



Lancashire
Adult Learning

NELSON & COLNE
COLLEGE
GROUP

Ofsted
Outstanding
Provider

Lancashire Adult Learning

The **Number One** College in Lancashire for Adult Learners!*

Adult Course Guide 2023/2024

lal.ac.uk

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Where did a Volunteering course take Vivien?

WINNER of the LAL 2023 Recognition Award for Volunteering

Vivien's journey is both heartwarming and inspirational, starting with a simple act of offering free hugs outside the Tesco in Padiham. Through her Facebook posts, she extended this kindness to anyone in need. Despite initial scepticism from some, Vivien met a diverse range of individuals during these encounters and realised the pressing need for assistance within her local community, which is where the idea of The HUB was born.

Taking a bold step, Vivien left her job and utilised her own funds to acquire a property in Padiham, creating a welcoming space where people could enjoy breakfast, a cup of tea, and meaningful conversations. The HUB offers a lifeline to the community, providing not only nourishment but also art therapy sessions, engaging activities, and valuable support with tasks such as CV writing and form filling. The impact of The HUB has been transformative, greatly benefiting the people of Padiham.

Vivien's unwavering dedication to helping others has been supported and strengthened by LAL. Through LAL, Vivien and The HUB's volunteers have received vital training in counselling, first aid, and various therapeutic techniques, enhancing their effectiveness and credibility. Vivien's selflessness and genuine passion for assisting others make her an incredible source of inspiration, and The HUB stands as a testament to her remarkable generosity.

Lancashire Adult Learning is one arm of Nelson and Colne College Group, an outstanding College Group that also includes Nelson and Colne College and Accrington and Rossendale College. The Group aims to provide learning opportunities for all adults across the region through an extensive range of courses.

Whether you want to:

Learn a new skill or hobby

Improve your Health & Wellbeing

Find work, retrain or upskill

Start your career

We have a course for you!

We are extremely proud of what we offer and were recognised as 'Outstanding' by Ofsted in March 2022. The team of 10 inspectors identified that "**adult learners benefit enormously from an ambitious curriculum.**" They also acknowledged that these learners "**develop their subject knowledge and build resilience and motivation**" alongside being "**passionate and highly motivated about their education and futures.**"

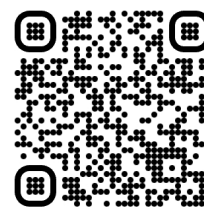
With flexible courses to fit around your home and work life, financial support including bursaries to help with childcare costs and dedicated and supportive tutors, we can help you build your potential.

Where can an Adult Course take you?

Here at Lancashire Adult Learning, we offer adult programmes including one-off sessions for enjoyment and Level 1 baseline skills all the way through to Level 2, 3 and University Level qualifications.

Whatever your career goal, we can help you get there.

The adult learning journey to the right shows step-by-step how we could help you become a Secondary School Teacher. We have many pathways such as this to help you achieve your goals.



Discover your potential TODAY!

Scan the QR code to start your Adult Learning journey.

Becoming a Secondary School Teacher

Step 1

Take our **Multiply 'Boost your confidence with maths'** course.



Step 2

Sit your **GCSE Maths** exam.



Step 3

Take our **Get into Working in Schools and Colleges** course.



Step 4

Progress to the **CACHE Level 1 Award Preparing to Work in Schools**, then onto the **CACHE Level 2 Certificate Introducing Caring for Children**.



Step 5

Complete our **Access to Higher Education** programme.



Step 6

Study our **FdA Teaching and Learning Support Degree** with Nelson and Colne College Group University Centre.



Step 7

Complete your **PGCE** with Nelson and Colne College University Centre.

Get into...

Education and Childcare

Whether you want to be a...



Teaching Assistant



Nursery Nurse



SEND Support Worker

Our accredited programmes can help you achieve your career goals.

Did you know?

There are over **30,000** jobs available within the Education and Childcare sector each year, across Lancashire!

Why not be part of this rewarding and growing sector?

