



Lancashire  
Adult Learning

NELSON & COLNE  
COLLEGE

ACCRINGTON & ROSENDALE  
COLLEGE

# Connect

## NEWSLETTER

SPRING/SUMMER 2021 EDITION

FIND OUT HOW  
**SOCIAL MEDIA**  
CAN HELP WITH YOUR  
**JOB SEARCH**

PAGE 20

TRY OUR  
**TOP 5**  
LANCASHIRE WALKS

PAGE 10

LEARN HOW  
**GARDENING**  
CAN TRANSFORM  
**YOUR LIFE**

Page 14

**TIPS AND ADVICE**  
FOR PARENTS WITH CHILDREN STARTING  
**PRIMARY SCHOOL**

PAGE 8



# Welcome

Lancashire Adult Learning, alongside Nelson and Colne College and Accrington and Rossendale College, is part of the Nelson and Colne College Group. Together we offer a wide variety of courses to help adults across Lancashire, supporting the needs of many. Whether you need to retrain, upskill, or develop yourself, we have courses on offer to help. We can even provide tailored support for businesses, community groups, and schools.

Our newsletter is a place where we can celebrate all the great things our adult learners, partners, and staff do, but also share with you the amazing programmes we have available for you this Spring/Summer. We also offer practical advice, tips, and information to support you in your day-to-day life, from wellbeing tips to employability skills and online events for you and your family.



## What's on offer?

Our courses are designed with you in mind, wherever you are in life. Whether that's supporting your family, starting a new career, or wanting to learn something new – we have created courses that focus on you, your employability and your family.

### Developing Yourself

#### Looking for Work

#### Retraining

#### Supporting Your Family

**FREE** online flexible courses available now!

Explore our offer throughout this newsletter.

You can also visit [www.lal.ac.uk](http://www.lal.ac.uk) and ask us a question on Live Chat

## Contents Spring/Summer

### 4 | News

Find out what's been going on in the world of adult learning in Lancashire.

### FOCUS ON EMPLOYABILITY

#### 17 | Meet Tom

Tom went from an office job to barber with a professional qualification.

#### 18 | Interview success

Get interview-ready with our best tip for interview success.

#### 19 | Social Media

Explore how social media can help you with your job search.

#### 21 | Meet Fatima

With help from Lancashire Adult Learning Fatima went from housewife to primary school volunteer.

### FOCUS ON YOU

#### 10 | Top Five Lancashire Walks

Get active this Spring with breath-taking nature walks in Lancashire.

#### 25 | Meet Victoria

From higher education

graduate to a promotion,

read about Victoria's

journey.

### GETTING STARTED

#### 26 | Start a FREE course

Take control and enrol now on one of our FREE online courses.

#### 27 | FAQs

Your questions about learning as an adult answered.

#### 14 | Benefits Of Gardening

Learn the importance of everyday gardening and why you should factor it into your life.

# Latest News

News



## Lancashire mum describes LAL's new Family Learning offer as a 'lifeline'

A mum-of-two from Thornton-Cleveleys has praised Lancashire Adult Learning's new homeschooling offer as a "lifeline" following the return of learning at home for the majority of school-age children.

Naomi Jensen has completed the newly-launched Homeschooling for Parents English course to support her son Oliver, aged nine, in his education, while balancing the care of her 14 month old daughter Harriet at home.

Naomi said: "I would highly recommend Lancashire Adult Learning's Family Learning offer. It has been a lifeline for me in ensuring that Oliver does not get left behind in his learning."

To support working parents who are balancing professional and/or caring commitments with schooling their children from home, English and Maths classes are being offered online free of charge and flexibly by year group by LAL's expert Family Learning team, ensuring children don't fall behind in their education.

## Mural to be exhibited after partnership between LAL and Macmillan

A mural created by Macmillan service users in West Lancashire is to be exhibited after a successful arts-based learning project with Lancashire Adult Learning.

Twenty-six people have worked on the 'Capturing a Moment in Time' project which has recorded the responses and experiences of Macmillan service users during COVID-19, and the support they have received from Macmillan and each other.

Sunflowers, a symbol of hope and new life, and handprints, to symbolise identity, connectivity and togetherness, are key aspects of the mural.

The finished mural will be exhibited virtually at the Heritage England and Arts Council-funded Once Upon Time in Ormskirk online gallery and museum in Spring 2021, with hope for a physical exhibition when circumstances allow.

## Thousands of schoolchildren gain vital lifesaving skills on Restart a Heart Day

Seven thousand schoolchildren from across Lancashire received lifesaving skills training on Restart a Heart Day through a partnership between Lancashire Adult Learning and North West Ambulance Service.

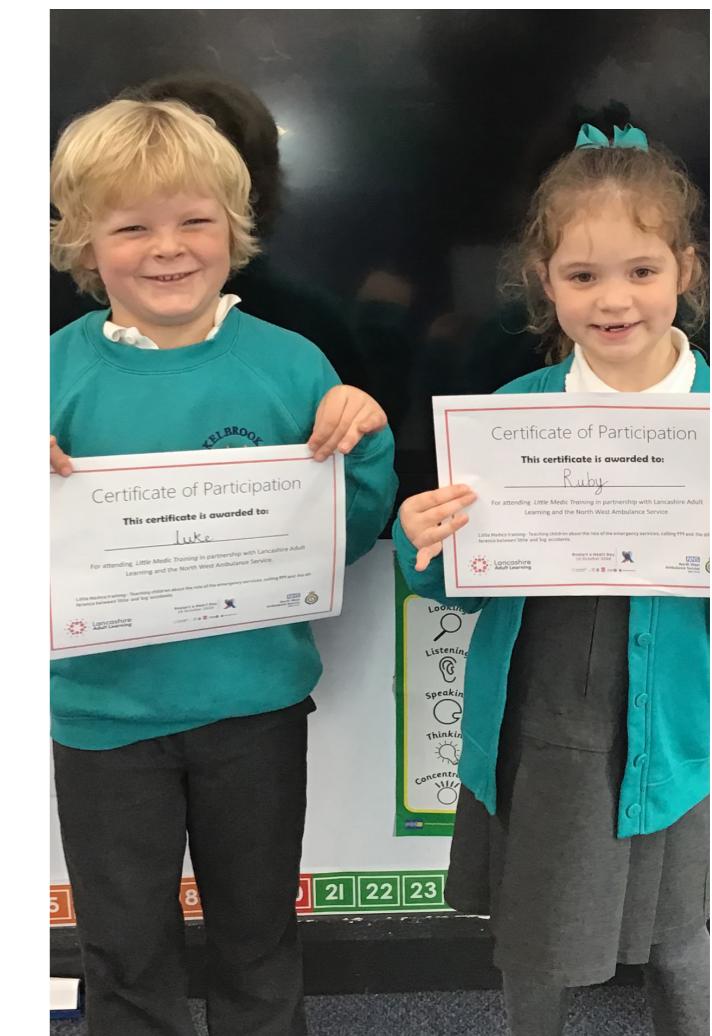
Split across two sessions – and with training delivered through Zoom – children aged four to 16 took part in the First Aid Flash Mob event.

