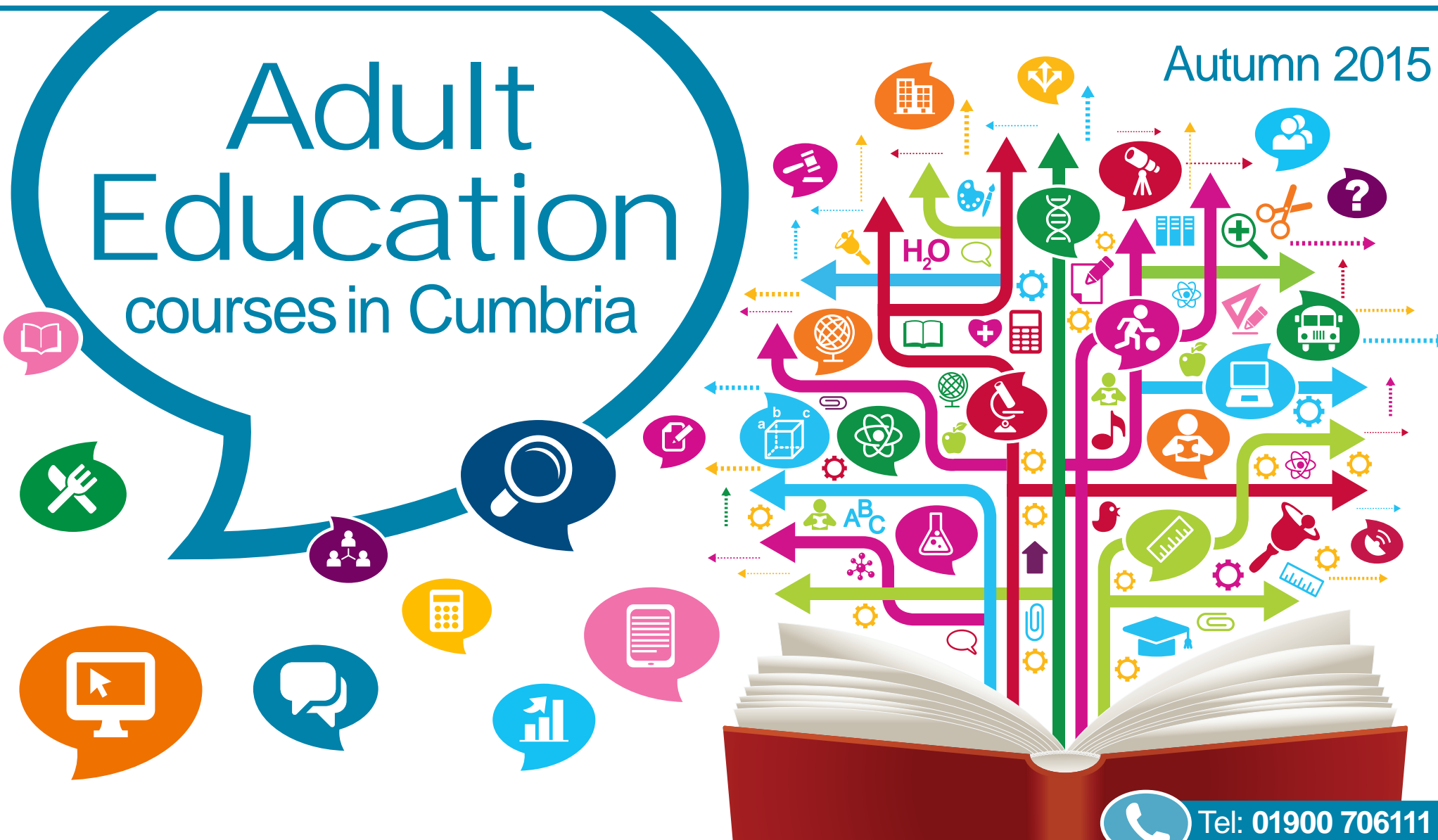


Autumn 2015

Adult Education

courses in Cumbria



Tel: 01900 706111

Welcome to this year's Cumbria Adult Education brochure, which sets out the courses we have on offer for the coming autumn.

Our courses are delivered in a wide range of venues right across the county and they are designed to help you improve your quality of life. So whether you need to build your self-confidence, increase your skills, improve your English and maths, enhance your job prospects or develop a new interest – we are confident that inside you will find something that will make your day to day life just that little bit more interesting!