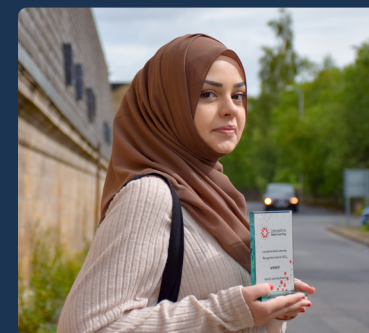
Our Courses Include -

- Working with Children and Young People – Is it For Me?
- Get into Working in Schools and Colleges
- Get into Working in an Early Years Setting
- CACHE Level 1 Award Preparing to Work in Schools
- CACHE Level 1 Award Caring for Children
- CACHE Level 2 Support Work in Schools and Colleges
- CACHE Level 2 Certificate Introducing Caring for Children



LEARN MORE

Scan the QR code to start your Adult Learning journey.



Where did an Education and Childcare course take Salma?

WINNER of the LAL 2023 Recognition Award for Family Learning

Having already completed two LAL courses, Salma is now looking to achieve a Level 2 qualification to support her aspirations of working in a school. Her determination, combined with her passion for education, positions her as a promising candidate for future success in the field.

Think you know
**Health and
Social Care?**
Think again!

Health and Social Care is so much more than just personal care, and your involvement within this sector will make a huge difference to people's lives. You could be running a care home, supporting people to manage their mental health or rehabilitating individuals following trauma or injury. All of these pathways are open to you if you choose to pursue a career in Health and Social Care.

From our 'Is it for me?' taster sessions and 'Introduction to' courses, to our Level 2 and 3 Certificates, we offer distinct pathways to support career goals and prepare you for the next steps in your career development or progression into Higher Education and beyond.

**With a Health
and Social Care
qualification, you
have the potential
to become:**



A Care Home
Manager



A Social Worker



An Occupational
Therapist



Mental Health
Care Worker

**As well as many more
rewarding careers in
this sector!**



**KICKSTART YOUR
DREAM CAREER!**

Scan the QR code to start your
Adult Learning journey.



**Where did a
Health and Social
Care course take
Haider?**

*From unemployed to pursuing
a career in Pathology!*

Haider, once faced with redundancy due to Covid-19, transformed his career trajectory by studying Health and Social Care at LAL. Guided by experienced tutors, he excelled and now serves as a Medical Lab Assistant as part of the NHS Histopathology department.

Haider has displayed true resilience and ambition throughout his adult learning journey and aspires to be a Biomedical Scientist.

Construction, Motor Vehicle, Engineering and DIY.

Whether you want to be a...



Trades Person



Mechanic



Engineering
Professional

**Our accredited programmes can help you
achieve your career goals.**

Whether you want to **improve your existing skillset**, achieve **your home renovation goals** or **start a new career**, we offer a range of courses to help achieve your goals!

Our DIY Multiskills course and 'Introduction to' courses will provide you with the basic skills you need to get started and open up a world of DIY possibilities. Whilst our 'Developing' courses are designed to help you kickstart your career in the industry.

We specialise in a variety of trades including:

- Brickwork
- Painting and Decorating
- Joinery
- Health and Safety in Construction (CSCS)
- Plastering
- Motor Vehicle General Maintenance
- Engineering



LEARN MORE

Scan the QR code to start your Adult Learning journey.

Did you know?

There are over 36,000 jobs available within these trades each year across Lancashire.

The industry is set to grow by 5% by 2030! Furthermore, 5% of these job postings look for individuals to perform a variety of general labouring and construction duties - ideal for those looking for a first step into the industry.

On average, you could earn up to £32,724 a year with a job in this industry!



Get into...

Railway Maintenance.

Train to be a Rail PTS Operative and you could progress into a career as a...



Controller of Site Safety



Engineering Supervisor



Team Leader

Learners with a Construction trade background can also gain employment on the railway using their trade, for example, bricklaying.

Did you know?

You could earn up to **£18** per hour as a Rail PTS Operative - increasing up to **£30+** per hour in a variety of progression routes.

Complete your Level 2 Railway Maintenance Diploma with us and start your impressive career!