The sessions developed knowledge around what situations require a 999 call, the difference between a cardiac arrest and a heart attack, what to do and who to call in an emergency situation, how to effectively administer CPR, and how to access a defibrillator should one be required.

## LAL Supports Learners with Laptops

Lancashire Adult Learning tutors have been out on the county's roads delivering laptops to learners so they can continue studying during lockdown.

The drive to provide laptops to learners who need them is part of an effort to support continued teaching and learning right across Nelson and Colne College Group.



## Over 400 Lancashire Residents get help with their Career from local employers

A successful Virtual Careers Fair held in partnership between Lancashire Adult Learning and the Department for Work and Pensions has been praised by the Government's Employment Minister.

Mims Davies MP supported the launch of the fair, which saw more than 400 residents across Lancashire receive insight from employers online, describing it as a "fantastic way to engage jobseekers at a very challenging time".

Attendees received a wide range of holistic support and resources to boost their career prospects, including interactive workshops from LAL's Employability and Health and Wellbeing team, and live video links to a wide range of established employers.



## Authors of their own success: LAL and Lancashire Libraries celebrate Highly Commended national accolade

The unique partnership between Lancashire Adult Learning and Lancashire Libraries gained a Highly Commended accolade in the national Festival of Learning Awards 2020.

The awards, which are led by the Learning and Work Institute, were announced during Lifelong Learning Week, and it recognised the partnership for its delivery of adult community learning and skills in 55 libraries across Lancashire County Council's 12 districts.

Prior to disruption caused by the pandemic, Lancashire Adult Learning in the 2018-19 academic year supported 2,750 learners in libraries across the Red Rose County with almost 550 courses in total.

# Focus on Family

Looking to support your family? 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 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!

To view our wide range of courses and events visit: [www.lal.ac.uk/what-we-do/family-learning](http://www.lal.ac.uk/what-we-do/family-learning)

## Handprint Lilies

Make a bunch of lilies using your little one's handprints. The perfect home accessory to brighten up your space with a sentimental touch this Easter.

### What do you need?

Card  
Pen/pencil  
Paper  
Scissors  
String/ribbon  
Green and yellow pipe cleaner  
Clear Tape  
For detailed instructions visit: [onelittleproject.com/handprint-lilies/](http://onelittleproject.com/handprint-lilies/)

### Here's how you can do it...

1. Draw around your little one's hand on a piece of paper
2. Cut out the handprint
3. Curl the hand into a cone leaving a gap in the centre for your pipe cleaner, add a piece of tape to keep it together
4. Use a pencil to curl the fingers outwards
5. Bend your yellow pipe cleaner in half and hook your green pipe cleaner into the middle of the yellow one
6. Keep wrapping the two yellow pieces around one another
7. Push the pipe cleaner through the middle of your handprint
8. Then repeat the process to make a bunch of lilies
9. Wrap a ribbon around the bunch of stems

FREE online flexible courses available now!



Open your camera, scan the QR code and you will be directed to the activity. Need help? Contact us on social media

## Weave Easter Baskets

A fun way to create a basket to collect those Easter eggs.

### What do you need?

Multiple sheets of coloured paper  
Scissors  
Ruler  
Pencil  
Clear tape  
Ribbon  
Stapler

Watch the YouTube video to find out how you can do it.

Scan me!



## Make a Pin Wheel

Have fun creating pin wheels to decorate your garden or home ready for the Easter Bunny. Learn how with Make Kids Crafts tutorial video.

### What do you need?

Card  
Stick  
Glue  
Pin  
Scissors  
Pen  
Paper

Find out how:



Scan me!



## Easter Egg Hunt

### Easy and Free

Now that your little ones have their weaved Easter egg baskets, why not try our Easter Egg Hunt, a fabulous way to fill your Easter morning with laughter and excitement? The free printable will give you clues to leave around the house; it is up to you whether you leave an Easter egg with each one.

Scan me!



## Get out of the house with our Spring Scavenger Hunt

There is nothing more refreshing than a walk in the park. Whatever the weather, grab your raincoats and wellies and try our Spring Scavenger Hunt!

Cut the grid, give it to your child and they can cross each one off as they go! If you have more than one child scan the QR code below for a printable pdf.



CATERPILLAR



TALL GRASS



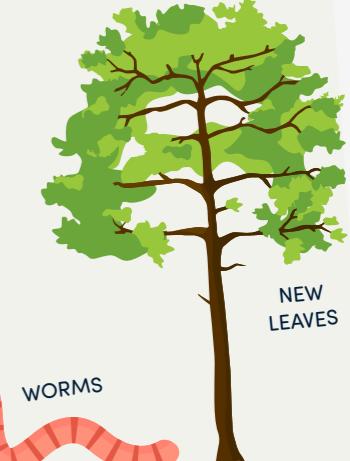
BUTTERFLY



SPRING BLOSSOM



BIRDS



NEW LEAVES



WORMS

Take pictures along the way and tag us on Instagram @lancashireadultlearning



## Is your child starting primary school this September?

Here are our tips and advice.