We have also aimed to make our courses as accessible as possible - with daytime and evening courses and reduced fees for those on benefits.






So go on... make 2015/16 your year to get learning again!

Councillor Ian Stewart

P.S. From next year the County's Adult Education Service will be renamed as the Community Learning and Skills Service – but don't worry this change won't affect the great range of interesting learning opportunities that are on offer to you, your family and your friends.



Contents

	Growing Well	3
	Back to Netball	3
	Focus on English and Maths	4
	24+ Advanced Learning Loan	5
	New Start	6
	Family Learning	6
	Apprenticeships	6
	Professional Vocational Qualifications	7
	Vulnerable Adults	7
	Adult Education listings	8 - 39
	How to enrol on a course	40
	Enrolment form	41
	Centre contact numbers	43
	Adult Education Centre locations	44



If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language please telephone **01900 706111**.

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে **01900 706111** নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，请致电 **01900 706111**

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu **01900 706111**

W celu uzyskania informacji w Państwa języku proszę zadzwonić pod numer **01900 706111**

Se quiser aceder a esta informação na sua língua, telefone para o **01900 706111**

Bu bilgivi kendi dilinizde görmek istiyorsanız lütfen **01900 706111** numaralı telefonu arayınız

Whilst every effort has been made to ensure that the information contained in this booklet is correct, last minute changes to courses do sometimes occur. Therefore we advise you to check with individual centres when booking your course to ensure the times, dates and course details are correct.

Growing Well is an organic vegetable growing charitable enterprise that works with individuals recovering from mental health issues. They deliver a range of horticultural courses and qualifications that are open to the community.

New courses starting soon...

Grow More, Grow Better
an 8 week course running from
October 2015 – May 2016

**Level 2 Diploma in
Workbased Horticulture**
a 33 week course running from
September 2015 – June 2016

For further details please visit
www.growingwell.co.uk
or call Hazel for an informal chat
on 015395 61777

**Cultivating
Good Mental
Health**



Low Sizergh Farm t: 015395 61777
Low Sizergh f: 015395 61803
Kendal
Cumbria
LA8 8AE

e: info@growingwell.co.uk
www.growingwell.co.uk

Funded by Cumbria Adult Education

Since 2010, over 60,000 women have taken part in **Back to Netball**. There are many benefits of getting involved such as weight loss, developing the body's cardiovascular system and improving muscle tone.

Run by enthusiastic coaches, sessions cover the basics of the game including passing, footwork and shooting. Sessions finish with a friendly game to put the skills you have learnt into practice.

You don't need any special kit, just clothes that you feel comfortable exercising in and trainers ideally that lace up. Make sure you bring some water and that you've had a snack a couple of hours before hand so you've got plenty of energy.

Hundreds of women from all over the country are getting **Back to Netball** each week, why don't you join us and be the girl that can!

Free coaching sessions are being held at:

West Lakes Academy, Egremont:

Monday 14 September 2015 8.00 - 9.00pm for 6 weeks
To enrol please call: **01946 820356**

Workington Adult Education Centre:

Thursday 17 September 2015 7.00 - 8.00pm for 6 weeks
To enrol please call: **01900 871789**

Whitehaven Adult Education Centre

Dates to be confirmed
To enrol please call: **01946 595476**



Funded by England Netball

**Back to
Netball**



Focus on English & Maths

- GCSE English & maths
- Functional skills in English & maths



GCSE courses are 1 year courses, usually run on one evening or one daytime session per week for approximately 30 weeks. The final exams are usually at the end of May or in early June, so please check with your centre to ensure you are available to sit the exams as well as attend the course.

Check the brochure to see which centres are offering GCSE English and/or maths and then contact the centre directly to book a place.

Note: – you can only do one GCSE English and one GCSE maths course in one year – please do not take up a space others might use.

If you would like to enrol on a GCSE course you will need to do a pre-course assessment. You may be signposted to a Functional Skills course if the assessment shows you are not yet ready to take a GCSE.

GCSEs are not an easy option. You will be cramming two years of work into one year, so think carefully about the prior commitments you have e.g. work, family, holidays etc. before signing up. There is an expectation that you will need to do at least 3-4 hours homework a week as well as attend the class.

