Be Inspired - Adult Learning Carlisle

For all current and upcoming courses, why not have a look at our website: **adultlearning.cumbria.gov.uk**

Or why not contact one of our centres and have an informal chat to find out how we can help?

- Adult Learning in Carlisle
  Tel: **01228 227304 / 01228 227305** Email: **carlisleadultlearning@cumbria.gov.uk**
- Gen 2 Carlisle and Eden – Alan Senior – **alan.senior@gen2.ac.uk**
- PHX Training Tel: **01228 810960** Email: **carlisle@phxtraining.co.uk**
- Kingmoor Community and Business Centre
  Tel: **01228 598484** (Carlisle) Email: **office@kingmoorcbc.co.uk**

Why not check out the Adult Learning Social Media pages. Feel free to share and like with your friends! Stay up to date with what's going on, what's coming up and all of our latest news.

Facebook: @CCCAdultLearning Instagram: @CCCAdultLearning

Ofsted Good Provider

Face to face courses

Course title	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Arts and Crafts									
Beginners Illustration	CLC01051B	Botcherby Community Centre	Tues	11/01/2022	10	10:00	12:00	£110.00	P
Beginners Painting	CLC01061B	Pennine Way CDC	Tues	11/01/2022	10	18:30	20:30	£110.00	P
Beginners Book Illustration	CLC01441A	Botcherby Community Centre	Wed	12/01/2022	10	18:30	20:30	£110.00	P
Beginners Painting	CLC01061C	Upperby CDC	Thurs	13/01/2022	10	18:30	20:30	£110.00	P
Digital Skills									
Certificate in IT User Skills ICDL Extra Level 2	KMS00021C	Kingmoor CBC	Thurs	06/01/2022	20	18:15	21:15	£290.00	A
Intermediate Excel	KMC00021B	Kingmoor CBC	Mon	10/01/2022	5	18:00	20:30	FREE	S
Introduction to IT	CLC01251B	Pennine Way CDC	Tues	11/01/2022	5	10:00	12:15	FREE	S
IT for Complete Beginners Including Internet and Email	KMC00071B	Kingmoor CBC	Tues	11/01/2022	11	10:00	12:00	FREE	S
Essential Digital Skills Qualification Entry 3	CLS00651A	Upperby CDC	Wed	12/01/2022	17	09:30	12:30	FREE	A
Essential Digital Skills Qualification Entry 3	KMS00081B	Kingmoor CBC	Thurs	13/01/2022	11	09:30	15:30	FREE	A
Beginners Excel	KMC00091B	Kingmoor CBC	Mon	21/02/2022	6	18:00	20:15	FREE	S
Beginners Computers	CLC00231B	Pennine Way CDC	Tues	22/02/2022	8	10:00	12:30	FREE	S
Essential Digital Skills Qualification Level 1	KMS00091B	Kingmoor CBC	Tues	22/02/2022	15	18:00	20:00	FREE	A
Sage Accounting	CLC00201B	Pennine Way CDC	Tues	22/02/2022	11	18:30	20:30	£121.00	P
Employability									
Introduction to Bookkeeping	CLC00931B	Pennine Way CDC	Thurs	06/01/2022	6	18:15	20:30	FREE	S
Award in the Control of Substances Hazardous to Health COSHH Level 2	G2S00031B	Gen 2 (Carlisle)	Thurs	03/02/2022	1	08:30	16:15	FREE	A
Award in Risk Assessment Level 2	G2S00041B	Gen 2 (Carlisle)	Fri	04/02/2022	1	08:30	16:15	FREE	A
Introduction to Engineering	G2S00101C	Gen 2 (Carlisle)	Mon-Fri	07/02/2022	1	08:30	16:15	FREE	A
Manual Bookkeeping	CLC00031B	Pennine Way CDC	Thurs	24/02/2022	11	18:30	20:30	£121.00	P
Maintaining Mechanical Devices and Equipment	G2S00051E	Gen 2 (Carlisle)	Mon-Fri	14/03/2022	1	08:30	16:15	FREE	A
Wiring and Testing Electrical Equipment and Circuits	G2S00121D	Gen 2 (Carlisle)	Mon-Fri	21/03/2022	1	08:30	16:15	FREE	A
English									
Award in Personal Progress Entry 1	CLS00251A	Tourist Information Centre (Carlisle)	Tues , Thurs	11/01/2022	17	09:30	11:30	FREE	A
Extended Award in English Skills Entry 2	CLS00631B	Carlisle Library	Tues	11/01/2022	17	13:00	16:00	FREE	M
ESOL									
Award in ESOL Skills for Life Reading Entry 3	CLS00541A	Upperby CDC	Tues	11/01/2022	15	09:30	12:30	FREE	A
Award in ESOL Skills for Life Writing Entry 1	CLS00421D	Carlisle College	Thurs	03/03/2022	19	17:00	20:00	FREE	A
Health and Wellbeing									
Award in the Importance of Resilience and Grit Level 1	CLS00571A	Carlisle Library	Wed	11/01/2022	8	12:30	15:00	£78.00	A
Building Confidence	CLC01201C	To Be Confirmed	Wed	12/01/2022	5	12:30	15:00	FREE	S
Cooking on a Budget	CLC01451A	To Be Confirmed	Fri	14/01/2022	5	09:00	11:30	FREE	S
Hill Skills Outdoors Bigger Hills	CLC00171C	Great Wood (Keswick)	Sat	05/02/2022	1	09:30	16:30	£38.50	P
Hill Skills and Navigation	CLC00921C	Botcherby Community Centre	Thurs	24/02/2022	6	18:00	20:30	£99.00	P
Maths									
Functional Skills Maths Level 1	CLS00071B	TBC	Mon	21/02/2022	16	13:00	16:00	FREE	M
Functional Skills Maths Level 2	CLS00131B	Botcherby Community Centre	Mon	21/02/2022	16	18:00	21:00	FREE	M

