendale College	FRI	22nd January	Various options	30 per year	£4120 per year	●

For our full range of University Centre and professional qualifications available from September, please visit our websites at [www.accross.ac.uk](http://www.accross.ac.uk) | [www.nelson.ac.uk](http://www.nelson.ac.uk)



# Cleaning Services

From Biohazard, Crime and Trauma Scene Cleaning to Professional Outdoor Cleaning, our Cleaning Services qualifications are suitable for those looking to develop their skills in this industry.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Biohazard, Crime and Trauma Scene Cleaning	BFCN1003B	Online	Flexible	Available from 11 January	Flexible	3	£295	▲
Biohazard, Crime and Trauma Scene Cleaning	BFCN1003C	Accrington and Rossendale College	THU	28 January	9am - 4.30pm	1	£295	▲
Introduction to Working in the Facilities Industry	BFCN1013	Online	MON	11 January	9.30am - 1.30pm	6	£295	▲
Introduction to Working in the Facilities Industry	BFCN1013A	Online	MON	22 February	9.30am - 1.30pm	6	£295	▲
Professional Outdoor Cleaning	BFCN1004A	Online	FRI	15 January	9.30am - 1.30pm	4	£295	▲
Professional Outdoor Cleaning	BFCN1004B	Online	FRI	26 February	9.30am - 12.30pm	4	£295	▲
Workplace Hygiene and Infection Control	BFCN1005A	Online	Flexible	Available from 12 January	Flexible	6	£95	▲
Workplace Hygiene and Infection Control	BFCN1005C	Online	Flexible	Available from 23 February	Flexible	6	£95	▲

# DIY, Construction and Motor Vehicle

Build the foundations to a career in this growing industry or improve your existing skillset, with our range of courses including Brickwork, Painting and Decorating, Tyre Fitting, Joinery and Plastering. Take control of your career today.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Get into Brickwork (Beginners - Stage 1)	ABCKP006	Accrington and Rossendale College	WED	20th January	5.30pm - 9pm	2	FREE	
Get into Brickwork (Beginners - Stage 1)	ABCKP006A	Accrington and Rossendale College	WED	20th January	9.30am - 12.30pm	2	FREE	
Get into Brickwork (Stage 2)	ABCKP101A	Accrington and Rossendale College	WED	3rd February	9.30am - 12.30pm	7	£199	▲
Get into Brickwork (Stage 2)	ABCKP101	Accrington and Rossendale College	WED	3rd February	5.30pm - 9pm	7	£199	▲
Get into Carpentry and Joinery (Beginners - Stage 1)	AWFCP003A	Accrington and Rossendale College	WED	20th January	9.30am - 12.30pm	2	FREE	
Get into Carpentry and Joinery (Beginners - Stage 1)	AWFCP003	Accrington and Rossendale College	WED	20th January	5.30pm - 9pm	2	FREE	
Get into Carpentry and Joinery (Stage 2)	AWFCP101A	Accrington and Rossendale College	WED	3rd February	9.30am - 12.30pm	7	£199	▲
Get into Carpentry and Joinery (Stage 2)	AWFCP101	Accrington and Rossendale College	WED	3rd February	5.30pm - 9pm	7	£199	▲
Get into Painting and Decorating (Beginners - Stage 1)	APADP004A	Accrington and Rossendale College	WED	20th January	9.30am - 12.30pm	2	FREE	

Don't worry if you miss the start date for our online 'flexible' courses, you will still be able to enrol online at [www.lal.ac.uk](http://www.lal.ac.uk)

- ▲ These courses may be free. Eligibility applies, please see Fees section.
- Material costs/software requirements may apply
- Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online - please enquire.

Get into Painting and Decorating (Beginners - Stage 1)	APADP004	Accrington and Rossendale College	WED	20th January	5.30pm - 9pm	2	FREE	
Get into Painting and Decorating (Stage 2)	APADP101A	Accrington and Rossendale College	WED	3rd February	9.30am - 12.30pm	7	£199	▲
Get into Painting and Decorating (Stage 2)	APADP101	Accrington and Rossendale College	WED	3rd February	5.30pm - 9pm	7	£199	▲
Get into Plastering (Beginners - Stage 1)	APLAP003A	Accrington and Rossendale College	WED	20th January	9.30am - 12.30pm	2	FREE	
Get into Plastering (Beginners - Stage 1)	APLAP003	Accrington and Rossendale College	WED	20th January	5.30pm - 9pm	2	FREE	
Get into Plastering (Stage 2)	APLAP101A	Accrington and Rossendale College	WED	3rd February	9.30am - 12.30pm	7	£199	▲
Get into Plastering (Stage 2)	APLAP101	Accrington and Rossendale College	WED	3rd February	5.30pm - 9pm	7	£199	▲
Get into Tyre Fitting (Beginners - Stage 1)	AMTRP003A	Accrington and Rossendale College	TUE	19th January	9.30am - 12.30pm	2	FREE	
Get into Tyre Fitting (Beginners - Stage 1)	AMTRP003	Accrington and Rossendale College	TUE	19th January	5.30pm - 9pm	2	FREE	
Get into Tyre Fitting (Stage 2)	AMTRP202A	Accrington and Rossendale College	TUE	2nd February	9.30am - 12.30pm	10	£199	▲
Get into Tyre Fitting (Stage 2)	AMTRP202	Accrington and Rossendale College	TUE	2nd February	5.30pm - 9pm	10	£199	▲

Health and Safety in Construction

Whilst on the Health and Safety in Construction programme, you will work towards a theory based Construction qualification, the Level 1 Health and Safety in a Construction Environment qualification and also the CITB Health, Safety and Environment operative test. On successful completion, we are able to order the Green Labouring CSCS card.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Health and Safety in Construction Programme	BFCN1007F	The Waterside Centre	TUE, THU & FRI	5th January	9.30am - 4pm	1	£95	▲
Health and Safety in Construction Programme	BFCN1007G	The Waterside Centre	TUE, THU & FRI	12th January	9.30am - 4pm	1	£95	▲
Health and Safety in Construction Programme	BFCN1007H	The Waterside Centre	TUE, THU & FRI	19th January	9.30am - 4pm	1	£95	▲
Health and Safety in Construction Programme	BFCN1007I	The Waterside Centre	TUE, THU & FRI	26th January	9.30am - 4pm	1	£95	▲
Health and Safety in Construction Programme	BFCN1007J	The Waterside Centre	TUE, THU & FRI	2nd February	9.30am - 4pm	1	£95	▲

Our courses run flexibly throughout the year. For future start dates please visit [www.lal.ac.uk](http://www.lal.ac.uk)

Employability

If your job has been affected during lockdown or you are a jobseeker, improve your employability skills with our wide range of courses. Develop your CV and interview skills, learn about money management and make the most of our ‘Get into...’ programmes to inspire your next career move.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Bitesize: CV and Interview Tips	BEYN1018E	Online	TUE	12 January	10am - 11am	1	FREE	
Bitesize: CV and Interview Tips	BEYN1018F	Online	TUE	02 February	10am - 11am	1	FREE	
Bitesize: CV and Interview Tips	BEYN1018G	Online	TUE	23 February	10am - 11am	1	FREE	
Bitesize: CV and Interview Tips	BEYN1018H	Online	TUE	16 March	10am - 11am	1	FREE	