To qualify for a FREE English or maths course you must:

- be eligible (through nationality or residence)
- be able to attend all sessions and all exam sessions (i.e. you cannot just do the exam)
- have a proven commitment to a course by previously attending a suitable course e.g. Functional Skills
- not be attending another FREE English and/or maths course at the same level with another provider in the same academic year

Functional Skills are shorter courses, usually 10-16 weeks in length with one 2.5-3 hr session a week. Functional Skills are an ideal way to prepare you for GCSE courses as they get you back into learning and helps you understand where you may need to do some extra work as well as gaining a recognised qualification in its own right. Please check the brochure for a centre near you delivering Functional Skills courses or contact the number below for details of courses at other venues. If you are not sure if you are ready to tackle a full year's course yet then try a shorter Functional Skills course to get you started on the path to the GCSE.

Classes will need a minimum number of learners to run and times may change so please contact us to reserve a place.

For further details or to book a place, please call **01900 706111**.



24+ Advanced Learning Loan

If you are planning to study at Level 3 or Level 4 (e.g. a Vocational Qualification) you may qualify for a 24+ Advanced Learning Loan. These loans help you to pay the fees charged by Cumbria Adult Education and its providers.

For more general information on loans visit:
nationalcareersservice.direct.gov.uk/advancedlearningloans

What Cumbria Adult Education can offer

We offer a wide range of Level 3 and 4 courses such as:
Vocational Qualifications in Business Administration, Customer Service, Teaching Assistants, Management, Information Technology and Social Care and Counselling

What you'll get once you've decided on your course

The loan amount depends on the:

- Type of course
- Course fees
- The maximum loan available for your course

How to apply

- Check with your local centre that the course qualifies. For contact details see page 43, call **01900 706111** or go to cumbriaadulteducation.org
- Complete your **Learning and Funding Guidance** document supplied by the Centre you plan to attend
- Then apply online at www.gov.uk/advanced-learning-loans/overview

Aged 24 or
over and
thinking
about adult
education?



New Start Foundation Learning

- **New Start** courses are a way of gaining new skills and improving your job prospects.
- Courses cover a wide range of subjects: *Confidence and communication; Using Computers; Employability skills; Hospitality skills; Money management.*
- Courses are FREE if you are unemployed and in receipt of any state benefit and you want to enter employment.
- Courses can be as short as 2 weeks.
- Courses run throughout the year right across Cumbria.



For more information or an informal chat please call **01900 706111** or visit **cumbriaadulteducation.org**

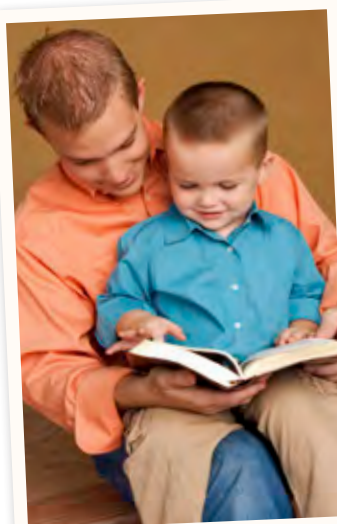


Thank you all for making this course fun and proving that learning can be enjoyable.

Fantastic course delivered in an informative manner by a great tutor.



- **Family Learning** is all about showing you ideas, games and activities to support your child's learning and development. The courses usually run in Cumbrian Primary Schools and Children's Centres, but also in other community venues around the county. Please talk to the Headteacher of your local school or the Centre Manager of your local Children's Centre or Adult Education Centre about your interest, particularly if you do not already have a level 2 qualification. All Family Learning courses are FREE. If you have a pre-school child we can provide a crèche or may be able to pay for registered childcare so you can come to the course.
- **Family Learning** helps you brush up your own skills including Language, Literacy, Numeracy, Money Matters, Computing, Art and Craft and First Aid. The sessions also build confidence, self-esteem, skills and knowledge - you'll make new friends and have fun too!



For more information please call **01900 706111** or visit **cumbriaadulteducation.org**

Family Learning

Apprenticeships

Learners

- Would you like to earn while you learn, improve your skills, gain nationally recognised qualifications and improve your career prospects?

Employers

- Are you looking for a cost-effective staffing solution?
- Are you thinking about upskilling your existing employees?
- Do you want loyal and committed staff that can grow your business?

We can help you recruit an Apprentice for your business or upskill your existing staff.