Online courses

Course title	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Arts and Crafts									
Sewing for Improvers	SHC00451B	Online Delivery	Tues	11/01/2022	10	18:30	20:30	£100.00	P
Sewing for Beginners	SHC00221B	Online Delivery	Thurs	13/01/2022	10	18:30	20:30	£100.00	P
Art for Wellbeing	SLC00461A	Online Delivery	Thurs	20/01/2022	10	10:00	12:00	FREE	S
Craft for Wellbeing	SLC00591A	Online Delivery	Tues	25/01/2022	10	10:00	12:00	FREE	S
Improvers Abstract Art	SHC00141B	Online Delivery	Mon	07/02/2022	8	10:00	12:30	£100.00	P
Intermediate Drawing	SHC00231B	Online Delivery	Mon	07/02/2022	8	18:30	20:30	£80.00	P
Beginners Acrylics	SHC00251B	Online Delivery	Wed	09/02/2022	8	10:00	12:30	£100.00	P
Improvers Drawing	SHC00241B	Online Delivery	Wed	09/02/2022	8	18:30	20:30	£80.00	P
Digital Skills									
Word Taster	SHC00801B	Online Delivery	Fri	07/01/2022	1	14:00	16:00	FREE	S
Getting the Most out of your Library Membership	WOC01291A	Online Delivery	Wed	12/01/2022	1	09:30	11:30	FREE	S
Improvers Excel	CLC01171B	Online Delivery	Thurs	13/01/2022	4	09:30	11:30	FREE	S
Intermediate Excel	CLC01181A	Online Delivery	Thurs	13/01/2022	4	12:30	14:30	FREE	S
Excel Taster	SHC00751C	Online Delivery	Fri	14/01/2022	1	14:00	16:00	FREE	S
Using Zoom	WOC01121B	Online Delivery	Wed	19/01/2022	1	09:30	11:30	FREE	S
Using Zoom	SHC01301A	Online Delivery	Fri	21/01/2022	1	14:00	16:00	FREE	S
Getting the Most out of your email	SHC01651A	Online Delivery	Fri	28/01/2022	1	14:00	16:00	FREE	S
Online Safety	SHC00811B	Online Delivery	Fri	04/02/2022	1	14:00	16:00	FREE	S
Getting the Most out of your Library Membership	SHC00601A	Online Delivery	Fri	11/02/2022	1	14:00	16:00	FREE	S
Beginners Office	SHC01661A	Online Delivery	Fri	25/02/2022	6	14:00	16:00	FREE	S
Employability									
Applying for a Job U4 (The Well)	ABS00611A	Online Delivery	Tues	04/01/2022	4	09:30	12:30	FREE	A
Building Confidence for Employment	SHC01211B	Online Delivery	Tues	04/01/2022	6	10:00	12:00	FREE	S
Preparing for Employment	SHC01221A	Online Delivery	Tues	04/01/2022	6	13:00	15:00	FREE	S
Award in Understanding Employment, Business and Enterprise Level 1	WHS00961A	Online Delivery	Tues	11/01/2022	8	09:30	12:00	FREE	A
Award in Health and Safety Level 1	WHS00971A	Online Delivery	Tues	11/01/2022	4	12:30	15:00	FREE	A
Award in Health and Safety Level 1	WHS00971B	Online Delivery	Wed-Fri	12/01/2022	1	09:30	12:30	FREE	A
Interview Preparation	WOC00751E	Online Delivery	Mon	14/02/2022	1	13:00	16:00	FREE	S