### Talk about starting school often, get your child excited!

Talking about starting school will help your child become familiar with the idea. Be excited for them, explain how they will make new friends and how they will get to learn lots of fun, new things. The more you talk about it, the more they will become comfortable with the idea. Your child trusts you; if you're excited and happy for them, they will more than likely mirror your emotions.

### Practise life skills

Now is the time to help your little one to learn day-to-day tasks. From putting on their coat and shoes to washing their hands. It will encourage your child to become independent and give them the necessities to look after themselves; it's also a huge help for their new teacher who will have 25 other pupils to help.

### Practise the school run

With so much uncertainty it may be unlikely that you will get to visit your child's new school and meet their teacher, but you can do the school run. Take your child along, explain to them what is happening, park up outside the school and maybe show them the playground from the

**Get help and support from our Family Learning Team**

We offer a variety of **FREE** online courses to help you take control for your family.

[Fun with Phonics](#)   [Moving on: Year 7 Maths](#)  
[Family Yoga](#)   [You've Got This: Health and Wellbeing for Parents of 8 – 11 year olds](#)  
[Help your Child with Reading at Home](#)   [Look Who's Talking](#)

To view a full list of courses, visit [www.lal.ac.uk/what-we-do/family-learning](http://www.lal.ac.uk/what-we-do/family-learning)

# Meet Debra

From full-time mum to paid employment

### This could be you!

Debra, 36, was very shy and had little confidence in her own abilities and her life had been dedicated to bringing up her children. After enrolling on to employability sessions, her life changed for the better.

Debra said: "I owe a huge debt of gratitude to the Lancashire Adult Learning employability team for supporting me into paid employment and towards a more positive future for my family.

"Working in childcare has always been my objective, I just needed the right tools and support to get me there. To now have a job in that line of work is fantastic.

"It has also opened up more job prospects for me. I've always wanted to better myself and I have an ambition to become a Teaching Assistant."

If you have been inspired by Debra's story, see page 26 to get in touch with our friendly team who can offer you support and advice on your next steps.



### Get into working in schools, nurseries and colleges

Our accredited programmes are designed with parents in mind.

We offer Level 1 and 2 courses for those learners who would like to retrain, upskill or find employment in a welcoming learning environment.

#### What's on offer?

Preparing to Work in Schools Level 1 Award

- Support Work in Schools and Colleges Fast-track Level 2 Award
- Introduction to Caring for Children and Young People Fast-track Level 2 Certificate
- Caring for Children

To find out more and enrol visit [www.lal.ac.uk/what-we-do/childcare-and-education](http://www.lal.ac.uk/what-we-do/childcare-and-education)

### Are you feeling worried about catching up with schoolwork?

Looking for advice, support and guidance to help your child?

Don't worry, we can help!

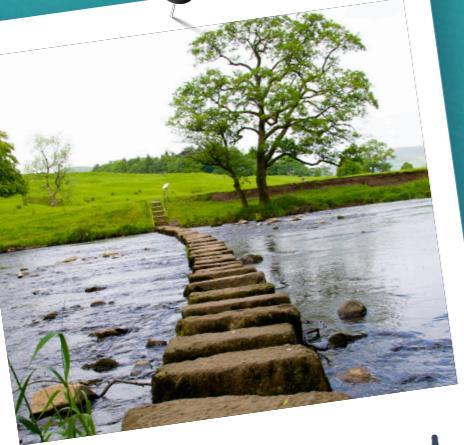
We offer a range of **FREE** online courses to help you, help your child catch-up with what they may have missed.

Get in touch at [lal.enquiries@nelsongroup.ac.uk](mailto:lal.enquiries@nelsongroup.ac.uk) or visit [www.lal.ac.uk/what-we-do/family-learning](http://www.lal.ac.uk/what-we-do/family-learning)

# Focus on You

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.

Explore our Art and Media, Health and Wellbeing courses online at [www.lal.ac.uk/what-we-do](http://www.lal.ac.uk/what-we-do)



### The Forest of Bowland

The Forest of Bowland is designated an Area of Outstanding Natural Beauty and has many spots for you to explore. You could visit Hornby Castle or the stepping-stones over the River Hodder.



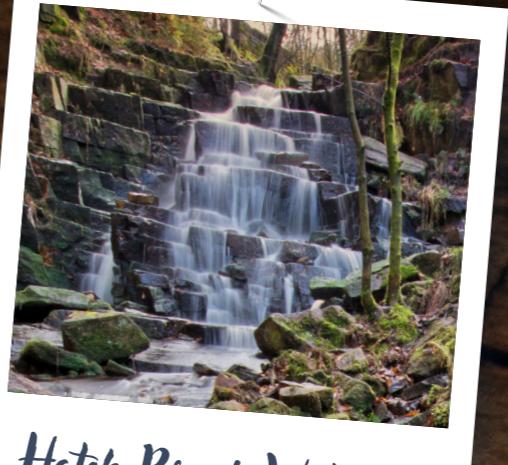
### Rawley Lake

This beautiful and natural setting is on the outskirts of Burnley and promises a tranquil walk around the seven-acre lake with stunning views.



### Beacon Fell Country Park

Beacon Fell Country Park promises 110 hectares of remarkable woodland, moorland, and farmland with plenty of wildlife to discover. You can also venture up to the Beacon Fell summit that is 266 metres above sea level with breathtaking views.



### Hatch Brook Waterfall

Hatch Brook Waterfall is situated in Brinscall Woods and can be discovered as part of a walk around the Wheelton Plantation which is packed with industrial ruins and mining remains.



### Yarrow Valley

Yarrow Valley has over 700 acres of land with woodland pathways. The area has local historical importance with the land being used for bleaching, dyeing, calico printing, and mining. Set off your walk at the Visitor Centre to grab a free history leaflet and learn the history of the area.

## Are you looking to be more active this Spring?

Why not try our top five Lancashire walks.

Walking is not only good for you physically, but it also has many other advantages for your wellbeing. Taking time to walk in nature has been proven to help with depression, reduce anxiety and improve your mood. If done regularly, it will strengthen your bones and muscles and promote weight loss.