Cumbria Adult Education offers the following Apprenticeships:

- Business Administration
- Supporting Teaching and Learning in Schools
- Health and Social Care
- Customer Services
- Team Leading
- Management
- Children and Young People's Workforce

Our professional and experienced tutors will work alongside you to support and deliver your training.



For further information or an informal chat please call **01900 706111** or email **vocational@cumbria.gov.uk** or visit **cumbriaadulteducation.org**

Professional Vocational Qualifications

Cumbria Adult Education provides a range of vocational qualifications to suit the needs of a range of staff, the public, private and third sectors. The following QCF qualifications are available:

- QCF Level 3 Diploma in Advice and Guidance
- QCF Level 4 Diploma in Advice and Guidance
- QCF Level 2 Certificate in Business and Administration
- QCF Level 3 Diploma in Business and Administration
- QCF Level 2 Certificate in Customer Service
- QCF Level 3 Diploma in Customer Service
- QCF Level 2 Certificate in Team Leading
- QCF Level 3 Certificate in Management
- QCF Level 5 Diploma in Management
- QCF Level 2 in Supporting the Wider Curriculum in Schools
- QCF Level 2 Certificate for the Children and Young People's Workforce
- QCF Level 3 Diploma for the Children and Young People's Workforce
- QCF Level 2 Certificate in Supporting Teaching and Learning in Schools
- QCF Level 3 Diploma in Specialist Supporting Teaching and Learning in Schools

These programmes are delivered in the workplace using taught sessions and workplace assessment.

Cumbria Adult Education may also be able to offer Functional Skills in English and maths for your workforce.

Government funding may be available for some staff to undertake these programmes and Cumbria Adult Education can support your staff to access 24+ loans where applicable.

For further information or an informal chat please call **01900 706111** or email **vocational@cumbria.gov.uk** or visit **cumbriaadulteducation.org**

Vulnerable Adults

- **Our programmes** for adults with learning difficulties and/or disabilities are designed to develop knowledge and skills needed to live and work independently in their local community.
- **Our joint approach** of delivering courses in partnership with care providers across the county creates an achievable learning and training package to enable people with disabilities the opportunity to become less dependent, able to work, and benefit from real life experiences.

'Pathways to Adulthood'

We also offer 'Pathways to Adulthood' for 19 – 24 year olds across the county which is a study programme in the local community and offers an alternative to a residential college course. It is delivered through a range of practical activities tailored to meet individual needs based on elements from four pathways:

- Community Participation
- Employability
- Independent Living
- Good Health and Wellbeing

These pathways are most likely to reflect the key elements of the students' lives and interests and will provide subject specific skills that will support them in their future.



I would like to carry on with this course because I am enjoying it.

I have learned how to catch a bus by myself and now I can visit my friends.

For more information or an informal chat please call: **01900 706111**





Flimby and Ewanrigg Community Development Centres

Ryehill Road, Flimby, Maryport, Cumbria CA15 8PJ. Contact Kath Stoddart.

t: 01900 810561 e: kath@flimby.cumbria.sch.uk

This centre runs IT and Employability courses. Please call or email for further details. The Centre is staffed part-time but please leave a message and we will get back to you. Cheques payable to Cumbria County Council.

Kirkbride Learning Centre

Kirkbride Learning Centre, c/o Kirkbride Primary School, Kirkbride, Wigton CA7 5JR. Contact Caroline Carey.

t: 016973 52284 f: 016973 51483 e: manager@kirkbride.cumbria.sch.uk

w: www.cumbria.gov.uk/cdc/kirkbride

Learners can enrol by post and email throughout the summer and by phone from 07.09.15. The Centre opens for the Autumn term on 07.09.15. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Arts and Crafts to include Dance and Flower Arranging

Garden Design	1	Sa	21.11.15	10:00	16:00	£20.00	KKB
Drawing and Watercolour	12	F	18.09.15	13:30	16:00	£100.00	KKB

Business and ICT Leisure learning non-qualification courses

Beginners guide to buying and selling on eBay	6	F	18.09.15	10:30	12:30	£40.00	KKB
Web design	6	Th	18.09.15	19:00	21:00	£40.00	KKB
Internet and Email for beginners	5	Th	Sep 15	13:30	15:30	£33.00	KKB
Get the most out of your iPad or tablet	4	F	06.11.15	10:30	12:30	£27.00	KKB