Bitesize: Money Management	BEYN1011A	Online	TUE	19 January	9:30AM - 12:30PM	1	FREE	
Bitesize: Money Management	BEYN1011B	Online	TUE	9th March	9.30am - 12.30pm	1	FREE	
Get into Business Admin and Customer Service (Stage 1)	BEYN1024B	Online	WED	13th January	11am - 12pm	1	FREE	
Get into Business Admin and Customer Service (Stage 2)	BEYT1055B	Online	TUE, WED & FRI	19th January	9.30am - 12.30pm	3	£45	▲
Get into Business Admin and Customer Service (Stage 1)	BEYN1024B	Online	WED	3rd March	11am - 12pm	1	FREE	
Get into Business Admin and Customer Service (Stage 2)	BEYT1055C	Online	TUE, WED & FRI	9th March	9.30am - 12.30pm	3	£45	▲
Get into Self Employment (Stage 1)	BEYN1027	Online	THU	14th January	10am - 11am	1	FREE	
Get into Self Employment/ Starting your Own Business (Stage 2)	BEYN1014A	Online	THU	21st January	9.30am - 12.30pm	9	£45	▲
Get into Customer Service (Stage 1)	BEYT1022	Online	THU	14th January	11am - 12pm	1	FREE	
Get into Customer Service Level 1 (Stage 2)	BEYN1019	Online	THU	21st January	9.30am - 12.30pm	3	£45	▲
Get into Customer Service Level 2 (Stage 3)	BEYN1028	Online	THU	11th February	9.30am - 12.30pm	9	£230	▲
Get into Customer Service (Stage 1)	BEYT1022A	Online	TUE	26th January	11am - 12pm	1	FREE	
Get into Customer Service Level 1 (Stage 2)	BEYN1019A	Online	TUE	9th February	1pm - 4pm	3	£45	▲
Get into Customer Service Level 2 (Stage 3)	BEYN1028A	Online	TUE	9th March	1pm - 4pm	9	£230	▲
Get into Mentoring (Stage 1)	BCVN1023	Online	WED	13th January	10am - 11am	1	FREE	
Get into Mentoring (Stage 1)	BCVN1023A	Online	THU	25th February	1.30pm - 3pm	1	FREE	
Get into Mentoring (Stage 1)	BCVN1023B	Online	WED	3rd March	10am - 11am	1	FREE	
Get into Mentoring Level 2 (Stage 2)	BCVN1024	Online	WED	10th February	10am - 1pm	12	£230	▲
Information Advice and Guidance Level 1	BCVN1016	Online	WED	20th January	9.30am - 12pm	5	FREE	
Information Advice and Guidance Level 2	BCVN1017	Online	WED	3rd March	9.30am - 12pm	12	FREE	
Supporting your Next Career Move	BEYN1009A	Online	MON	4th January	1pm - 4pm	6	FREE	
Supporting your Next Career Move	BEYN1009C	Online	TUE	26th January	10am - 1pm	6	FREE	
Supporting your Next Career Move	BEYN1009B	Online	MON	22nd February	1pm - 4pm	6	FREE	

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- ▲ These courses may be free. Eligibility applies, please see Fees section.
- Material costs/software requirements may apply
- Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online - please enquire.



## Looking for a job? Want to change your career?

Our team will work with you to develop an individualised plan to boost your skills and provide help and advice with:

- CV and cover letter writing
- Searching and applying for the latest jobs
- Online applications and success profiles
- Interview tips and practice to boost your confidence
- Matching your transferable skills to current vacancies
- Information and advice about training opportunities and courses

### Our Work Clubs

In the current situation, we have moved our work clubs and courses online. Please visit [www.lal.ac.uk](http://www.lal.ac.uk) for the latest details.

### Are You an Employer?

We also work with employers in the following sectors to help support recruitment for your business:  
Business Administration | Customer Service | Facilities and Cleaning | Health and Safety in Construction

# 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.

Qualifications available, where appropriate.

We have venues in:

- Accrington
- Burnley
- Chorley
- Hyndburn
- Lancaster
- Morecambe
- Nelson
- Preston
- Rossendale
- St Annes

Find out more at [www.lal.ac.uk](http://www.lal.ac.uk)

Assessment required.

# Family Learning

With courses designed around learning at home and family wellbeing, you can teach your children vital skills for their future – courses include Family Yoga, Fun with Phonics, Fun with Maths, Playing and Learning at Home, Keeping Your Child Safe Online and Science Spectacular.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Digital Storytelling	BWDN1006A	Online	Flexible	Available from 4th January	Flexible	3	FREE
Family Feel Good	BWDN1007C	Online	Flexible	Available from 4th January	Flexible	3	FREE
Family Feel Good	BWDN1007D	Online	THU	28th January	12.15pm – 2.45pm	3	FREE
Family Wellbeing	BWDN1008D	Online	Flexible	Available from 4th January	Flexible	3	FREE
Family Wellbeing	BWDN1008C	Online	THU	21st January	12.15pm – 2.45pm	1	FREE
Family Yoga	BWDN1009C	Online	Flexible	Available from 4th January	Flexible	3	FREE
Family Yoga	BWDN1009D	Online	SAT	30th January	10am – 12pm	3	FREE
Fun with Maths	BFMN1000E	Online	Flexible	Available from 4th January	Flexible	1	FREE
Fun with Phonics	BFEN1000E	Online	Flexible	Available from 4th January	Flexible	1	FREE
Fun with Phonics	BFEN1000F	Online	WED	20th January	9.30am – 12pm	1	FREE
Help your Child with Coding at Home	BWDN1011A	Online	Flexible	Available from 4th January	Flexible	1	FREE
Help your Child with Maths at Home	BFMN1001C	Online	Flexible	Available from 4th January	Flexible	3	FREE
Help your Child with Reading at Home	BFEN1001C	Online	Flexible	Available from 4th January	Flexible	3	FREE
Help your Child with Reading at Home	BFEN1001D	Online	WED	27th January	9.30am – 12pm	3	FREE
Help your Child with SATs Year 2 English	BFEN1007	Online	MON	18th January	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 2 English	BFEN1007A	Online	TUE	19th January	9.30am – 12pm	1	FREE
Help your Child with SATs Year 2 English	BFEN1007B	Online	TUE	19th January	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 2 English	BFEN1007C	Online	MON	1st February	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 2 English	BFEN1007D	Online	TUE	2nd February	9.30am – 12pm	1	FREE
Help your Child with SATs Year 2 English	BFEN1007E	Online	TUE	2nd February	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 2 English	BFEN1007F	Online	TUE	23rd February	9.30am – 12pm	1	FREE
Help your Child with SATs Year 2 Maths	BFMN1007	Online	TUE	26th January	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 2 Maths	BFMN1007A	Online	TUE	26th January	5.30pm – 8pm	1	FREE

Don't worry if you miss the start date for our online 'flexible' courses, you will still be able to enrol online at [www.lal.ac.uk](http://www.lal.ac.uk)

▲ These courses may be free. Eligibility applies, please see Fees section.

● Material costs/software requirements may apply ● Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online – please enquire.



Help your Child with SATs Year 2 Maths	BFMN1007B	Online	THU	28th January	9.30am – 12pm	1	FREE
Help your Child with SATs Year 2 Maths	BFMN1007C	Online	TUE	9th February	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 2 Maths	BFMN1007D	Online	TUE	9th February	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 2 Maths	BFMN1007E	Online	THU	11th February	9.30am – 12pm	1	FREE
Help your Child with SATs Year 2 Maths	BFMN1007F	Online	FRI	26th February	9.30am – 12pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008	Online	MON	25th January	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008A	Online	TUE	26th January	9.30am – 12pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008B	Online	TUE	26th January	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008C	Online	MON	8th February	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008E	Online	TUE	9th February	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008D	Online	TUE	9th February	9.30am – 12pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008F	Online	MON	22nd February	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 6 English	BFEN1008G	Online	TUE	23rd February	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 6 Maths	BFMN1006	Online	TUE	19th January	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 6 Maths	BFMN1008	Online	TUE	19th January	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 6 Maths	BFMN1008A	Online	THU	21st January	9.30am – 12pm	1	FREE
Help your Child with SATs Year 6 Maths	BFMN1008B	Online	TUE	2nd February	12.15pm – 2.45pm	1	FREE
Help your Child with SATs Year 6 Maths	BFMN1008C	Online	TUE	2nd February	5.30pm – 8pm	1	FREE
Help your Child with SATs Year 6 Maths	BFMN1008D	Online	THU	4th February	9.30am – 12pm	1	FREE
Help your Child with SATs Year 6 Maths	BFMN1008E	Online	TUE	23rd February	12.15pm – 2.45pm	1	FREE
Keep your Child Safe Online	BWDN1012C	Online	Flexible	Available from 4th January	Flexible	1	FREE
Keep your Child Safe Online	BWDN1012D	Online	WED	10th February	5.30pm – 8pm	1	FREE
Let's Engineer	BWDN1014C	Online	Flexible	Available from 4th January	Flexible	1	FREE
Look Who's Talking	BFEN1002C	Online	Flexible	Available from 4th January	Flexible	5	FREE
Look Who's Talking	BFEN1002D	Online	WED	3rd March	9.30am – 12pm	4	FREE
Nature Detectives	BWDN1013A	Online	Flexible	Available from 4th January	Flexible	1	FREE
Science Spectacular	BWDN1015C	Online	Flexible	Available from 4th January	Flexible	1	FREE

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

Our Family Learning Team work in partnership with local schools and nurseries to offer a wide range of FREE, online, fun courses to families across Lancashire.