Here are our top five places to visit!

#### DID YOU KNOW!

Plants emit a chemical called phytoncides that help strengthen the immune system.

Start your walking adventures in our beautiful county, Lancashire, where there are many great places to explore with your family, friends, or even your dog.

Lancashire offers many beautiful scenic walks that can massively impact your physical health and wellbeing.

There are lots of places to explore. Why not download the AllTrails app which can be used as a guide to the wonderful world outdoors?

And remember to do your research before you start. Make sure the walking trail is right for you, don't overexert yourself; start small, and before you know it, you will be a walking pro!

Enrol now for **FREE** online flexible courses to improve your wellbeing



## Are you looking to discover a new interest or learn a new skill?

Why not try one of our many **FREE** online short courses. Visit [www.lal.ac.uk/what-we-do](http://www.lal.ac.uk/what-we-do) to find out more.

### Discover your creativity!

We have many courses on offer that can help you find your creative streak.

Our courses include:

**Children's Book Illustration**  
**Creative Recycling**  
**Experimental Drawing and Painting**

### Explore our Humanities courses

If history, philosophy, or creative writing is more your cup of tea, try one of our FREE short courses in:

**Creative Writing**  
Discover:  
**Medieval Lancashire**  
**Living in Extraordinary Times**  
**Philosophy**

### Learn a new hobby

We can help you find your passion with our **FREE** online courses.

Why not try:

**Digital Photography**  
**Hand Stitching**  
**Jewellery Making**



## Scribble your way to wellbeing

Are you looking for a creative way to improve your wellbeing? Well, we can help you do just that! Grab a pen and paper, or if you are feeling fancy, some coloured makers. Sit comfortably and scribble.

Yes, you heard correctly – scribble! Let go of any worries about your drawing abilities. Drawing is calming for your mental health! It can help you develop concentration and improve your focus. It can also be a way to draw your attention away from a busy and stressful day and distract you.

Once you have your scribble, you will have what looks like a mess on paper. Don't worry, using the room around you for inspiration; fill in the shapes on the paper, use patterns from the curtains or whatever pops into your head. Keep drawing until your page is full. It doesn't matter what you draw, just that you are drawing and filling up the mini shapes in your scribble with patterns you've made.

If you would like learn more creative ways to improve your wellbeing visit our website at [www.lal.ac.uk/what-we-do/health-and-wellbeing](http://www.lal.ac.uk/what-we-do/health-and-wellbeing)

# Meet Roy

Roy discovered a new passion for Art

This could be you!

In his 80s and a sufferer of Parkinsons, Roy wanted to be more involved with his community and started on the Five Ways to Wellbeing Art Techniques course.

He quickly progressed from beginners to intermediate and now runs a self-sustaining group in the community where he lives.

Roy said: "I get a great sense of achievement when I've made or drawn something and everyone has given me positive comments. Seeing everyone learn and enjoy things and support each other is fantastic."

"When it's possible, we are thinking of other courses we could organise to get people together more, to reduce loneliness and use our social space better. I didn't know anything about the Five Ways to Wellbeing when I started, but it all makes sense, and we can all do it all the time."

If Roy's enthusiasm for improving his health and wellbeing has given you an idea to support your development, why not explore our offer at [www.lal.ac.uk/what-we-do](http://www.lal.ac.uk/what-we-do)



**Looking for ways to improve your wellbeing? Maybe a creative way to relax and de-stress?**

Try one of our **FREE** online courses:

Kickstart your Health

Experience Microwave Cooking

Singing and Music for Wellbeing

Simple Relaxation Techniques

Yoga for Stress and Anxiety

Finding Positives in Challenging Time

Mindfulness Techniques for Everyday Living

Plus many more!

**TAKE CONTROL OF YOUR WELLBEING**

Enrol now on one of our many course visit: [www.lal.ac.uk/what-we-do/health-and-wellbeing](http://www.lal.ac.uk/what-we-do/health-and-wellbeing)

Enrol now on our **FREE** online brand-new Art and Wellbeing courses.

# Gardening has been known to transform the lives of many.

If you have always been interested in growing a vegetable patch or learning the basics of planting flowers, here is why you should:

Focus on You

**Physical Activity:**  
one hour of light exercise can burn up to 330 calories, a great opportunity to exercise while doing something you enjoy.

**Healthy Food:**  
growing herbs and vegetables provides you with healthy foods at your disposal and is great for the environment.

*Boost your immune system:  
spending time around soil and plants helps boost your immune system.*

**Stress Relief:**  
soil contains a natural anti-depressant that can make us happier and spending time outside boosts your mood.

**Vitamin D:**  
you will be more exposed to Vitamin D which is needed to keep bones, teeth, and muscles healthy.

**Learn how to get you garden Spring ready with one of our FREE online courses.**

These include:

Award in Horticulture Skills | Great Outdoors: How Nature and Gardening Can Boost your Wellbeing | Grow your Own Herbs, Veg and Flowers

Family friendly courses available

Visit [www.lal.ac.uk/what-we-do/horticulture](http://www.lal.ac.uk/what-we-do/horticulture) for more information.

**FREE online Summer courses coming soon!**

You will have the opportunity to Create your own: Bee and Butterfly Paradise, Summer Wreath and Basket, and a Salad and Herb Box.



# Focus on Employability

Has the past year made you re-think your career? Or maybe you have found yourself unemployed and looking for work? Here at Lancashire Adult Learning, we have an extensive range of courses to help you find work, get that promotion or find a new and exciting opportunity. Take control of your future and explore the courses we have on offer, plus the tips and tricks that can help you get ahead in your job search.