Health and Beauty to include Massage, Aromatherapy

Yoga	32	M	14.09.15	19:00	20:30	£176.00	KKB
------	----	---	----------	-------	-------	---------	-----

Netherhall Adult Education Centre, Maryport

Netherhall School, Maryport, Cumbria CA15 6NT. Contact Elaine Nicholson/Shirley Rodney/Judith Smith.

t: 01900 815765 e: aded@netherhall.cumbria.sch.uk w: www.netherhall.cumbria.sch.uk

Office hours Mon 09:30 - 12:30 & 18:00 - 21:00, Tues & Wed 13:00 - 15:00. Enrolments are taken from 29.06.15 in person, by post, phone or email. Places are allocated first come first served, upon receipt of fees. Please enclose an SAE if confirmation/receipt is required. We are unable to accept card payments. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

GCSE Maths*	3x10	M	21.09.15	19:00	21:00	FREE	NETH
GCSE English*	3x10	W	23.09.15	18:15	20:15	FREE	BHS

Arts and Crafts to include Dance and Flower Arranging

Pencil Drawing	2x10	M	21.09.15	19:00	21:00	£132.00	NETH
Rag Rug Workshop	1	Sa	14.11.15	10:00	16:00	£20.00	SETT
Standing Wool - Quille Upholstery	1x6	Th	01.10.15	19:00	21:00	£39.60	SETT
Sugarcraft	2x10	M	21.09.15	19:00	21:00	£132.00	NETH

Languages non-qualification courses

French for Beginners & Improvers	2x10	M	21.09.15	19:00	21:00	£132.00	NETH
Guided Conversations in French	2x10	Tu	22.09.15	19:00	21:00	£132.00	SETT

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Family History	1x6	Tu	03.11.15	19:00	21:00	£39.60	SETT
----------------	-----	----	----------	-------	-------	--------	------

Vocational and Training Skills to include Teacher Training

Paediatric First Aid	2	F	20.11.15	09:00	16:00	£60.00	SETT
Appointed Person's First Aid	1	F	09.10.15	09:00	16:00	£30.00	SETT

Sports, Fitness and Outdoor Education

Yoga	2x10	M	21.09.15	10:00	11:30	£99.00	PLUM
------	------	---	----------	-------	-------	--------	------



Wigton Adult Education Centre

The Nelson Thomlinson School, High Street, Wigton CA7 9PX. Contact Fiona Wastenev.
t: 016973 21515 / 07746 974806 f: 016973 49160 e: wigtonadulter@nts.cumbria.sch.uk
w: www.wigtonadultereducation.org.uk

Enrolment throughout the summer by post, email or phone (if staff are unavailable please leave a message on the answering machine). Advance booking and payment required; please send SAE for receipt and confirmation of place. Exam costs included in fees. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

GCSE Maths*	26	Th	17.09.15	18:00	21:00	FREE	NTS
GCSE English*	26	W	16.09.15	18:00	21:00	FREE	NTS

Arts and Crafts to include Dance and Flower Arranging

Creative Stained Glass (taster)	1	Th	24.09.15	19:00	21:00	£6.00	NTS
Creative Stained Glass Workshop	1	Sa	12.09.15	10:00	16:30	£26.00	WMC
Dressmaking and Machine Sewing for Beginners	10	Th	24.09.15	19:00	21:00	£66.00	NTS
Art - Drawing & Painting	10	F	25.09.15	10:00	12:00	£66.00	WMC
Creative Stained Glass	9	Th	01.10.15	19:00	21:00	£59.40	NTS
Partridge in a Pear Tree embroidered picture	1	Sa	07.11.15	10:00	16:00	£26.00	WMH
Upholstery for Beginners Workshop	1	Sa	10.10.15	10:00	16:00	£26.00	WMC

Business and ICT Leisure learning non-qualification courses

Computing for the Terrified	5	Th	24.09.15	19:00	21:00	£33.00	NTS
Internet & Email	5	Th	05.11.15	19:00	21:00	£33.00	NTS

Languages non-qualification courses

Japanese for Beginners (taster)	1	W	23.09.15	19:00	21:00	£6.00	NTS
Japanese for Beginners	9	W	30.09.15	19:00	21:00	£59.40	NTS
Bulgarian made Easy (taster)	1	Th	24.09.15	19:00	21:00	£6.00	NTS
Bulgarian made Easy	9	Th	01.10.15	19:00	21:00	£59.40	NTS
Sign Language for Beginners Workshop	1	Sa	26.09.15	10:00	16:00	£26.00	WMH