Our online courses are a great way for you to learn together with your child and discover more about how they learn. Courses are delivered as Live Online Classrooms for individual schools, or a number of Online Flexible Learning courses for families.

Courses include Family Yoga, Let's Engineer, Help your Child with SATs, Family English and Maths and much 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, visit [www.lal.ac.uk](http://www.lal.ac.uk)



Food Safety and Cookery

If you have a culinary interest, then get involved in one of our edible gifts or microwave cookery courses, or earn your Level 2 Award in Food Safety and take control of your future.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Be My Valentine: Edible Gifts	BHBN1116	Online	TUE	2nd February	6pm – 8pm	2	FREE	
Be My Valentine: Edible Gifts	BHBN1116A	Online	THU	4th February	10am – 12pm	2	FREE	
Edible Easter Gifts	BHBN1118	Online	TUE	16th March	10am – 12pm	2	FREE	
Edible Easter Gifts	BHBN1118A	Online	WED	17th March	6pm – 8pm	2	FREE	
Experience Microwave Cookery	BHBN1023	Online	THU	18th March	10am – 12pm	2	FREE	
Food Safety in Catering Level 2 Award	BHSN1001B	Online	THU	21st January	Flexible	3	£45	▲
Food Safety in Catering Level 2 Award	BHSN1001C	Online	FRI	29th January	Flexible	3	£45	▲
Food Safety in Catering Level 2 Award	BHSN1001D	Online	THU	4th March	Flexible	3	£45	▲
Food Safety in Catering Level 2 Award	BHSN1001E	Online	FRI	5th March	Flexible	3	£45	▲

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- ▲ These courses may be free. Eligibility applies, please see Fees section.
- Material costs/software requirements may apply
- Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online - please enquire.



# Hairdressing and Beauty

Retrain in this exciting industry or improve your skillset with our range of courses including Hairdressing, Gel Polish, Self Tanning, Brows and Lashes Masterclasses. Take control of your career.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
All Things Brows Masterclass	ABTSP001C	Accrington and Rossendale College	MON	15th February	9am – 4.30pm	1	£100
All Things Brows Masterclass	NBTSP001C	Nelson and Colne College	MON	29th March	9am – 4.30pm	1	£100
Barber Professional Fast Track	NHASP204A	Nelson and Colne College	MON & WED	1st February	5.30pm – 9.30pm	22	£565 <span>▲●</span>
Gel Polish Masterclass	ABTSP001D	Accrington and Rossendale College	TUE	16th February	10am – 4.30pm	6	£100
Gel Polish Masterclass	NBTSP001D	Nelson and Colne College	WED	31st March	10am – 4.30pm	6	£100
Hair Techniques Level 2 Certificate	AHASP202A	Accrington and Rossendale College	MON & TUE	1st February	5.30pm – 9.30pm	18	£565 <span>▲●</span>
Individual Lashes Masterclass	NBTSP001E	Nelson and Colne College	TUE	16th February	9.30am – 5pm	1	£100 <span>●</span>
Individual Lashes Masterclass	ABTSP001E	Accrington and Rossendale College	TUE	30th March	9.30am – 5pm	1	£100 <span>●</span>
Introduction to Body Massage	NBTSP002	Nelson and Colne College	MON	1st February	6.30pm – 9.30pm	10	£250
Long Hair Styling Level 2 Award	AHASP205	Accrington and Rossendale College	MON	1st February	5.30pm – 7.30pm	18	£200
Make-up Techniques Masterclass (including Eye Treatments)	NBTSP201A	Nelson and Colne College	MON	1st February	5.30pm – 9.30pm	18	£565 <span>▲●</span>
Make-up Techniques Masterclass (including Eye Treatments)	ABTSP201A	Accrington and Rossendale College	TUE	2nd February	5.30pm – 9.30pm	18	£565 <span>▲●</span>
Self Tanning Masterclass	ABTSP001A	Accrington and Rossendale College	MON	15th February	9.30am – 12pm	1	£100
Self Tanning Masterclass	NBTSP001A	Nelson and Colne College	MON	29th March	9.30am – 12pm	1	£100
Waxing Techniques	NBTSP003	Nelson and Colne College	MON	1st February	6.30pm – 9.30pm	10	£100 <span>▲</span>
Women's and Men's Hairdressing Level 2 Diploma*	AHASP201A	Accrington and Rossendale College	TUE & WED	2nd March	6.30pm – 8.30pm	19	£1,865 <span>▲●</span>

\*Prior achievement required – please enquire.



# Health and Social Care

If you work in the Health and Social Care sector or are looking to start a career in this rewarding industry, we have a range of courses suited to you. These include Infection Prevention and Control, Drug and Alcohol Awareness and an Introduction to Learning Disabilities, as well as courses in Safeguarding and Mental Health.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Awareness of Protection and Safeguarding Adults, Children and Young People Level 1	BHSN1008A	Online	Flexible	12th January	Flexible	5	£45 <span>▲</span>
Awareness of Protection and Safeguarding Adults, Children and Young People Level 1	BHSN1008B	Online	Flexible	23rd February	Flexible	5	£45 <span>▲</span>
Counselling Skills Level 2 Certificate	AAHEP202A	Accrington and Rossendale College	TUE	26th January	9.30am – 3pm	18	£470 <span>▲</span>
Drug and Alcohol Awareness Level 1 Award	BHSN1018	Online	Flexible	13th January	Flexible	6	£95 <span>▲</span>
Drug and Alcohol Awareness Level 1 Award	BHSN1018A	Online	Flexible	24th February	Flexible	6	£95 <span>▲</span>
Emotional Resilience	BHSN1011	Online	Flexible	14th January	Flexible	2	FREE
Emotional Resilience	BHSN1011A	Online	Flexible	4th February	Flexible	2	FREE
Get into Working in the Health and Social Care Sector	BHSN1020A	Online	Flexible	18th January	Flexible	2	FREE
Get into Working in the Health and Social Care Sector	BHSN1020B	Online	Flexible	1st February	Flexible	2	FREE
Get into Working in the Health and Social Care Sector	BHSN1020C	Online	Flexible	22nd February	Flexible	2	FREE
Get into Working in the Health and Social Care Sector	BHSN1020	Online	Flexible	8th March	Flexible	2	FREE
Health and Social Care Level 1 Certificate	BHSN1019	Northlight, Brierfield Mill	THU	14th January	9.30am – 12.30pm	10	£95 <span>▲</span>
Infection Prevention and Control in Health and Social Care Level 2	BHSN1006A	Online	Flexible	11th January	Flexible	5	£45 <span>▲</span>
Infection Prevention and Control in Health and Social Care Level 2	BHSN1006B	Online	Flexible	22nd February	Flexible	5	£45 <span>▲</span>
Introduction to Autism Spectrum Condition Level 1	BHSN1004C	Online	Flexible	12th January	Flexible	5	£45 <span>▲</span>
Introduction to Autism Spectrum Condition Level 1	BHSN1004A	Online	Flexible	14th January	Flexible	5	£45 <span>▲</span>
Introduction to Autism Spectrum Condition Level 1	BHSN1004B	Online	TUE	23rd February	Flexible	5	£45 <span>▲</span>
Introduction to Dementia Level 1	BHSN1007A	Online	THU	14th January	Flexible	5	£45 <span>▲</span>
Introduction to Dementia Level 1	BHSN1007B	Online	THU	25th February	Flexible	5	£45 <span>▲</span>
Introduction to Learning Disabilities Level 1	BHSN1003C	Online	TUE	12th January	Flexible	5	£45 <span>▲</span>
Introduction to Learning Disabilities Level 1	BHSN1003A	Online	THU	14th January	Flexible	5	£45 <span>▲</span>
Introduction to Learning Disabilities Level 1	BHSN1003B	Online	TUE	23rd February	Flexible	5	£45 <span>▲</span>
Mental Health Awareness Level 1	BHSN1005A	Online	TUE	12th January	Flexible	5	£45 <span>▲</span>