Seeking Employment	SHC00361A	Online Delivery	Tues	22/02/2022	6	10:00	12:00	FREE	S
Assertiveness and Decision Making	SHC00701B	Online Delivery	Tues	22/02/2022	6	13:00	15:00	FREE	S
Award in Health and Care Level 2	ABS00821A	Online Delivery	Wed	23/02/2022	12	13:00	15:00	FREE	A
Rights and Responsibilities at Work Entry 3 U1 (The Well)	ABS00581B	Online Delivery	Tues	01/03/2022	4	09:30	12:30	FREE	A
Effective Communication at Work Entry 3 U2 (The Well)	ABS00591B	Online Delivery	Tues	29/03/2022	6	09:30	12:30	FREE	A
Exploring Job Opportunities Entry 3 U3 (The Well)	ABS00601B	Online Delivery	Tues	10/05/2022	4	09:30	12:30	FREE	A
Applying for a Job U4 (The Well)	ABS00611B	Online Delivery	Tues	07/06/2022	4	09:30	12:30	FREE	A
Award in Skills for Employment Entry 3 Health and Safety Unit 5 (The Well)	ABS00081B	Online Delivery	Tues	05/07/2022	4	09:30	12:30	FREE	A
English									
Functional Skills English Level 1	CLS00081A	Online Delivery	Thurs	13/01/2022	17	18:00	21:00	FREE	M
Functional Skills English Level 2	CLS00091B	Online Delivery	Mon	21/02/2022	16	18:00	21:00	FREE	M
Functional Skills English Level 2	SLS00511B	Online Delivery	Wed	23/02/2022	18	13:00	16:00	FREE	M
Functional Skills English Level 1	SLS00501B	Online Delivery	Wed	23/02/2022	18	13:00	16:00	FREE	M
Functional Skills English Level 1	WHS00141D	Online Delivery	Thurs	24/02/2022	18	18:00	21:00	FREE	M
Functional Skills English Level 2	WHS00151C	Online Delivery	Thurs	24/02/2022	18	18:00	21:00	FREE	M
ESOL									
Award in ESOL Skills for Life Writing Entry 2	ABS00421C	Online Delivery	Thurs	13/01/2022	24	14:30	17:30	FREE	A
Family									
Early Years: All about Chatting and Playing – Make a Puppet Linked to a Story	SHC01281A	Online Delivery	Mon	10/01/2022	4	09:30	11:00	FREE	S
English Write a Poem to Show you Care Key Stage 1	SHC01431A	Online Delivery	Mon	10/01/2022	4	13:00	14:30	FREE	S
Maths: All about Number (KS1)	SHC01601B	Online Delivery	Fri	14/01/2022	4	09:30	11:00	FREE	S
English: All about Reading - Make a Den (EYFS and KS1)	SHC01611B	Online Delivery	Fri	14/01/2022	4	13:00	14:30	FREE	S
Early Years: All about Learning through Stories	SHC00471B	Online Delivery	Mon	21/02/2022	4	13:00	14:30	FREE	S
English: All about Phonics - Make a Rhyming Puppet (Rec and KS1)	SHC01151D	Online Delivery	Tues	22/02/2022	4	13:00	14:30	FREE	S
Maths: All about Shape (KS1)	SHC01141B	Online Delivery	Fri	25/02/2022	4	09:30	11:00	FREE	S
Early Years Support Your Child to Play and Learn with Play Dough	SHC01451A	Online Delivery	Fri	25/02/2022	4	13:00	14:30	FREE	S