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Science and Psychology including Sociology and Counselling

CPCAB Certificate in Counselling Skills	27+4	M/Sa	12.09.15	18:30	21:30	£499.00	WMH
Mindfulness for Wellbeing	10	Tu	22.09.15	10:00	12:00	£66.00	WMH
Mindfulness for Wellbeing	10	Tu	22.09.15	18:30	20:30	£66.00	WMC
Intro to Buddhism	1	Sa	24.10.15	10:00	16:00	£26.00	HAY
Intro to Shamanic Practice	1	Sa	07.11.15	10:00	16:00	£26.00	HAY

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Beginners' Guitar	5	W	23.09.15	18:00	19:00	£22.50	NTS
Intermediate Guitar	5	W	23.09.15	19:00	21:00	£45.00	NTS
Drums	5	W	23.09.15	19:00	20:00	£22.50	NTS
Drums	5	W	23.09.15	20:00	21:00	£22.50	NTS
Singing for Health & Pleasure (taster)	1	Th	24.09.15	19:00	21:00	£6.00	NTS
Singing for Health & Pleasure	9	Th	01.10.15	19:00	21:00	£59.40	NTS
Beginners' Guitar	5	W	04.11.15	18:00	19:00	£22.50	NTS
Intermediate Guitar	5	W	04.11.15	19:00	21:00	£45.00	NTS
Drums	5	W	04.11.15	19:00	20:00	£22.50	NTS
Drums	5	W	04.11.15	20:00	21:00	£22.50	NTS
Thai Cookery	2	Th	05.11.15	18:00	21:00	£25.00	NTS

Sports, Fitness and Outdoor Education

Archery (taster)	1	W	23.09.15	18:30	20:30	£6.00	NTS
Archery	8	W	30.09.15	18:30	20:30	£52.80	NTS
Yoga (Wed)	10	W	23.09.15	19:00	20:30	£49.50	NTS
Yoga for Beginners	10	Th	24.09.15	18:30	20:00	£49.50	NTS
Get Fit/Stay Fit	10	Th	24.09.15	19:00	20:00	£33.00	BS
Circuits	10	Th	24.09.15	20:00	21:00	£33.00	BS
Intro to Alexander Technique	1	Sa	24.10.15	10:00	16:00	£26.00	WMH

Health and Beauty to include Massage, Aromatherapy

Appointed Persons' First Aid	1	Sa	03.10.15	10:00	16:30	£26.00	WMC
Paediatric First Aid	2	Sa	21.11.15	10:00	16:30	£42.90	WMC



Workington Adult Education Centre

Needham Drive, Workington, Cumbria CA14 3SE. Contact Gillian Thompson.

t: 01900 871789 e: waec1gillian@aol.com w: workingtonadulteducation.co.uk

Enrolments from 01.07.15 - 19.07.15 by phone, post or in person then again from 07.09.15 during office hours 09:30 - 15:30. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

GCSE English*	30	M	14.09.15	18:30	20:30	FREE	STJ
GCSE Maths*	30	W	16.09.15	18:00	20:00	FREE	STJ
GCSE Maths*	30	W	16.09.15	18:00	20:00	FREE	MCC
Functional Skills Level 1 Maths*	12	W	23.09.15	10:00	15:00	FREE	MCC
Functional Skills E3 Maths*	12	W	23.09.15	10:00	15:00	FREE	MCC
Have a go at Creative Writing	1	Sa	17.10.15	10:00	16:00	£19.80	MCC

Arts and Crafts to include Dance and Flower Arranging

Dressmaking	20	W	23.09.15	18:30	20:30	2x£66.00	STJ
Watercolour Painting	20	Th	24.09.15	18:30	20:30	2x£66.00	STJ
Pencil Drawing	20	Th	24.09.15	18:30	20:30	2x£66.00	STJ
Watercolour Workshop	1	Sa	17.10.15	10:00	16:00	£19.80	STJ
Pencil Workshop	1	Sa	14.11.15	10:00	16:00	£19.80	STJ
Gift Making Made Easy With Clay	1	Sa	14.11.15	10:00	16:00	£19.80	STJ
Christmas Gifts To Sew	1	Sa	28.11.15	10:00	16:00	£19.80	STJ