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- ▲ These courses may be free. Eligibility applies, please see Fees section.
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In partnership with:



# Health and Social Care Hub

#everydayisdifferent  
when you care.

Increase your knowledge and skills with a Health and Social Care Work Ready course.

Employers from across Lancashire have provided their expert knowledge and input into designing the curriculum so that it perfectly meets employer needs, giving you a unique head start in your career.

As the Health and Social Care sector is predicted to grow across Lancashire, there is no better time to join this industry.

On this course, you will study a range of subjects including: Mental Health Awareness | Equality and Inclusion | Learning Disabilities | Cleaning and Hygiene within Care Settings | Protection and Safeguarding | Emergency First Aid at Work | Practical Infection Prevention | Preparation for Interview Skills | Nutrition and Hydration | and much more!

To find out more information or to register your interest visit [www.lal.ac.uk](http://www.lal.ac.uk)

At the end of the programme you will gain a:

**FREE Enhanced Online DBS Check and a potential interview with an employer**

## Health and Social Care Courses continued

Mental Health Awareness Level 1	BHSN1005B	Online	FRI	22nd February	Flexible	5	£45	▲
Preparing to Work in Adult Social Care Level 1 Award	BHSN1017	Northlight, Brierfield Mill	TUE	12th January	9.30am – 12.30pm	10	£95	▲
Principles of Dementia Care Level 2 Certificate	BHSN1021	Online	FRI	15th January	Flexible	10	£230	▲
Skills for Health and Social Care Professions Level 2 Certificate – Children and Wellbeing Pathway	BHSN1016A	Online	MON	11th January	Flexible	10	£230	▲
Skills for Health and Social Care Professions Level 2 Certificate – Healthcare Pathway	BHSN1016B	Online	MON	11th January	Flexible	10	£230	▲
Skills for Health and Social Care Professions Level 2 Certificate – Social Care Pathway	BHSN1016	Online	WED	13th January	Flexible	10	£230	▲
Understanding Children and Young People's Mental Health Level 2 Certificate	BHSN1014	Online	WED	6th January	Flexible	11	£230	▲
Understanding Children and Young People's Mental Health Level 2 Certificate	BHSN1014A	The Waterside Centre	THU	7th January	9.30am – 12.30pm	11	£230	▲
Understanding Common Childhood Illnesses Level 2	BHSN1013	The Waterside Centre	TUE	5th January	9.30am – 12.30pm	11	£230	▲
Understanding of Attention Deficit Hyperactivity Disorder (ADHD)	BHSN1009A	Online	WED	13th January	Flexible	5	£45	▲
Understanding of Attention Deficit Hyperactivity Disorder (ADHD)	BHSN1009B	Online	FRI	26th February	Flexible	5	£45	▲
Understanding Safeguarding and Prevent Level 2 Certificate	BHSN1012	Online	MON	4th January	Flexible	11	£230	▲
Understanding Working with People with Mental Health Needs Level 2 Certificate	BHSN1015	The Waterside Centre	THU	7th January	1pm – 4pm	11	£230	▲



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# Health and Wellbeing

Our Health and Wellbeing is more important than ever following a turbulent and unprecedented year. Our courses include Home Exercise, Relaxation Techniques, Kickstart your Health and Yoga for Stress and Anxiety, and are a perfect way to boost your physical and mental health.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
5 Ways to Improve your Mental Wellbeing	BHBN1000C	Online	THU	14th January	1pm – 3pm	2	FREE
5 Ways to Improve your Mental Wellbeing	BHBN1000D	Online	MON	1st February	6pm – 8pm	2	FREE
5 Ways to Improve your Mental Wellbeing	BHBN1000E	Online	THU	25th February	10am – 12pm	2	FREE
Creative Ways to Improve your Wellbeing	BHBN1097E	Online	WED	20th January	6pm – 8pm	2	FREE
Creative Ways to Improve your Wellbeing	BHBN1097F	Online	TUE	26th January	1pm – 3pm	2	FREE
Creative Ways to Improve your Wellbeing	BHBN1097G	Online	WED	3rd March	6pm – 8pm	2	FREE
Creative Ways to Improve your Wellbeing	BHBN1097H	Online	MON	15th March	10am – 12pm	2	FREE
Finding Positives in Challenging Times	BHBN1115	Online	MON	18th January	10am – 12pm	2	FREE
Finding Positives in Challenging Times	BHBN1115A	Online	WED	3rd February	6pm – 8pm	2	FREE
Finding Positives in Challenging Times	BHBN1115B	Online	WED	24th February	10am – 12pm	2	FREE
Introduction to Home Exercise	BHBN1096C	Online	TUE	16th March	6pm – 8pm	2	FREE
It's a Man's Life	BHBN1003D	Online	WED	3rd February	10am – 12pm	2	FREE
Kickstart your Health	BHBN1120	Online	THU	21st January	10am – 12pm	3	FREE
Kickstart your Health	BHBN1120A	Online	TUE	26th January	1pm – 3pm	3	FREE
Kickstart your Health	BHBN1120B	Online	TUE	9th March	6pm – 8pm	3	FREE
Mindfulness Techniques for Everyday Living	BHBN1005G	Online	TUE	12th January	6pm – 8pm	2	FREE
Mindfulness Techniques for Everyday Living	BHBN1005H	Online	FRI	22nd January	10am – 12pm	2	FREE