This 8-week programme allows you to work on railway tracks in a maintenance and construction capacity.

Our **OUTSTANDING** tutors have extensive experience on the railways in a variety of positions and you even get to learn at our dedicated rail track facilities. Courses run throughout the year in Accrington and Preston.

Alternatively, you could complete our 15-week distance learning programme which is designed for learners to progress into maintenance and engineering positions within the rail industry. The Level 3 programme is taught online through a virtual classroom and consists of 28 online sessions and 2 practical days in Preston and Accrington.



LEARN MORE

Scan the QR code to start your Adult Learning journey.



Where did a Railway Maintenance course take Danny?

WINNER of the LAL 2023 Recognition Award for Skills for Work and Careers

Danny has been making significant strides in his work at McGinleys, setting an impressive example for future rail learners. With several weeks of experience under his belt, Danny is a trailblazer in opening doors for others within the company.

Get into...

Sports and Fitness.



Where did a **Sport and Fitness** course take Debbie?

With a passion for Fitness and a desire to create a home help business, Debbie undertook a Level 2 Fitness Instructor course at LAL.

She specialised in training exercises for older individuals and fall prevention, aiming to empower people to maintain their independence and minimise falls. Her long-term goals include gaining her Level 3 qualification and establishing her own business.

Are you interested in becoming a **Personal Trainer**?

Our Level 2 Certificate in Fitness Instructing can help you get there!

You will learn how to work with clients in a gym environment delivering safe, effective, and purposeful gym inductions and fitness sessions. You will study a range of units aimed at developing your knowledge, skills, and behaviours in support of a successful career.



LEARN MORE

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Get into...

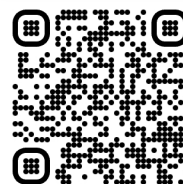
Hair, Beauty and Barbering.

Whether you are looking to **upskill**, **retrain** or **start your career** in the Hair, Beauty or Barbering industry, we have the right qualification for you!

Courses include:

- Get into Hair and Beauty Sessions
- Hair Professional - Cutting
- Level 2 Barbering Professional

Our courses are delivered in partnership with local and national employers such as Neal & Wolf and ELEMIS.



LEARN MORE

Scan the QR code to start your Adult Learning journey.



Where did a **Hair, Beauty and Barbering** course take Danielle?

In pursuit of business expansion and a higher level of services, Danielle pursued Level 3 Hairdressing to upskill and elevate her salon's offerings.

Her tutors are highly skilled and knowledgeable about the Hair, Beauty and Barbering industry, which really helped to improve Danielle's understanding of more complex techniques.

Get into...

Creative, Digital and IT.

Did you know?

You could earn up to **£20 per hour** as a newly qualified **IT Technician** or **Web Design Professional**.

There are a variety of progression opportunities available, in which you could earn up to £30+ per hour in a variety of roles!

Now is the time to qualify in this lucrative and growing industry!



From building basic skills to gaining professional qualifications our **Creative, Digital and IT** courses are designed to fit around your needs.

Whether you are looking to gain confidence, enhance your career prospects or retrain; we can help you thrive within this industry.

Courses include:

- Get started: with Digital Skills
- Get started: with Games Design and Development
- Level 1 Get started: with Website Design
- Level 1 Staying Safe Online and Cyber Security
- Level 2 Learn to Code with Python
- Level 2 Digital Promotion for Business



LEARN MORE

Scan the QR code to start your Adult Learning journey.

Join our...

Business Skills Academy.

Do you own a **small business**, are **self-employed** or have a **side-hustle** and want to learn how to manage your accounts? Or maybe you are interested in **starting a new career**?

Our Business Academy qualifications will provide you with the skills required in a range of different business environments and will give you valuable insight into the industry.

Courses include:

- AAT Level 1 Bookkeeping Skills **aat**
- Level 1 Business Skills
- Level 2 Business Administration
- Level 2 Principals of Team Leading
- Level 2 Fast Track Business Skills



LEARN MORE

Scan the QR code to start your Adult Learning journey.

Did you know?