Business and ICT qualification courses

BCS Level 1 ITQ Certificate*	10	W	23.09.15	18:00	21:00	£145.00	MCC
BCS Level 1 ITQ Certificate*	10	F	24.09.15	10:00	13:00	£145.00	MCC

Business and ICT Leisure learning non-qualification courses

Develop Your Computing Skills	5	Th	24.09.15	18:30	20:30	£33.00	MCC
Know More about Excel	5	Th	05.11.15	18:30	20:30	£33.00	MCC

Languages non-qualification courses

Move on with Spanish	10	M	21.09.15	18:00	20:30	£66.00	STJ
Beginners French	10	M	21.09.15	18:00	20:30	£66.00	STJ

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Science and Psychology including Sociology and Counselling

GCSE Science*	30	TBA	14.09.15	18:00	20:00	£250.00	STJ
GCSE Science*	30	W	16.09.15	18:30	20:30	£250.00	STJ

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Beginners Digital Photography	10	W	16.09.15	18:00	20:00	£66.00	MCC
Paediatric First Aid	5	Tu	22.09.15	18:30	20:30	£39.60	STJ
Cake Decorating - Sugar Craft	20	Tu	29.09.15	19:00	21:00	2x£66.00	STJ
Cake Decorating - Sugar Craft	20	W	30.09.15	19:00	21:00	2x£66.00	STJ
Gluten Free Workshop	1	Sa	14.11.15	10:00	16:00	£19.80	STJ
Breadmaking Workshop	1	Sa	17.10.15	10:00	16:00	£19.80	STJ
Improvers Photography Workshops	2	Sa	21.11.15	10:00	16:00	£39.80	MCC
Christmas Treats to eat Workshop	1	Sa	28.11.15	10:00	16:00	£19.80	STJ
Food Hygiene Level 2	1	Sa	28.11.15	10:00	17:00	£65.00	STJ
Christmas Cake Decorating	1	Su	29.11.15	10:00	16:00	£19.80	STJ

Sports, Fitness and Outdoor Education

Get Back into Netball	10	Th	17.09.15	19:00	20:00	FREE	MCC
Beginners Archery	10	M	21.09.15	19:00	21:00	£66.00	MCC

“Really enjoyed the class as always – a good atmosphere and very helpful tutor”
Language classes



Adult Education Carlisle (Trinity)

Trinity School, Strand Road, Carlisle, CA1 1JB

Contact Ali McCulloch /Helen Blenkarn

t: 01228 403555 e: amc@trinity.cumbria.sch.uk w: aecarlisle.com

Enrolment from 01.07.15. Enrolments can be made from 09:00 - 15:00 throughout the summer by phone, post or person. Advanced booking and payment is required. Course information sheets are available to download from our website. Course fee cheques payable to Trinity School. No concessions available on courses marked with #.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths including Skills for Life and Creative Writing							
GCSE Maths*	30	M	14.09.15	18:00	20:00	FREE	TRI
GCSE Maths*	30	W	16.09.15	19:00	21:00	FREE	TRI
GCSE English*	30	W	16.09.15	18:00	20:30	FREE	TRI
GCSE English*	30	Tu	15.09.15	18:30	21:00	FREE	TRI
Arts and Crafts including Dance and Flower Arranging							
Oil Painting	3x8	M	14.09.15	13:30	15:30	3x£53.00	BOT
Oil Painting	3x8	M	14.09.15	19:00	21:00	3x£53.00	BOT
Oil Painting	3x8	Tu	15.09.15	19:00	21:00	3x£53.00	BOT
Oil Painting	3x8	W	16.09.15	19:00	21:00	3x£53.00	BOT
Drawing & Painting	2x10+5	M	21.09.15	18:30	20:30	2x£66+£33	TRI
Drawing & Painting	2x10+5	M	21.09.15	13:30	15:30	2x£66+£33	WIG
Life Drawing Advanced	2x10+5	M	21.09.15	18:30	20:30	2x£77+£44	TRI
Dressmaking & Tailoring Beginners	3x8	M	21.09.15	10:00	12:00	3x£53.00	JAM
Dressmaking & Tailoring Beginners	3x8	M	21.09.15	18:30	20:30	3x£53.00	TRI
Dressmaking & Tailoring Improvers	3x8	M	21.09.15	13:00	15:00	3x£53.00	JAM
Digital Photography Introduction	8	M	21.09.15	18:00	20:00	£53.00	TRI
Dressmaking & Tailoring Advanced	3x8	Tu	15.09.15	10:00	15:00	3x£106.00	JAM
Felt Making	8	Tu	22.09.15	18:30	20:30	£53.00	TRI
Pottery	8	Tu	22.09.15	18:30	20:30	£65.00	TRI
Screen Writing & Film Making Intro	8	Tu	22.09.15	18:30	21:00	£66.00	TRI
Life Drawing Beginners	2x10+5	W	23.09.15	18:30	20:30	2x£77+£44	TRI
Watercolours	2x10+5	W	23.09.15	10:00	12:00	2x£66+£33	BOT
Watercolours	2x10+5	W	23.09.15	13:00	15:00	2x£66+£33	BOT
Create Your Wedding Stationery	5	W	23.09.15	18:30	20:30	£33.00	TRI