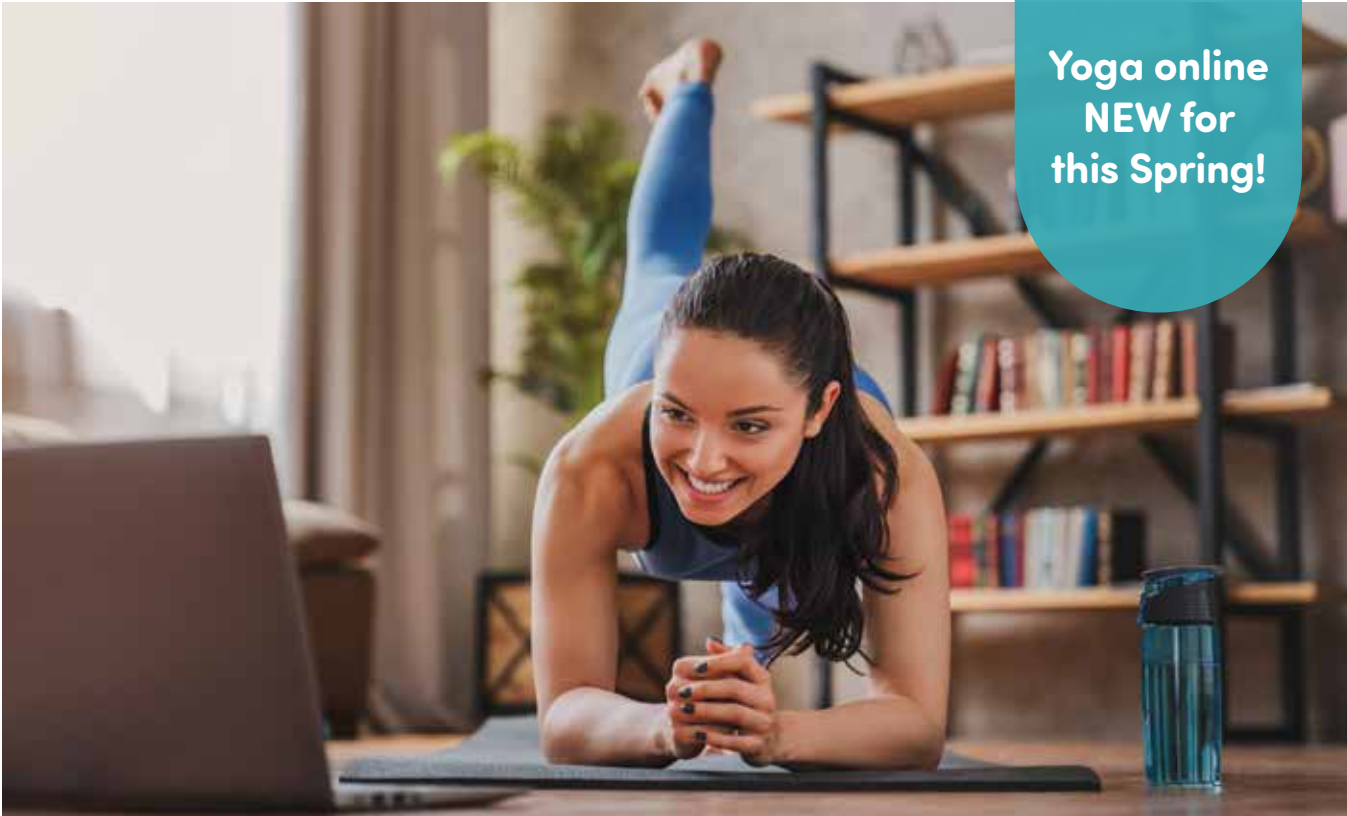


**Our courses link to national campaigns and awareness themes.**

Here are a few to look out for this Spring:

- Better Health – NHS
- Blue Monday
- National Obesity Awareness Week
- World Cancer Day
- Time to Talk Day
- You Can Care Week
- Stress Awareness Month
- World Health Day

Follow the latest activities: [f Lancashire Adult Learning](#)



**Yoga online  
NEW for  
this Spring!**

Mindfulness Techniques for Everyday Living	BHBN1005I	Online	TUE	16th March	6pm – 8pm	2	FREE
Mindfulness Techniques for Everyday Living	BHBN1005J	Online	WED	17th March	10am – 12pm	2	FREE
Screening for Prevention and Good Health: Everything You Need to Know	BHBN1119	Online	TUE	2nd February	10am – 12pm	2	FREE
Simple Relaxation Techniques	BHBN1095F	Online	TUE	12th January	1pm – 3pm	2	FREE
Simple Relaxation Techniques	BHBN1095E	Online	MON	18th January	6pm – 8pm	2	FREE
Simple Relaxation Techniques	BHBN1095H	Online	MON	22nd February	1pm – 3pm	2	FREE
Simple Relaxation Techniques	BHBN1095G	Online	TUE	23rd February	6pm – 8pm	2	FREE
Simple Relaxation Techniques	BHBN1095J	Online	MON	1st March	6pm – 8pm	2	FREE
Simple Relaxation Techniques	BHBN1095I	Online	TUE	16th March	1pm – 3pm	2	FREE
Singing and Music for Wellbeing	BHBN1117	Online	TUE	26th January	10am – 12pm	2	FREE
Singing and Music for Wellbeing	BHBN1117A	Online	TUE	16th March	6pm – 8pm	2	FREE
Yoga for Stress and Anxiety	BHBN1110B	Online	TUE	19th January	10am – 12pm	2	FREE
Yoga for Stress and Anxiety	BHBN1110C	Online	WED	17th March	10am – 12pm	2	FREE

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- Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online - please enquire.

# Health, Safety and First Aid

Learn skills that could help you save a life, from Basic Lifesaving Skills to Lancashire Lifesavers. You can also learn Health and Safety skills in the workplace that can help you take control of your future.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Basic Lifesaving Skills	BHSN1010	Online	TUE	19th January	6pm – 8.30pm	1	FREE
Basic Lifesaving Skills	BHSN1010A	Online	THU	21st January	10am – 12.30pm	1	FREE
Basic Lifesaving Skills	BHSN1010B	Online	MON	22nd February	6pm – 8.30pm	1	FREE
Basic Lifesaving Skills	BHSN1010C	Online	TUE	23rd February	12.15pm – 2.45pm	1	FREE
Health and Safety in the Workplace Level 1	BHSN1002A	Online	MON	11th January	Flexible	5	£45
Lancashire Lifesavers	BHBN1004L	Online	MON	11th January	10am – 11.30am	1	FREE
Lancashire Lifesavers	BHBN1004M	Online	TUE	12th January	6pm – 7.30pm	1	FREE
Lancashire Lifesavers	BHBN1004N	Online	FRI	15th January	10am – 11.30am	1	FREE
Lancashire Lifesavers	BHBN1004O	Online	MON	18th January	1pm – 2.30pm	1	FREE
Lancashire Lifesavers	BHBN1004P	Online	MON	8th February	6pm – 7.30pm	1	FREE
Lancashire Lifesavers	BHBN1004Q	Online	TUE	9th February	12.30pm – 2pm	1	FREE
Lancashire Lifesavers	BHBN1004R	Online	TUE	23rd February	9.30am – 11am	1	FREE
Lancashire Lifesavers	BHBN1004S	Online	FRI	5th March	10am – 11.30am	1	FREE
Lancashire Lifesavers	BHBN1004T	Online	WED	10th March	10am – 11.30am	1	FREE
Lancashire Lifesavers	BHBN1004U	Online	THU	18th March	1pm – 2.30pm	1	FREE

# Horticulture

Take control of your health and wellbeing while getting outdoors, with courses including Gardening for Pleasure and Grow Your Own Herbs, Veg and Flowers. There is no better way to boost your mood and improve your health.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Grow your Own: Herbs, Veg and Flowers	BHBN1011	Online	THU	18th March	10am – 12pm	2	FREE
Introduction to Gardening for Pleasure	BHBN1111	Accrington and Rossendale College	THU	7th January	9.30am – 12.30pm	6	£45
Outdoor Spaces: Your Community and You – Get Started	BHBN1113	Accrington and Rossendale College	THU	7th January	1.30pm – 4.30pm	5	£45
Outdoor Spaces: Your Community and You – Get Involved	BHBN1114	Accrington and Rossendale College	THU	11th February	1.30pm – 4.30pm	6	£95
Practical Horticulture Skills Level 1 Award	BHBN1112	Accrington and Rossendale College	THU	25th February	9.30am – 12.30pm	5	£95

# Humanities

Discover Lancashire’s history from Medieval times to now, or spark your Creative Writing journey, with one of our fascinating Humanities courses.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Creative Writing Beginners	BHNN1000B	Online	WED	13th January	6pm – 8.30pm	9	FREE
Creative Writing Intermediate	BHNN1020B	Online	MON	11th January	1pm – 3.30pm	10	FREE
Creative Writing Intermediate	BHNN1020C	Online	FRI	15th January	10am – 12.30pm	10	FREE
Discover the Work of Aristotle	BHNN1032	Online	MON	22nd February	9.30am – 12pm	5	FREE
Discover the Work of Marxism	BHNN1033	Online	MON	18th January	9.30am – 12pm	4	FREE
Discover: Lancashire in the 19th Century	BHNN1034	Online	TUE	23rd February	1pm – 3.30pm	5	FREE
Discover: Medieval Monasteries of Lancashire	BHNN1035	Online	TUE	19th January	1pm – 3.30pm	4	FREE
Philosophy Intermediate	BHNN1024A	Online	TUE	12th January	9.30am – 12pm	10	FREE