**Are you looking to get a job in the Construction industry?**

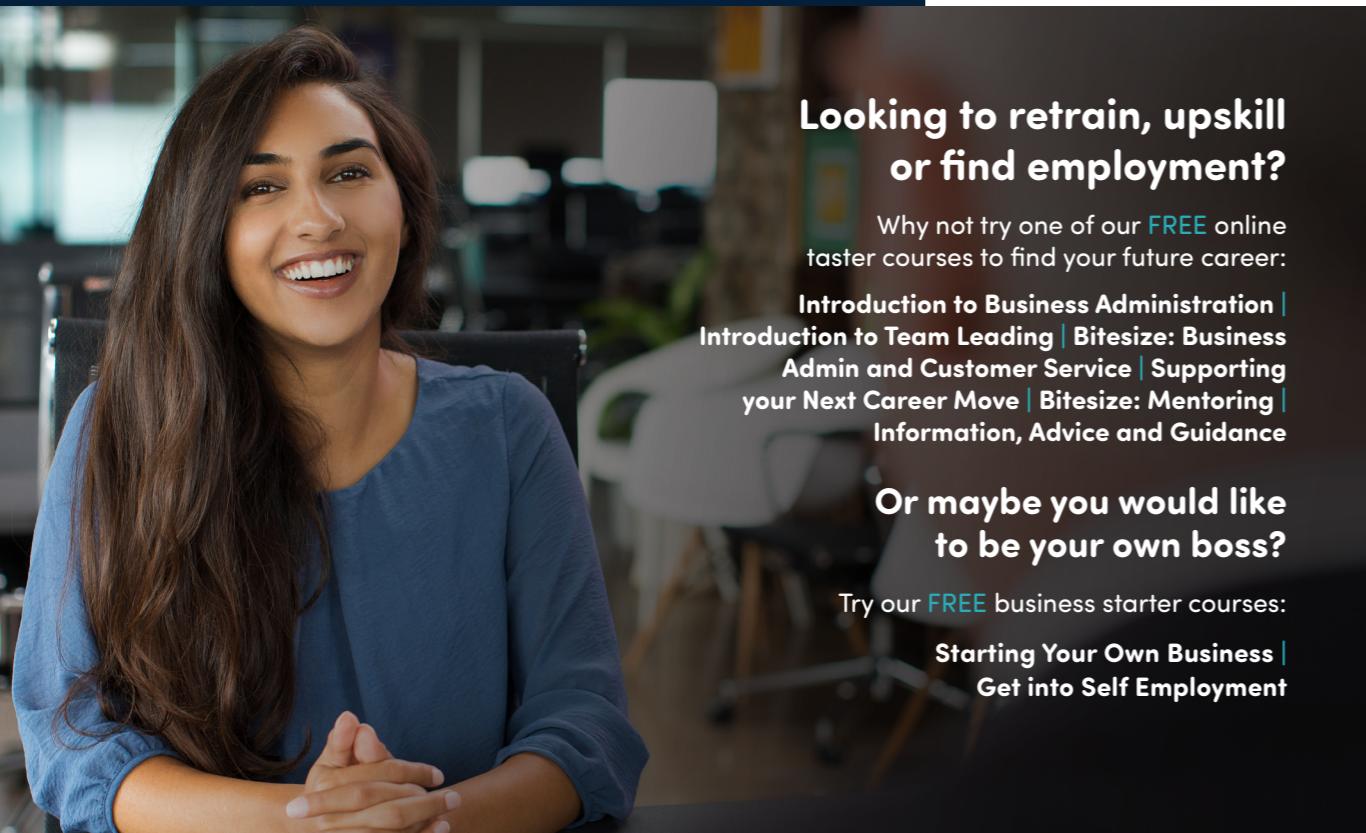
Get your CSCS labouring card online with Lancashire Adult Learning.

**We also have Cleaning and Facilities courses available:**

Biohazard, Crime and Trauma Scene Cleaning

Workplace Hygiene and Infection Control

Introduction to Working in the Facilities Industry



## Looking to retrain, upskill or find employment?

Why not try one of our **FREE** online taster courses to find your future career:

[Introduction to Business Administration](#) | [Introduction to Team Leading](#) | [Bitesize: Business Admin and Customer Service](#) | [Supporting your Next Career Move](#) | [Bitesize: Mentoring Information, Advice and Guidance](#)

## Or maybe you would like to be your own boss?

Try our **FREE** business starter courses:

[Starting Your Own Business](#) | [Get into Self Employment](#)

We offer **FREE** online flexible courses to improve your employability

# Meet Tom

**From office job to Barber**

## This could be you!

Tom, 26, was not motivated in the office job he was in, and wanted something different that he could grow into and a sector he could develop a career in.

He began his Barbering qualifications at Nelson and Colne College, an area of interest that started in his teenage years when he was a regular in a salon seat getting his own hair trimmed.

The only time Tom looks back is when he is looking in the mirror while working on a client's hair, and he would encourage others to view the prospects of the Barbering industry too.

Tom said: "I've had the interest for a long time – and growing up I would get my hair cut nearly every week as I enjoyed the experience of it.

"I definitely made the right choice in switching from a job to a career. I'm constantly busy with regular clients, and I'm working in an industry that there will always be a need for.

"It is also one that is constantly developing as new products come onto the market, and new looks and trends change with time.

"There is good earning potential in Barbering too, and I'm happy with where I am right now in my working life."

If Tom's change of career direction has encouraged you to retrain, explore our wide range of online **FREE** courses.

**If you are inspired by Tom's story, take control of your future, and register your interest today. Professional courses include:**

Childcare and Education

Health and Social Care

Construction

Sport and Fitness

Hair and Beauty

See what we do online at  
[www.nelson.ac.uk](http://www.nelson.ac.uk) | [www.across.ac.uk](http://www.across.ac.uk)

**TAKE CONTROL OF YOUR CAREER**



# Best Tip for Interview Success

Have you ever over-prepared for an interview, then said too much or too little? Don't worry, you're not the only one.