Course title	Course Code	Venue	Day	Start	Wks	From	To	Fee	Fee Code
Health and Wellbeing									
Introduction to Mindfulness	SHC00131F	Online Delivery	Tues	04/01/2022	1	10:00	12:00	FREE	S
Introduction to Mindfulness	SHC00131G	Online Delivery	Tues	11/01/2022	1	18:00	20:00	FREE	S
Award in Mental Health and Wellbeing Level 2	ABS00731A	Online Delivery	Thurs	13/01/2022	7	13:00	15:00	£75.00	A
A Mindful Approach to Healthy Eating	SHC00851B	Online Delivery	Tues	18/01/2022	1	10:00	12:00	£10.00	P
A Mindful Approach to Moving	SHC00921A	Online Delivery	Wed	19/01/2022	1	14:00	16:00	£10.00	P
A Mindful Approach to Moving	SHC00921B	Online Delivery	Tues	25/01/2022	1	10:00	12:00	£10.00	P
A Mindful Approach to Sleeping	SHC00881B	Online Delivery	Tues	01/02/2022	1	10:00	12:00	£10.00	P
A Mindful Approach to Relaxing	SHC01031B	Online Delivery	Tues	08/02/2022	1	10:00	12:00	£10.00	P
Introduction to Mindfulness	SHC00131J	Online Delivery	Tues	22/02/2022	1	18:00	20:00	FREE	S
Award in Environmental Sustainability Level 1	SLS00691A	Online Delivery	Wed	23/02/2022	5	12:30	14:30	£50.00	A
Sew an Infinity Scarf	SHC00021B	Online Delivery	Mon	28/02/2022	1	18:30	20:30	£10.00	S
Introducing More Mindfulness	SHC01231A	Online Delivery	Tues	08/03/2022	4	18:30	20:00	£30.00	P
Languages									
Spanish Beginners	CLC00161B	Online Delivery	Thurs	06/01/2022	12	14:30	16:30	£120.00	P
German for Holidays	WHC00901A	Online Delivery	Mon	10/01/2022	10	13:00	15:00	£100.00	S
Japanese Writing	SLC01031A	Online Delivery	Mon	10/01/2022	10	14:00	15:00	£50.00	P
Beginners German	WHC00131B	Online Delivery	Mon	10/01/2022	12	18:00	20:00	£120.00	P
Italian Beginners	WOC00081C	Online Delivery	Mon	10/01/2022	10	18:00	20:00	£100.00	P
Spanish Intermediate	WOC01081C	Online Delivery	Mon	10/01/2022	10	18:00	20:00	£100.00	P
Russian Intermediate	CLC01321B	Online Delivery	Mon	10/01/2022	11	18:00	20:00	£110.00	P
Japanese Language Beginners	SLC00081A	Online Delivery	Tues	11/01/2022	12	10:30	12:30	£120.00	P
Japanese Language Improvers	SLC00051C	Online Delivery	Tues	11/01/2022	12	13:00	15:00	£120.00	P
Spanish Improvers	CLC00101B	Online Delivery	Tues	11/01/2022	11	14:30	16:30	£110.00	P
Spanish Intermediate	WOC01081D	Online Delivery	Tues	11/01/2022	10	18:00	20:00	£100.00	P
Italian Beginners	WOC00081D	Online Delivery	Tues	11/01/2022	10	18:00	20:00	£100.00	P
German Intermediate	CLC00191B	Online Delivery	Tues	11/01/2022	11	18:30	20:30	£110.00	P
French Beginners	SLC00021B	Online Delivery	Wed	12/01/2022	12	10:00	12:00	£120.00	P
French Improvers	SLC00121B	Online Delivery	Wed	12/01/2022	12	14:00	16:00	£120.00	P
French Intermediate	SLC00041B	Online Delivery	Wed	12/01/2022	12	17:30	19:30	£120.00	P
Spanish Beginners	WOC00101B	Online Delivery	Wed	12/01/2022	10	18:00	20:00	£100.00	P
German Improvers	CLC00121B	Online Delivery	Wed	12/01/2022	11	18:00	20:00	£110.00	P
Spanish Improvers	WOC00581B	Online Delivery	Thurs	13/01/2022	10	18:00	20:00	£100.00	P
French Improvers	WOC01271B	Online Delivery	Thurs	13/01/2022	10	18:00	20:00	£100.00	P
Russian Improvers	CLC00901B	Online Delivery	Thurs	13/01/2022	11	18:00	20:00	£110.00	P
Russian Beginners	CLC00891B	Online Delivery	Fri	14/01/2022	11	11:00	13:00	£110.00	P
Introduction to Spanish	CLC00181B	Online Delivery	Wed	23/02/2022	4	14:00	16:00	£40.00	P
Introduction to French	CLC00071B	Online Delivery	Mon	28/02/2022	4	10:00	12:00	£40.00	P
Spanish for Holidays	CLC01431A	Online Delivery	Wed	23/03/2022	10	14:00	16:00	£100.00	P
French for Holidays	CLC01421A	Online Delivery	Mon	28/03/2022	10	10:00	12:00	£100.00	P
Maths									
Functional Skills Maths Level 2	SHS00021B	Online Delivery	Tues	22/02/2022	18	13:30	16:00	FREE	M
Functional Skills Maths Level 2	WHS00171C	Online Delivery	Wed	23/02/2022	18	18:00	21:00	FREE	M