# ICT and Digital

As the world moves more online, develop and improve your Digital skills to help you stay connected – with a wide range of courses for all levels. From courses for your business, to Introductions to Microsoft Office Applications and How To Use Your Tablet, to HNC/D qualifications at our University Centre, there is something to suit you.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
HNC in Computing Full Time	NICTHF401XFE	Nelson and Colne College	WED & THU	10th February	6pm-9pm 9am-9pm	30	£7725
HNC in Computing Part Time	NICTHP401XFE	Nelson and Colne College	WED OR THU	10th February	Various options	30 per year	£4120 per year
HND in Computing Full Time	NICTHF501XFE	Nelson and Colne College	MON & TUE	8th February	9am-9pm 6pm-9pm	30	£7725
HND in Computing Part Time	NICTHP501XFE	Nelson and Colne College	MON OR TUE	8th February	Various options	30 per year	£4120 per year
Creating a Professional WordPress Website	BICN1022	Online	MON	25th January	6pm – 8.30pm	3	FREE
Creating a Professional WordPress Website	BICN1022A	Online	MON	8th March	6pm – 8.30pm	3	FREE
Database Design (HNC Computing Module)	NICTHP402	Nelson and Colne College	THU	11th February	1pm – 4pm	16	£499
Digital Champions	BICN1021	Online	WED	20th January	9.30am – 12pm	4	FREE
Digital Champions	BICN1021A	Online	WED	3rd March	9.30am – 12pm	4	FREE
ICT Functional Skills Online Fast Track Level 2	BICT1000G	Online	MON	18th January	6pm – 8.30pm	12	FREE
Introduction to Excel	BICN1004A	Online	Flexible	Available from 4th January	Flexible	4	FREE

Don't worry if you miss the start date for our online 'flexible' courses, you will still be able to enrol online at [www.lal.ac.uk](http://www.lal.ac.uk)

- These courses may be free. Eligibility applies, please see Fees section.
- Material costs/software requirements may apply
- Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online – please enquire.



Introduction to Google Suite	BICN1008A	Online	THU	7th January	Flexible	4	FREE
Introduction to Microsoft PowerPoint	BICN1006A	Online	MON	4th January	Flexible	4	FREE
Introduction to Microsoft Publisher	BICN1007A	Online	FRI	8th January	Flexible	4	FREE
Introduction to Microsoft Word	BICN1005A	Online	MON	4th January	Flexible	4	FREE
Introduction to Using a Tablet (Digital Buddies)	BICN1015C	Online	THU	14th January	2pm - 4pm	5	FREE
Introduction to Using a Tablet (Digital Buddies)	BICN1015D	Online	THU	4th March	2pm - 4pm	4	FREE
Introduction to Website Design	BICN1013D	Online	MON	11th January	6pm - 8.30pm	2	FREE
Introduction to Website Design	BICN1013E	Online	MON	22nd February	6pm - 8.30pm	2	FREE
Networking (HNC Computing Module)	NICTHP403	Nelson and Colne College	THU	11th February	9am - 12pm	16	£499
Prevent Identity Theft Online	BICN1018A	Online	TUE	9th February	1.30pm - 4pm	1	FREE
Understanding Amazon	BICN1016A	Online	TUE	9th February	9.30am - 12pm	1	FREE
Using Microsoft Outlook	BICN1010A	Online	FRI	8th January	Flexible	2	FREE
Using Microsoft Teams	BICN1009A	Online	THU	7th January	Flexible	2	FREE
Using Social Marketing for Business	BICN1012C	Online	THU	7th January	Flexible	2	FREE
Using Social Marketing for Business	BICN1012D	Online	MON	25th January	6pm - 8.30pm	2	FREE
Using Social Marketing for Business	BICN1012E	Online	TUE	16th March	6pm - 8.30pm	2	FREE

# Essential Digital Skills

Do you need to improve your ICT skills? Do you want to boost your employment prospects?

We offer a range of FREE flexible courses to help you get confident online. These vital skills are designed for life, work, or to support if you are looking for employment.

Your tailored programme may include nationally recognised qualifications where appropriate, such as ICT Functional Skills Level 2.

These courses will cover five key digital areas: Communicating | Handling Information and Content Transacting | Problem Solving | Being Safe and Legal Online

Enquire today to get started: [www.lal.ac.uk](http://www.lal.ac.uk)

An assessment will be required to help us tailor the programme to your needs.



# Languages

Make the most of this time and learn a language online for FREE!\* With course levels ranging from beginners to advanced, there is something for all abilities.

## French

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
French Beginners Term 2	BLGN1002C	Online	MON	11th January	1pm - 3.30pm	10	FREE
French Improvers Term 2	BLGN1001B	Online	TUE	12th January	10am - 12.30pm	10	FREE
French Intermediate Term 2	BLGN1007A	Online	MON	11th January	9.30am - 12pm	10	FREE

## German

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Discover: German History Culture and Conversation	BLGN1067A	Online	MON	11th January	10am - 12.30pm	5	FREE
German Beginners Term 1	BLGN1015	Online	TUE	12th January	9.30am - 12pm	10	FREE
German Improvers Term 2	BLGN1014B	Online	MON	11th January	6.30pm - 9pm	10	FREE
German Improvers Term 2	BLGN1014C	Online	TUE	12th January	1pm - 3.30pm	10	FREE
German Pre-Intermediate Term 2	BLGN1011A	Online	WED	13th January	10am - 12.30pm	9	FREE
German Post-Intermediate Term 2	BLGN1016A	Online	THU	14th January	6.30pm - 9pm	10	FREE

## Italian

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Introduction to Italian Art, Culture and Language	BLGN1071A	Online	TUE	19th January	1pm - 3.30pm	2	FREE
Introduction to Italian for Beginners	BLGN1077	Online	TUE	23rd February	1pm - 3pm	5	FREE
Introduction to Italian Regional Cuisine	BLGN1072A	Online	TUE	2nd February	1pm - 3.30pm	2	FREE
Italian Beginners Term 1	BLGN1022C	Online	MON	11th January	6pm - 8.30pm	10	FREE
Italian Beginners Term 1	BLGN1022D	Online	WED	20th January	10am - 12.30pm	9	FREE
Italian Improvers Term 2	BLGN1020C	Online	TUE	12th January	9.30am - 12pm	10	FREE
Italian Intermediate Term 2	BLGN1024A	Online	TUE	12th January	6pm - 8.30pm	10	FREE

\*Exclusive offer during this time.

Don't worry if you miss the start date for our online 'flexible' courses, you will still be able to enrol online at [www.lal.ac.uk](http://www.lal.ac.uk)

- ▲ These courses may be free. Eligibility applies, please see Fees section.
- Material costs/software requirements may apply
- Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online - please enquire.