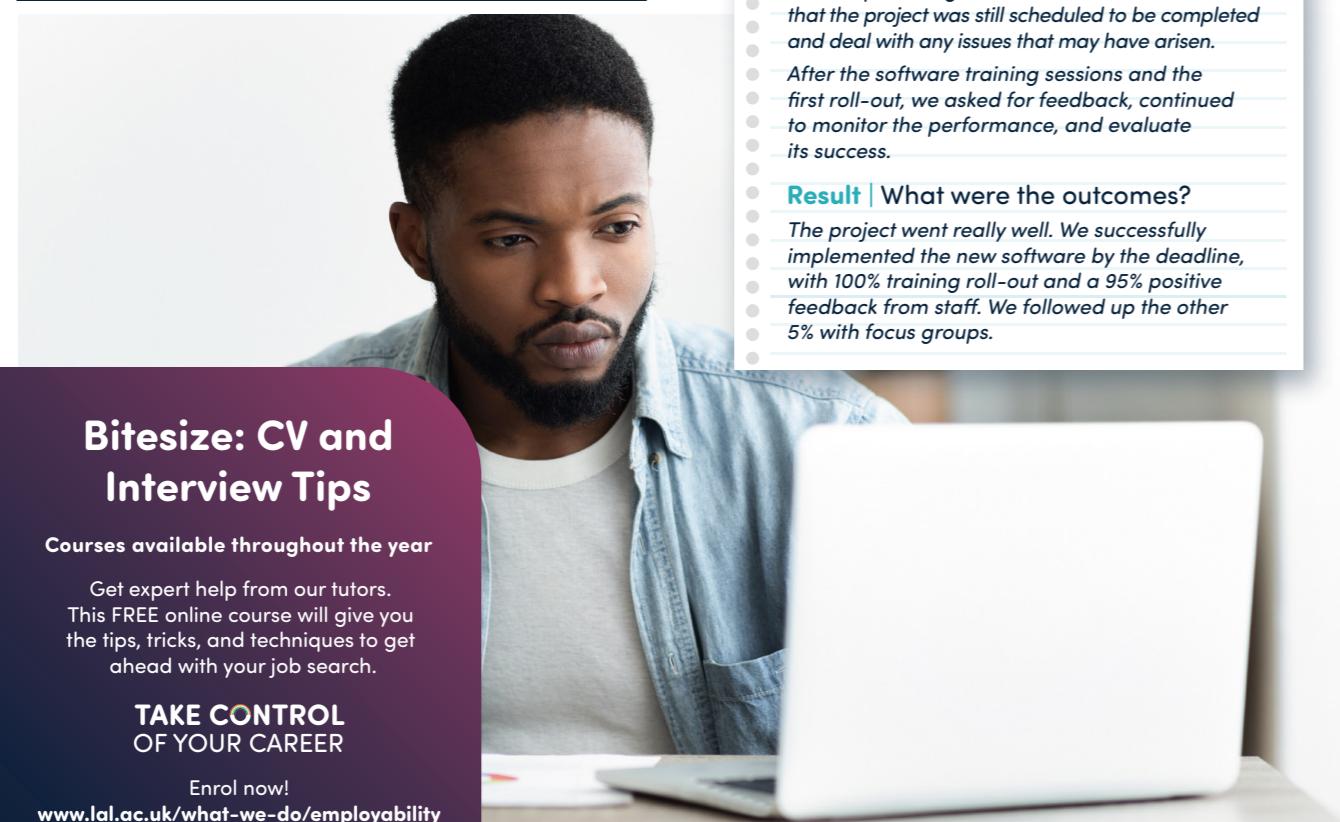
Here's our best tip for interview success. It will help you provide a clear, confident response to answer those tricky questions.

The answer is in the STAR – literally! The acronym stands for:



This technique is a proven way to make sure you do not miss anything, while not sharing too much! The STAR acronym is an easy way to remember how to structure your answers in those nerve-wracking interview situations.

If you would like to learn more about interview tips, CV writing, and other ways to get ahead in your job search, why not join us on one of our FREE short courses. Visit [www.lal.ac.uk/employability](http://www.lal.ac.uk/employability) for more information



## Bitesize: CV and Interview Tips

Courses available throughout the year

Get expert help from our tutors. This FREE online course will give you the tips, tricks, and techniques to get ahead with your job search.

**TAKE CONTROL  
OF YOUR CAREER**

Enrol now!  
[www.lal.ac.uk/what-we-do/employability](http://www.lal.ac.uk/what-we-do/employability)

This technique is the tip you need to answer your interview questions in a strong and structured way. Here's how you do it:

**Example Question:** Tell us about a time when you managed a project.

- **Situation** | Set the scene and provide background.  
*In my role as Office Manager, I was asked to carry out a project to integrate a new communication system into our current day-to-day processes.*
- **Task** | Describe your task  
*It was my role to oversee the project, set milestones and responsibilities, and evaluate the success of the integration.*
- **Action** | What did you do?  
*I first wrote a plan on paper to set deadlines and important milestones. The plan included tasks, responsibilities, and the actions needed for the successful integration of the communication software.*
- *Tasks set out included communication to staff, training sessions, test sessions, and follow-up drop-in sessions. The responsibilities highlighted the actions needed from other departments such as IT and marketing.*
- *All teams then met to discuss the plan. We also had follow-up meetings after each milestone to ensure that the project was still scheduled to be completed and deal with any issues that may have arisen.*
- *After the software training sessions and the first roll-out, we asked for feedback, continued to monitor the performance, and evaluate its success.*
- **Result** | What were the outcomes?  
*The project went really well. We successfully implemented the new software by the deadline, with 100% training roll-out and a 95% positive feedback from staff. We followed up the other 5% with focus groups.*



Today's online social world has changed the way recruiters look for the right candidates, which means it is a great starting point when looking for a new job. It is also common for businesses and organisations to post job vacancies to their social networks. Using social media as part of your job searching strategy can help you secure the job you want!

Here is some advice and information to help you get started on your social job search.

### Clean up your profiles

The most important thing to do before you start your job search using social media is to clean up your profiles. Ask yourself the question: Do I want a future employer to see this tweet, status or picture? Remove any visible party pics and any articles or memes that can be considered as politically divisive.

### LinkedIn

If you do not have LinkedIn, now will be a great time to join. People refer to LinkedIn as an online CV which can help you get noticed. This network is actively used by recruiters and businesses to find potential candidates.

It is important that you keep your profile up to date; join groups and get connecting with people; you can also search for live vacancies with

thousands of listings from a variety of sectors. Add to your profile that you are actively looking for work, which will prompt recruiters to get in touch with you.