Course Fees

Code	Type of Provision	Remission/fees	Funding Information
S	Fully-subsidised Community Learning	Free to all learners	100% subsidised by the Government's Education and Skills Funding Agency (ESFA)
P	Part-subsidised Community Learning	Reduced fees apply	There is a fee for this course but it has been reduced significantly as it is part-subsidised through the ESFA. Individuals may also be eligible for a further fee reduction if they are unemployed, low-waged or on another means tested benefit.
F	Full-cost Community Learning	Fees apply to all individuals	This course is not supported by Government funding and reduced fees do not apply.
M	Accredited Maths or English Qualification	Free to all learners if prior attainment is below GCSE grade 9-4 or A-C	100% subsidised by the Government's Education and Skills Funding Agency (ESFA).
A	Accredited Skills Qualification up to Level 2	Fees apply but free to some individuals	Qualification may be free to individuals who are unemployed, low waged (less than £17,004.00 gross annual salary) or they are aged 19-23 and their highest prior attainment is less than Level 2. Reduced fees apply for all other individuals as qualification is part-subsidised through the ESFA.
B	Accredited Skills Qualification	Fees apply to most individuals	In most cases this course will not be supported by Government Funding. However, in some instances individuals may be eligible for support if they meet certain conditions or they may be eligible for an advanced learner loan to help with fees.

All courses were correct at time of print, please check website for updates