Latin

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Latin Pre-Intermediate Term 1	BLGN1021A	University of Cumbria	THU	14th January	1pm - 3.30pm	10	FREE

Spanish

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST
Spanish Beginners Term 1	BLGN1028H	Online	THU	14th January	6pm - 8.30pm	10	FREE
Spanish Beginners Term 2	BLGN1028G	Online	THU	14th January	11am - 1.30pm	10	FREE
Spanish Beginners Term 2	BLGN1078	Online	WED	13th January	6pm - 8.30pm	10	FREE
Spanish Improvers Term 2	BLGN1032F	Online	MON	11th January	6pm - 8.30pm	10	FREE
Spanish Improvers Term 2	BLGN1032E	Online	MON	11th January	6.30pm - 9pm	10	FREE
Spanish Improvers Term 2	BLGN1032G	Online	TUE	12th January	2pm - 4.30pm	10	FREE
Spanish Improvers Term 2	BLGN1032H	Online	FRI	15th January	10am - 12.30pm	10	FREE
Spanish Pre-Intermediate Term 2	BLGN1035F	Online	TUE	12th January	9am - 11.30am	10	FREE
Spanish Pre-Intermediate Term 2	BLGN1035G	Online	TUE	12th January	1pm - 3.30pm	10	FREE
Spanish Pre-Intermediate Term 1	BLGN1045H	University of Cumbria	THU	14th January	6.30pm - 9pm	10	FREE
Spanish Intermediate Term 1	BLGN1030C	Online	TUE	12th January	9.30am - 12pm	10	FREE
Spanish Intermediate Term 1	BLGN1030D	Online	TUE	12th January	11.30am - 2pm	10	FREE
Spanish Post-Intermediate Term 2	BLGN1033C	Online	WED	13th January	10am - 12.30pm	9	FREE
Spanish Conversation (Advanced) Term 1	BLGN1034A	Online	TUE	12th January	6pm - 8.30pm	10	FREE



Functional Skills

# Maths and English

Maths or English holding you back? Need to boost your employment prospects?

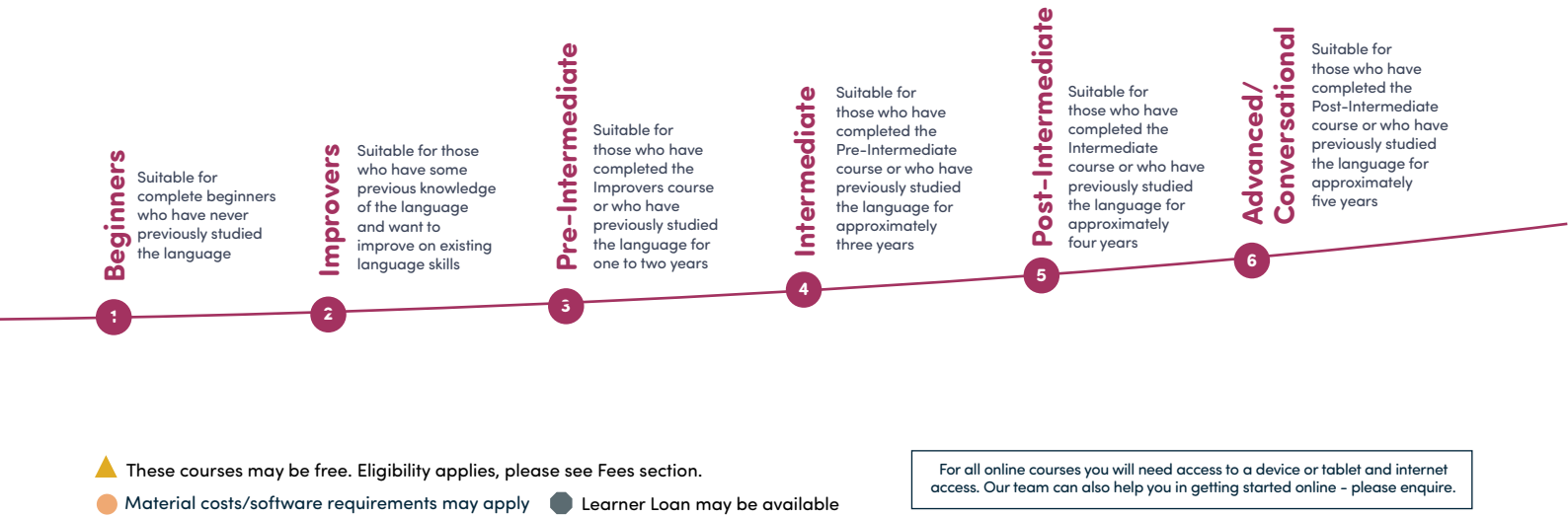
We offer short, flexible **FREE** Functional Skills Maths and English courses online and across Lancashire at a wide range of venues, which will help you develop skills for life, work or if you are looking for employment. There are two programmes available, to include:

**NEW Online Fast Track Programme**  
Upgrade your skills in just 10 weeks and from the comfort of your own home!  
(available for Level 1 and 2 programmes)\*

**Community Learning**  
Courses delivered in a range of venues across Lancashire  
(available for Entry to Level 2 programmes)

Whichever programme you choose there will be a range of resources, tutorials and 1:1 support available to help you along the way.

\*For all our online courses you will require access to a PC or laptop and internet. Places on the fast track programme are limited and subject to eligibility. You will not have already achieved a Level 2 qualification in these areas.



Assessment required.

## GCSE Maths or English

Require essential GCSE qualifications in Maths or English to progress?

Register your interest for courses starting in September at one of our College campuses. Visit [www.accross.ac.uk](http://www.accross.ac.uk) or [www.nelson.ac.uk](http://www.nelson.ac.uk)



# Sport

Earn your Level 2 Certificate in Fitness Instructing. Take control of your career in Sport with Lancashire Adult Learning.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Fitness Instructing Level 2 Certificate	ASPOP201B	Accrington and Rossendale College	TUE	2nd February	6pm – 9pm	23	£315	▲

# Volunteering

If you’ve got more spare time than usual, why not give back to the community and socialise by donating your time? Our wide range of courses can give you access to our community networks and provide a fulfilling use for your free time.

COURSE	CODE	VENUE	DAY	DATE	TIME	WEEKS	COST	
Bitesize: Mentoring	BCVN1014A	Online	WED	20th January	10am – 1pm	3	FREE	
Bitesize: Mentoring	BCVN1014	Online	THU	4th March	1.30pm – 3pm	3	FREE	
Bitesize: Mentoring	BCVN1014B	Online	WED	10th March	10am – 1pm	3	FREE	
Bitesize: Risk Assessment	BCVN1008B	Online	WED	13th January	9.30am – 11am	1	FREE	
Bitesize: Risk Assessment	BCVN1008C	Online	THU	21st January	1pm – 2.30pm	1	FREE	
Bitesize: Risk Assessment	BCVN1008D	Online	THU	25th February	9.30am – 11am	1	FREE	
Dementia Awareness	BCVN1015	Online	MON	25th January	9.30am – 12pm	1	FREE	
Dementia Awareness	BCVN1015A	Online	MON	1st March	9.30am – 12pm	1	FREE	
Developing a Community Project	BCVN1006B	Online	TUE	19th January	5.30pm – 8.30pm	8	FREE	
Developing a Community Project	BCVN1006C	Online	THU	21st January	10am – 1pm	8	FREE	
Get into Mentoring (Stage 1)	BCVN1023	Online	WED	13th January	10am – 11am	1	FREE	
Get into Mentoring (Stage 1)	BCVN1023A	Online	THU	25th February	1.30pm – 3pm	1	FREE	
Get into Mentoring (Stage 1)	BCVN1023B	Online	WED	3rd March	10am – 11am	1	FREE	
Get into Mentoring Level 2 (Stage 2)	BCVN1024	Online	WED	10th February	10am – 1pm	12	£230	▲
Get into Volunteering	BCVN1001I	Online	MON	11th January	10am – 11.30am	1	FREE	
Get into Volunteering	BCVN1001K	Online	TUE	12th January	10am – 11.30am	1	FREE	
Get into Volunteering	BCVN1001L	Online	TUE	12th January	1pm – 2.30pm	1	FREE	

▲ These courses may be free. Eligibility applies, please see Fees section.  
● Material costs/software requirements may apply ● Learner Loan may be available

For all online courses you will need access to a device or tablet and internet access. Our team can also help you in getting started online - please enquire.