### Twitter

When using Twitter in your job search, be professional. Make sure you have your LinkedIn profile in your bio with a professional picture. Use the social network to follow companies you would like to work for; keep up to date with industry news; and search for jobs. You can also follow recruiters, get involved in professional discussions and retweet information about topics related to your industry. Each day, search for key terms related to the job you would like, such as 'jobs in Lancashire', 'care support work' or 'customer service job' – this will show you a variety of tweets with these words in, potentially your next job!

Using social networks to look for employment will increase your visibility to potential employers. It opens another channel of finding work and gives you the advantage over those who are not actively searching on social sites. You can now even search for vacancies on Facebook, but remember to change your profile privacy settings before doing so!



## 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

### These include:

Dementia and Mental Health Awareness | Equality and Diversity | Information Advice and Guidance | Introduction to Conflict for Volunteers | Introduction to Developing a Community Project | Mentoring | Risk Assessment

To view a full list of courses, visit [www.lal.ac.uk/what-we-do/volunteering](http://www.lal.ac.uk/what-we-do/volunteering) or email [lal.enquiries@nelsongroup.ac.uk](mailto:lal.enquiries@nelsongroup.ac.uk)

## 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:

#### **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 more information visit [www.lal.ac.uk/what-we-do/math-and-english](http://www.lal.ac.uk/what-we-do/math-and-english)



**Is English your second language? Would you like to develop your skills?**

Get in touch to find out more about our ESOL courses.

Register your interest by emailing [enquiries.lal@nelsongroup.ac.uk](mailto:enquiries.lal@nelsongroup.ac.uk)

\*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.

\*\*Courses may become unavailable at our community venues due to Government COVID-19 restrictions.

# Meet Fatima

## Housewife to Primary School Volunteer

### This could be you!

Fatima, 49, was a housewife and did not want her future to be one where she stayed at home all day.

She began a Functional Skills English course with Lancashire Adult Learning, with the aim of starting a new career working in education.

Before moving to the UK, she had previously worked in travel insurance in Morocco, and the LAL courses were flexible and fitted around the times her children were at school.

Fatima signed up to the Level 1 Prep for Work in Schools course, which she enjoyed so much she progressed on to Level 2. She is now volunteering at a primary school one day a week, helping children with different activities and Maths, English and phonics – practising what she is learning, and getting closer to her aspirations of becoming a Teaching Assistant.

Fatima said: "I have grown in confidence so much and what I am learning is helping me progress towards my new career and in my life."

"I love learning, and I am also able to support my children with their homework, which is a good feeling."

If Fatima's ability to support her family and her determination to carve a new career for herself has inspired you to do the same, please visit our website at [www.lal.ac.uk](http://www.lal.ac.uk) to see our new range of adult learning courses.





## Flexible IT and Digital Courses

LIMITED PLACES AVAILABLE

**Do you want to become digital savvy? Or maybe you would like to upskill or retrain?**

We offer a range of FREE online, flexible courses to help you navigate the ever-changing digital world. Study flexibly to suit you and your needs with support from our expert tutors and online resources.

### Courses available

- Essential Digital Skills
- Introduction to Excel
- Introduction to Microsoft Word
- Introduction to Microsoft Powerpoint
- Introduction to Google Suite
- Using Microsoft Teams
- Using Social Marketing for Business
- Introduction to Website Design

To find out more and enrol please visit:  
[www.lal.ac.uk/what-we-do/ict-digital/](http://www.lal.ac.uk/what-we-do/ict-digital/)



In partnership with:

Department of Health & Social Care

**Health and Social Care Hub from Home**

Get started today with our Hub from Home online course that will introduce you to the Health and Social Care sector.

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 expected to grow across Lancashire, there is no better time to join the industry.

On this course you will study:

**Health and Social Care | Mental Health | Safeguarding | Dementia Infection Prevention and Control | Plus much more!**

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

#everydayisdifferent when you care.

Designed by industry experts with you in mind.

# Study local and fast-track your career with a university level qualification!

NEW COURSES COMING FOR SEPTEMBER 2021

Are you looking to upskill, retrain, or get that promotion? We can help with our university level qualifications which include:

Access to Higher Education | Higher Technical Certificates | Degrees | Higher National Certificates and Diplomas

## Our sectors

Construction and Engineering | Business and Professional Services | Computing | Education and Childhood Studies | Health and Social Studies | Humanities | Sport



**Invest in your future**  
Higher level qualifications = increased career opportunities and income.

**Learn now, pay later**  
Loans and additional funding available.

**Study local**  
Stay close to home in these uncertain times and save money!

**Attainable**  
Flexible entry requirements based upon your experience and skills - you can start at any level.

**Flexible programmes**  
To fit around work and your home life.

**Qualifications designed for industry**  
- our students are testament that they work!

**Other Professional Qualifications Available**  
Looking to take control of your career? Get that promotion, find that dream job or retrain to follow your passions.  
We have a range of Professional Courses starting this September to help you with your next steps.  
Register your interest today or find out more at [www.nelson.ac.uk](http://www.nelson.ac.uk) | [www.accross.ac.uk](http://www.accross.ac.uk)

Now is YOUR time.

Be extraordinary.

**Meet Victoria**  
From graduate to a promotion This could be you!

Victoria, 40, had the ambition to push herself with the ultimate aim of career progression. She found a course that fitted around her work and family commitments at Nelson and Colne College Group University Centre and graduated with a BA (Hons) in Health and Applied Social Studies in September. Victoria said: "The course offered in the University Centre department is ideal for working parents to provide progression – attending once a week fitted in with home life and family commitments. "The qualification has enabled me to work as a band five practitioner within the NHS, while also building my confidence that I can achieve great things. "It has led me to further study in the form of a Masters in Social Work at the University of Cumbria."