There are currently **30,000** jobs available in the Northwest related to financial accountancy with the average salary of **£32,000** once qualified.

Whilst you are qualifying, you could earn up to £13 per hour!



Essential Skills Qualifications.



Get your **Maths** and **English** Essential Skills Qualifications with Lancashire Adult Learning!

We offer short, flexible, **FREE** Functional Skills Maths and English courses, that will help you develop the everyday skills needed in life and work.

Functional Skills at Level 2 are accepted by most employers and many Further and Higher Education colleges. Courses are delivered both online and face to face at a wide range of venues across Lancashire.



LEARN MORE

Scan the QR code to learn more and to book your assessment today: simply pick a date, time and venue!

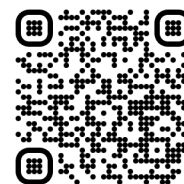
GCSE Qualifications.

Are you interested in a career in **Teaching** or **Nursing**? Get the qualification you **NEED** with a GCSE in Maths, English or Biology!

Don't let essential qualifications hold you back from a rewarding and established career. These courses will help you learn the required skills to go onto further education and employment.

Maybe you just want to be able to support your child through their GCSE's? Our **OUTSTANDING** tutors will give you the dedicated support you need to achieve your goals.

Our courses are flexible to fit around you (just one evening a week), and you could even get help with childcare. If you do not have a GCSE Grade C/4, then the course is **FREE****.



ENQUIRE NOW

Contact us for more information by scanning the QR code.



for more information on fees please visit:
<https://www.lal.ac.uk/how-to-enrol/fees/>



<https://nelsonandcolnecollegegroup.theskillsnetwork.com/>

JOIN OUR ONLINE COLLEGE

DID YOU KNOW?

**31.6% OF WORKERS SAID THEY WOULD
LEARN A NEW SKILL IF IT WAS ONLINE.**

We offer a wide range of distance learning courses providing you with the flexibility to study a selection of nationally recognised qualifications across several industry sectors, including:

- Business and Leadership Management
- Childcare and Education
- Health, Social Care and Wellbeing
- Hospitality
- Plus, many more!

As well as **BRAND NEW** Level 3 courses for September 2023:

- Level 3 Certificate in Understanding Mental Health
- Level 3 Certificate in Understanding Autism
- Level 3 Certificate in Understanding the Principles of Dementia Care

OUR COURSES ARE:

- ✓ FREE if you live in Lancashire!***
- ✓ Fully remote, online learning
- ✓ Flexible to fit around your work and home life
- ✓ Supported by our OUTSTANDING tutors



FIND OUT MORE!

***subject to eligibility

Boost your confidence when working with numbers.

with Lancashire Adult Learning and Multiply.

Numeracy problems affect up to 50% of the adult population. So, if the numbers don't add up, learn with LAL!

Joining a Multiply course will help you to build your confidence and recognise that everyone can do everyday maths when given the right support and chance to practise. You can learn a whole range of skills for example understanding your payslip, feeling comfortable helping your children with their maths homework, or knowing how to budget effectively.

Courses include:

- Building Confidence in Numeracy
- Bills and Budgeting
- Supporting Family Maths
- Numeracy in the Workplace



Find out more!

It's never too late to learn.

Most of our courses are FREE!

Our courses are designed with you in mind, wherever you are in life and whatever your end goal. Whether that's supporting your family, starting work, or wanting to learn something new and improve your health and wellbeing – we have a course for you.

Delivered online and in community venues near you – adult learning has never been more accessible!

Find out more!



We have courses in:

Creative Wellbeing

Employability Support

ESOL (English for Speakers of other Languages)

Family Learning

Health and Wellbeing

Horticulture

Languages

Seasonal Courses

Volunteering

Meet our Learners.



Meet Olena

WINNER of the LAL 2023 Recognition Award for Essential Skills for Life and Work

Olena's inspiring journey began when she left Ukraine to escape the ongoing war and arrived in the UK with her daughter. She immediately embraced the opportunity to learn English by enrolling in ESOL classes with LAL. Starting at a pre-entry level in spoken English, Olena's confidence has blossomed over the past year, thanks to her unwavering dedication.



