

Skills for Life Courses

Our Skills for Life Courses are FREE ONLY to those adults who do not have a GCSE English Grade A-C (for courses with Literacy) or Maths Grade A-C (for courses with Numeracy). This does not apply to students undertaking our English as a Second Language course.

You will be asked to undertake a short assessment at the beginning of your course and a short test at the end of it. This test can be taken at Entry, Level 1 or Level 2 and is a nationally recognised qualification.

Becoming Webwise (with Literacy): Find out how to get the most out of the 'World Wide Web'. Our qualified tutor will help you learn how to use the Internet and how to access information at the touch of a button!

Confidence Building (with Literacy): This course will help you improve your confidence techniques. You will learn more about assertiveness skills, self esteem and team building. Our tutor will help you to express how you feel, in order to cope with the challenges of everyday life. Come along and join a small and friendly group.

Creative Writing (with Literacy): A great way to get those thoughts down on paper! Learn how to use your imagination and write stories to share with others in a small group. This course will also show you how to use writing frames, improve your punctuation and spelling. Our qualified tutor will inspire and encourage you.

Essential Literacy (includes Level 2 English): This course is suitable for those wishing to 'brush-up' their English skills and as an introduction to GCSE English and Level 2 qualifications. You will work with a qualified tutor in relaxed, friendly and supportive group.

Essential Numeracy (includes Level 2 Numeracy): This course is suitable for those wishing to 'brush-up' their number skills and as an introduction to GCSE Maths and Level 2 qualifications. You will work with a qualified tutor who makes maths fun, within a friendly and supportive group.

Get Your Point Across (with Literacy): This course will help you draft and layout everyday documents. It would be an advantage to have basic IT skills. You will learn how to put together simple e-mails, memos, letters (formal, informal, thank you, complaints etc) and all general correspondence. Your experienced tutor will help you choose the appropriate wording to get your point across!

Interior Design (with Numeracy): Ever watched DIY programmes on TV and wanted to join in? This course is an ideal way to help you plan, design and change the look of your home, whilst learning more about size, shape and space. Our tutor will work with you in a small and friendly group.

Introduction to Craft (with Literacy): Ever wanted to make gifts for friends? Cards for special occasions? This course aims to provide some basic techniques of bead jewellery making and card design to help you gain confidence to produce those special gifts. As well as this, you will also have the opportunity to get a qualification in literacy. All taught in a friendly and adaptable atmosphere. Come along - you'll have fun!

IT for Beginners (with Literacy): Come and join a small and friendly group and learn more about the basics of IT. You will work with a qualified tutor, who will make using the computer fun. This course is an ideal introduction to IT and you can progress to learn further skills.

Improve your IT (with Literacy): For those students who have already taken the Introduction to IT course. This course is an ideal progression for those students who wish to learn even more about IT and will be useful for those individuals wishing to look at further national qualifications in IT.

Live Life to the Full on a Budget (with Literacy): Struggle to enjoy life to the full with limited income? This course offers ways of saving money and improving your lifestyle. Rummage through charity shops to find bargains, learn how to look for the quality not the rubbish. Learn how to budget and organise your limited resources. Develop your sense of style. And get a literacy qualification too. Taught in a friendly atmosphere by a tutor who buys a lot from charity shops - and doesn't look like a bag lady!

Spreadsheets, Graphs & Tables (with Numeracy): For those students who have already taken an Introduction to IT course. This course is an ideal progression for those students who wish to learn how spreadsheets can be used for calculations, creating tables to organise your work, and to display information in graphs or charts. You will work with a qualified tutor in a small group, with the opportunity to 'brush up' your number skills too.