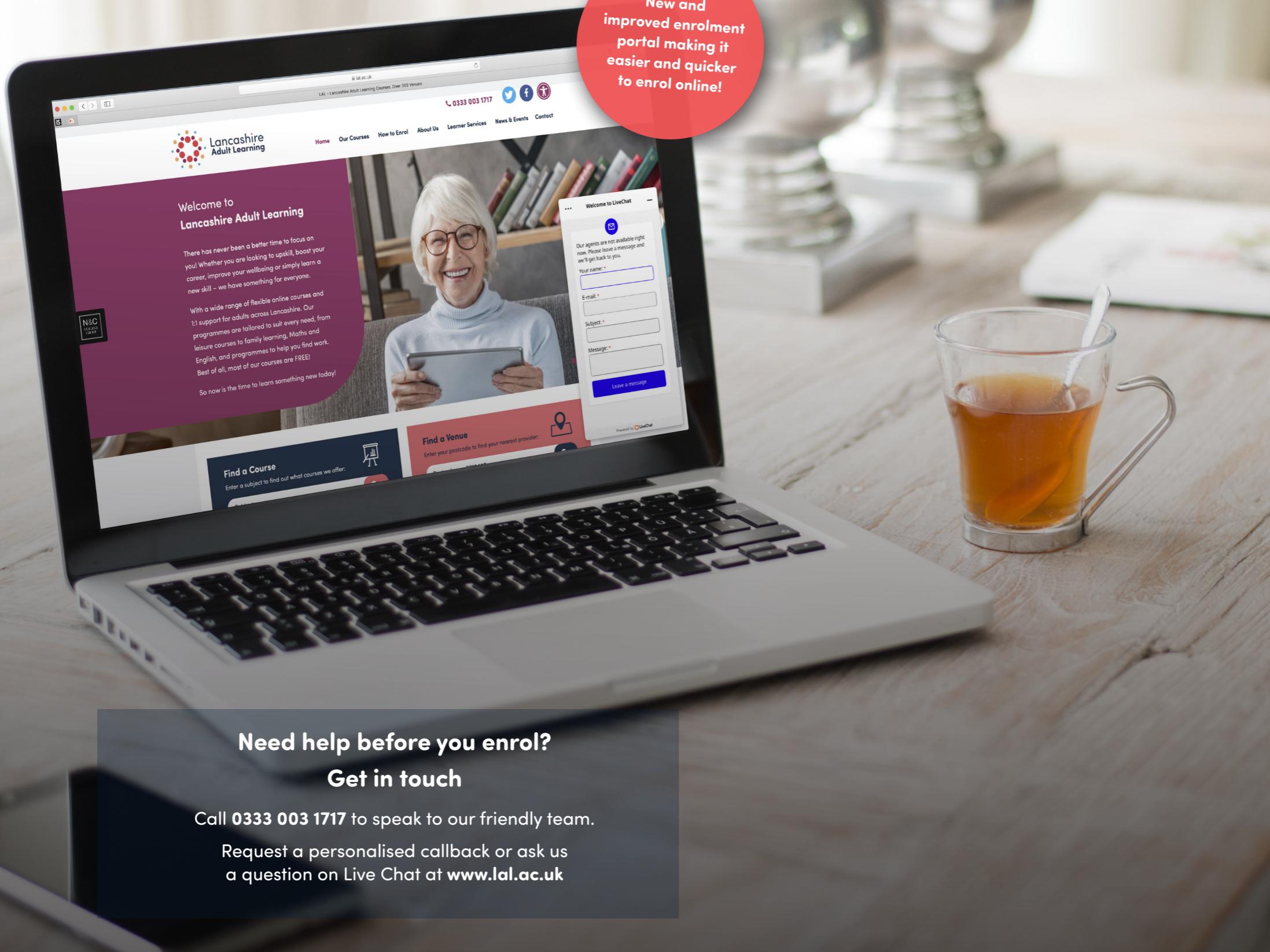
If Victoria's career progression has inspired you to look at higher education study, please visit [www.nelson.ac.uk](http://www.nelson.ac.uk) or [www.accross.ac.uk](http://www.accross.ac.uk) today to view our range of University Centre courses.



# Interested in starting a FREE online course? Enrol Now!

Visit [www.lal.ac.uk](http://www.lal.ac.uk), select the course you are interested in and enrol online.

New and improved enrolment portal making it easier and quicker to enrol online!



## Getting Started

### Frequently Asked Questions

**Can I still enrol on a course if I am not great on a computer?**

You do not need to be great on a computer to enrol on a course. We can help you with everything you need to get started, give us a call on 0333 003 1717. We can also help with your IT and Digital skills to get you feeling confident using IT.

**Is my course free?**

Most of our online courses are free for residents across Lancashire. If there is a cost, we will make this clear before you enrol on to a course. For learners outside of Lancashire fees will apply, please enquire.

If you see a course that does have a fee, you may be able to get this for free or partially paid for. Visit [www.lal.ac.uk](http://www.lal.ac.uk) for more information.

**What can I do after my course?**

This will depend on the path you wish to take. Whether you would like to go into employment, study a higher education qualification or try an Apprenticeship – we're here to help you every step of the way.

**Can I go to university after studying my course?**

This is dependent on what course you are studying. We can offer you advice, information, and support to help you make a decision based on your future goals.

**Can I still claim benefits when I am enrolled on a course?**

The short answer is yes. Any questions you may have can be answered before you enrol from our expert tutors. Request a callback today at [www.lal.ac.uk](http://www.lal.ac.uk)

**How do I know if I am good enough to start a course?**

You are good enough! Our courses are designed for all abilities and we will start you on the programme best suited to your needs. We are here to help you feel confident in whatever area of study you have chosen. We will give you the knowledge and skills to feel confident in your chosen area of study.

**Am I too old to learn?**

You are never too old to learn! Our classes have a wide mix of learners from our community, and were appropriate from all different age groups.

**Can I get advice and support before I start a course?**  
Yes, request a personalised callback today from our expert tutors at [www.lal.ac.uk](http://www.lal.ac.uk)

**Will I be able to juggle my job, children and studying?**  
We offer online flexible courses that can fit around your schedule. Speak to us to learn more.

Part of the



# TAKE CONTROL

ENROL NOW | [WWW.LAL.AC.UK](http://WWW.LAL.AC.UK)