Get into Volunteering	BCVN1001M	Online	THU	14th January	1pm – 2.30pm	1	FREE	
Get into Volunteering	BCVN1001J	Online	MON	18th January	10am – 11.30am	1	FREE	
Get into Volunteering	BCVN1001O	Online	TUE	19th January	10am – 11.30am	1	FREE	
Get into Volunteering	BCVN1001N	Online	THU	21st January	9.30am – 12pm	1	FREE	
Information Advice and Guidance Level 1	BCVN1016	Online	WED	20th January	9.30am – 12pm	5	FREE	
Information Advice and Guidance Level 2	BCVN1017	Online	WED	3rd March	9.30am – 12pm	12	FREE	
Introduction to Autistic Spectrum Condition for Volunteers	BCVN1018	Online	FRI	15th January	9.30am – 12pm	4	£45	▲
Introduction to Conflict for Volunteers	BCVN1019	Online	MON	11th January	9.30am – 12pm	1	FREE	
Introduction to Conflict for Volunteers	BCVN1019A	Online	MON	22nd February	9.30am – 11.30am	1	FREE	
Introduction to Developing a Community Project	BCVN1020A	Online	TUE	12th January	5.30pm – 7pm	1	FREE	
Introduction to Developing a Community Project	BCVN1020	Online	THU	14th January	10am – 11.30am	1	FREE	
Introduction to Information Advice and Guidance	BCVN1021	Online	WED	13th January	9.30am – 10.30am	1	FREE	
Introduction to Mental Health Awareness for Volunteers	BCVN1022	Online	TUE	19th January	9.30am – 11am	1	FREE	
Introduction to Mental Health Awareness for Volunteers	BCVN1022A	Online	WED	3rd March	9.30am – 11am	1	FREE	
Training for Befrienders	BCVT1021B	Online	MON	25th January	1pm – 3.30pm	2	FREE	
Training for Befrienders	BCVT1021C	Online	TUE	23rd February	1pm – 3.30pm	2	FREE	
Volunteering Into Employment	BCVN1013A	Online	MON	11th January	1pm – 3pm	1	FREE	
Volunteering Into Employment	BCVN1013B	Online	MON	22nd February	1pm – 3pm	1	FREE	
Volunteer Training Programme	BCVN1003B	Online	MON	25th January	9.30am – 12pm	6	FREE	
Volunteer Training Programme	BCVN1003C	Online	TUE	26th January	9.30am – 12pm	6	FREE	
Volunteer Training Programme	BCVN1003D	Online	THU	28th January	1pm – 3.30pm	6	FREE	

## Volunteering has never been so important!

Are you a community group, project or charity that works with volunteers? Are you looking to start your own community group, but don’t know where to start? Or are you an existing volunteer, looking to boost your skills?

We can deliver FREE online volunteer training. We offer flexible provision covering a range of areas and can work with you to design a tailor-made programme to suit your needs.

We have programmes for:  
Individuals | Volunteering Groups | Organisations, Charities and Community Groups

# Enrolling, Support and Guidance

## How to Enrol

**Found a course that you would like to try?  
Enrolling is easy.**

### Ways to Enrol

You can enrol online at [www.lal.ac.uk](http://www.lal.ac.uk) or you can call us on: **0333 003 1717**

### 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 full fee remission may be available if you are:

In receipt of;

- Jobseeker's Allowance
- Employment and Support Allowance
- Universal Credit
- Another state benefit (conditions apply)
- Studying for your first full Level 2 qualification on an eligible course
- Aged 19-23 and studying for your first full Level 3 qualification on an eligible course

In addition, fee remission may apply for those in employment with a gross annual income of less than £17,000, for some Level 1 and 2 programmes. Please enquire.

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), [www.nelson.ac.uk](http://www.nelson.ac.uk) or [www.accross.ac.uk](http://www.accross.ac.uk)

### Time Credits

Time Credits can be used as full payment for Community Learning and Skills courses. For more information on the Time Credits scheme, head to: [www.timecredits.com](http://www.timecredits.com)

## How to Pay

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

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

### 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/advancedlearner-loan](http://www.gov.uk/advancedlearner-loan)

Please enquire for more information.

### University Centre

☎ 0333 003 1717

✉ [he@nelsongroup.ac.uk](mailto:he@nelsongroup.ac.uk)

### Student Services

☎ 01282 440 209

✉ [studentservices@nelsongroup.ac.uk](mailto:studentservices@nelsongroup.ac.uk)

## Additional Learning Support

### Need support with learning?

If you have a learning difficulty or disability, physical disability, visual impairment or hearing impairment, we will do our best to provide you with the support, equipment, access and learning resources that you might need throughout your time at College. Please mention this on your application to College, during your interview or to your tutor during induction. A member of our Additional Learning Support Team will then contact you to discuss your needs and ensure that the appropriate support is in place.

Support is confidential and information provided will only be shared with the appropriate professionals to meet your individual needs. Our team is committed to ensuring that every student has the support and resources to achieve their full potential. Please contact any of our Additional Learning Support team for further assistance:

✉ [als.lal@nelsongroup.ac.uk](mailto:als.lal@nelsongroup.ac.uk)

☎ Lancashire Adult Learning  
**0333 033 1717**

☎ Nelson and Colne College  
**01282 440 310**

☎ Accrington and Rossendale College  
**01254 354 050**

## Information, Advice and Guidance

### Would you like some advice about a course or guidance on starting a new career?

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

- Choosing the right qualification
- Careers advice and CV development
- Understanding Labour Market Information
- Exploring career options, employment, Apprenticeship, university or volunteering opportunities

Our advice is free to all adults aged 19 years and over in Lancashire. Please contact any of our Careers Zone advisers for further assistance:

✉ [careers@nelsongroup.ac.uk](mailto:careers@nelsongroup.ac.uk)

☎ Lancashire Adult Learning  
**0333 033 1717**

☎ Nelson and Colne College  
**01282 440 259**

☎ Accrington and Rossendale College  
**01254 354 037**

## Our Venues

**Accrington and Rossendale College**  
Sandy Lane, Accrington, BB5 2AR

**Halton Mill**  
Mill Lane, Halton, Lancaster, LA2 6ND

**Lancashire Adult Learning**  
Northlight, Brierfield Mill, Glen Way,  
Brierfield, BB9 5NH

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

**The Waterside Centre**  
St James Court West, Accrington, BB5 1NA

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



# Forthcoming Events

## Help your Child with their SATs Year 2 and 6 in Maths and English

Information for parents about the key national assessments that their children will undertake.

Online | Various days and times available through January and February

## Nature Detectives

Nature-based craft activities for the family

Online Flexible | Available from 4th January

## Let's Engineer

STEM themed family problem solving activities

Online Flexible | Available from 5th January

## Science Spectacular

Fun with Science for all the family

Online Flexible | Available from 5th January

## Get into: Facilities

Advice and guidance from our experts about first steps to a career in this sector

Online | 19th January | 10am - 12pm

## Get into: Working in Schools or Colleges

Advice and guidance from our experts about first steps to a career in this sector

Online | 19th January | 9.30am - 12pm

## Take Control of your Health and Wellbeing

Helpful tips to make simple changes to improve your lifestyle and wellbeing

Online | 20th January | 10.30pm - 12.30pm

## Get into: Childcare

A first step into finding out about careers in childcare

Online | 21st and 22nd January | 9.30am - 12pm

## Understanding Amazon

Get the most from Amazon including ordering, understanding key terminology and Amazon Prime

Online | 9th February | 9.30am - 12pm

## Prevent Identity Theft Online

Helpful tips to stay safe online

Online | 9th February | 1.30pm - 4pm

## Planning and Facilitating Exercise for Older Adults

Practical support and activities for helping others with exercise

Online | 23rd February | 2pm - 3pm

## You Can Care Week

Find out more about the rewards and opportunities of working in the Care sector

Online | 23rd February | 2pm - 3pm

For more information and to register for these events please visit [www.lal.ac.uk](http://www.lal.ac.uk)

## Adult Information and Guidance Events

**Accrington and Rossendale College**

Tuesday 12th January | 4pm - 8pm

**Nelson and Colne College**

Thursday 14th January | 4pm - 8pm

Part of the



All details 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), [www.nelson.ac.uk](http://www.nelson.ac.uk) or [www.accross.ac.uk](http://www.accross.ac.uk)

Please book early to avoid disappointment.