Meet Josh

WINNER of the LAL 2023 Recognition Award for Skills for Work and Careers

Josh's transformation throughout his time at LAL has been remarkable. From lacking confidence, he has embarked on a journey of personal growth and skills development. His hard work and dedication paid off when he successfully gained employment with EE in Blackburn.

Josh has demonstrated that with the help of LAL, anyone can overcome obstacles and achieve their goals.



Meet Gill

WINNER of the LAL 2023 Recognition Award for Essential Skills for Life and Work

From facing redundancy in 2019 due to Covid-19, Gill enrolled on our ICT programme. Through her commitment to the course, Gill has successfully gained employment with Lancashire County Council in an administrative position.

COST OF LIVING SUPPORT

In order to combat the ever-present concerns surrounding the cost-of-living crisis, we have developed a range of half day courses to ensure that you can develop strategies to cope with the cost-of-living pressures.

We have a number of unique **FREE** offerings available such as, bill management and financial budgeting courses aimed to help you better manage your finances and provide handy hints and tips to sizably cut down gas and electric bills.

Cooking and meal preparation on a tight budget is also part of the curriculum, as well as employment advice to help you take those next steps on the career ladder, upskill, or even change career paths.

Courses include:

- Reducing Bills through Energy Efficiency
- Comparing Costs through Price Comparison
- Balancing Books through Household Budgeting
- Get Online and Save Money
- Cooking Healthy Meals on a Budget
- Quick Ways to Sleep Well
- Quick Ways to Improve Your Mood
- Mindset Matters
- Simplify your Life
- Connect for Wellbeing
- Introduction to Chair Based Exercise
- Introduction to Yoga for Stress & Anxiety



Find out more!

Find out why we are the Number One College in Lancashire for Adult Learners*

at one of our Adult and
University Advice Events where
you can:

Find out how you can study for FREE**

Explore flexible study options to fit
around you.

Meet our Ofsted OUTSTANDING tutors



Scan the QR code
to register TODAY!

*Across all 19+ learning levels, as shown in the 2021-2022 Government
Achievement Rate tables | **Subject to availability

Event Locations:

Accrington and Rossendale College

Sandy Lane, Accrington - BB5 2AR

Nelson and Colne College

Scotland Road, Barrowford, Nelson - BB9 7YT

The Waterside Centre, Accrington

St James Street, Accrington - BB5 1NA

Visit lal.ac.uk
to find the
right time for
you.

TAKE YOUR FIRST STEPS TO **HIGHER** **EDUCATION** WITH AN ACCESS COURSE!

An Access to HE Diploma is a Level 3 qualification which provides you with the skills and confidence you need to start your university level learning journey.

How long is an Access to HE Course?

It is a one-year programme, from which you can progress directly onto a university course.

Do I have to be in College every day?

No. You will have timetabled classes over 2.5 days per week with specialist tutors who will support you in developing the knowledge and skills needed for your next steps in Higher Education. There are also online learning options for some subject areas.

We offer a wide range of subject areas including:

- Social Sciences
- Health and Science
- Business and Law
- Computing and more!

Most importantly, this course could be **FREE! You can apply for an Advanced Learner Loan to pay for the tuition fees. Student Finance England will then write-off any outstanding balances you owe once you progress to, and complete, a Higher Education course.**



FIND OUT MORE!

REACH A DEGREE ON YOUR DOORSTEP.

Transform your future and become industry ready! We offer a large selection of degree-level qualifications, validated from top universities, including Liverpool John Moores University, University of Huddersfield and University of Cumbria. Start your journey into higher education today and experience the cost-effective benefits of studying locally, right here at your local University Centres based at Accrington & Rossendale College and Nelson & Colne College.

We offer a range of degree-level qualifications in the following areas:

- Business, Finance & Law
- Computing
- Construction
- Engineering
- Early Years & Education
- Health & Social Sciences
- Sport



Find out more!



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Discover your potential TODAY!

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your adult learning journey.

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