



## Courses for adults (19+) with a learning disability

We are fully open at Calderdale Adult Learning and have some new courses for September, please see the timetable below. Some courses are free if you are on a low income or receive certain benefits (see details on the last page)

You can find more details at <https://calderdale.gov.uk/believeachieve>

Or email [andrea.wallman@calderdale.gov.uk](mailto:andrea.wallman@calderdale.gov.uk)

Or phone **01422 392820** with any questions

### Monday

Course	Start Date	Time		About the course
Beginners IT 	September <b>13</b> for 12 weeks			People who are new to computing and wish to learn basic Mouse and Keyboard skills which will help start their digital journey

<p>Harry Potter Mystical Creatures</p> 	<p>September <b>13</b></p> <p>for 12 weeks</p>	 10:00	 12:00	<p>Get creative making sculptures and paintings inspired by Harry Potter including a mini whomping willow and dragon paintings and sculptures.</p>
<p>Healthy Minds, Healthy Lives</p>  <p><b>Wellbeing</b></p>	<p>September <b>13</b></p> <p>for 12 weeks</p>	 1:00	 3:00	<p>Learn ways to reduce stress and improve health and wellbeing through</p> <ul style="list-style-type: none"> <li>• Gentle stretches</li> <li>• Breathing and meditation techniques</li> <li>• Relaxation practices</li> <li>• Exploring the link between food and mood</li> </ul>
<p>Digital Employability</p> 	<p>September <b>13</b></p> <p>for 12 weeks</p>	 1:00	 3:00	<p>For people that want to improve their I.T. skills for personal reasons, to improve employment prospects, apply their skills in a voluntary or community-based setting. Learners will require basic Mouse and Keyboard skills – Self-taught or will have completed the I.T. Beginners course.</p>

# Tuesday

Cooking for Beginners 	<b>September 21</b> for 10 weeks	 	<p>This course teaches cooking and baking using the hob and the oven. It encourages learners to become confident and independent in the kitchen.</p> <p>Learning about weighing, measuring, and using kitchen tools to make food to take home each week.</p>
Writing for Fun 	<b>September 14</b> for 12 weeks	 	<p>We will use objects, diagrams, pictures and videos to make writing and communication fun and enjoyable.</p> <p>This course is for people at a pre-entry / entry 1 level in English.</p>
Cooking for One 	<b>September 21</b> for 10 weeks	 	<p>Do you want to make meals by yourself? This course helps to build independence and confidence, so you can make a simple meal for yourself at home, with little support from others.</p>

# Wednesday

<p>Puppet Making</p> 	<p>September <b>22</b></p> <p>for 10 weeks</p>	 10:00	 12:30	<p>For creative people who want to use their imagination and creativity to learn how to make a marionette puppet (a puppet that is moved on strings). The course will give learners who have made a puppet in the past a chance to add a second puppet to their theatre.</p>
<p>Preparation for Volunteering and Work</p>  <p><b>Workplace</b></p>	<p>September <b>15</b></p> <p>for 12 weeks</p>	 10:00	 12:00	<p>Volunteering and work preparation at a beginners level.</p> <ul style="list-style-type: none"><li>• What is volunteering</li><li>• Exploring why people volunteer</li><li>• Local volunteering opportunities</li><li>• Pros and cons of volunteering</li><li>• Listen to volunteers' experiences</li><li>• Identify ways that volunteering can help in getting paid work</li></ul> <p>All will be completed through role play, discussion, questions, visitors and case studies.</p>

<p>Spice up your life</p> 	<p>September <b>15</b></p> <p>for 12 weeks</p>			<p>This course helps learners to look at their life and focus on 5 SPICE areas</p> <p><b>SOCIAL SKILLS</b> – communication with friends, family and new people</p> <p><b>PERSONAL</b> – relationships, personal space, hygiene and confidence building</p> <p><b>INDEPENDENCE</b> – around travel, home, hobbies and budgeting</p> <p><b>CREATIVITY</b> – express themselves in a variety of different ways and looking at alternatives and solutions</p> <p><b>EMOTIONAL WELLBEING</b> – mental and physical wellbeing</p>
<p>Exploring Arts and Crafts</p> 	<p>September <b>22</b></p> <p>for 10 weeks</p>			<p>For creative adults who want to learn art and craft techniques in small steps.</p> <p>You will create a finished product and work at your own level</p>

# Thursday

Healthy Cooking 	<b>September 23</b> for 10 weeks	 	Encouraging learners to build on skills to confidently use the kitchen to cook for themselves and others, with support if needed.  Healthy choices, menus, and skills as well as safety in working are all paramount to the course.
Wild Animal Crafts 	<b>September 16</b> for 12 weeks	 	To create a range of drawings, paintings and sculptures of wild animals including making an owl using sculpture which can be hung with the option of creating moving wings. This course will promote wellbeing through art and craft.
Christmas Crafts 	<b>September 16</b> for 12 weeks	 	Lots of craft activities for Christmas including card making, wrapping paper, wreathes, Christmas decorations and Christmas sculptures and drawings.

You may be eligible for a free course (fee waiver) if you get:

- Job Seekers Allowance (JSA);
- Employment Support Allowance (ESA);
- Universal Credit. (If you want to get a job and think that skills training will help you);
- Low income.

Please see the table below for evidence we will need to see:

<b>Benefit</b>	<b>Evidence to provide at enrolment</b>
Job Seekers Allowance (JSA)	
Employment Support Allowance (ESA)	
Universal Credit (Work Related Regimes: <i>Work-Related Requirements Group, Work Preparation Group, Work-Focussed Interview Group</i> )	<p>A photocopy of your original letter from the Job Centre, dated within the last three months. Alternatively, a letter from them confirming you are still receiving the benefit. If your original letter is more than 3 months old please also bring a current bank statement. This needs to show the payments made in the last three months. All documents must be in your own name.</p> <p>For Universal Credit you must have been determined by Jobcentre Plus as:</p> <ul style="list-style-type: none"><li>▪ being in one of the listed groups;</li><li>▪ and earn less than £345 per month (sole claim) or £552 (joint claim).</li></ul>
Low Income ( <b>below £17,374.50</b> annual gross salary)	A contract of employment that states your gross monthly/annual wage, or a P60 and payslips dated in the last three months. You must not be in receipt of any benefits in addition to earnings.
Job Seekers Allowance (JSA) evidence we need to see at enrolment	