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Upholstery Beginners	8	W	23.09.15	19:00	21:00	£72.00	MOR
Digital Photography Intermediate	8	W	23.09.15	18:00	20:00	£53.00	TRI
Film Studies Introduction	10	W	23.09.15	19:00	21:00	£66.00	TRI
Drawing & Painting	2x10+5	Th	24.09.15	10:00	12:00	2x£66+£33	BCC
Traditional Willow Basketry	8	Th	24.09.15	18:30	20:30	£53.00	TRI
Dressmaking & Tailoring Improvers	3x8	Th	24.09.15	18:30	20:30	3x£53.00	TRI
Creative Writing	10	Th	24.09.15	19:00	21:00	£66.00	TRI
Pastels	2x10+5	F	25.09.15	10:00	12:00	2x£66+£33	CUR
Pen & Wash	2x10+5	F	25.09.15	13:00	15:00	2x£66+£33	CUR
Upholstery Beginners	1 day	Sa	26.09.15	10:00	16:00	£36.00#	MOR
Rag Rug - Reupholster	6	M	28.09.15	19:00	21:00	£54.00	TRI
Rag Rug - Cushions	8	W	30.09.15	19:00	21:00	£72.00	TRI
Learn to Draw	6	Th	01.10.15	18:30	20:30	£40.00	TRI
Embroidery for Beginners	10	Th	01.10.15	14:00	16:00	£66.00	COS
Embroidery for Advanced	10	Th	01.10.15	10:00	12:00	£66.00	COS
Art History	6	W	07.10.15	18:30	20:30	£40.00	TRI
Let's get Weaving	1 day	F	16.10.15	10:00	16:00	£36.00#	JAM
Make a Roman Blind	6	Tu	20.10.15	18:30	21:00	£67.50	TRI
Acrylics Workshop - Animals	1 day	Sa	07.11.15	10:00	16:00	£36.00#	TRI
Acting Workshop for Beginners	1 day	Sa	07.11.15	10:00	16:00	£36.00#	TRI
Writing a Ghost Story	1 day	Sa	07.11.15	10:00	16:00	£36.00#	TRI
Cushion Making	1 day	Sa	07.11.15	09:30	16:00	£39.00#	TRI
Silversmithing - Introduction	2 days	Sa	07.11.15	10:00	16:00	£72.00#	TRI
Dance Around the World	1 day	Su	08.11.15	10:00	15:00	£30.00#	TRI
Acrylics Workshop - Figures	1 day	Sa	14.11.15	10:00	16:00	£36.00#	TRI
Pencil Drawing	2 days	Sa	14.11.15	10:00	15:00	£60.00#	TRI
Musical Mad	1 day	Sa	14.11.15	10:00	16:00	£36.00#	TRI
Tassel Making	1 day	Sa	14.11.15	10:00	16:00	£36.00#	TRI
Upholstery Beginners	1 day	Sa	14.11.15	10:00	16:00	£36.00#	MOR
Creative Glass Workshop	1 day	Sa	28.11.15	09:30	16:00	£39.00#	TRI
Party Dances!	1 day	Su	29.11.15	10:00	15:00	£30.00#	TRI
Festive Tealights & Bunting in Porcelain	1 day	Sa	05.12.15	10:00	16:00	£42.00#	ROC



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Business and ICT Leisure learning non-qualification courses							
Book Keeping Introduction	6	M	14.09.15	18:30	20:30	£41.00	TRI
Webpage Design Introduction	6	M	14.09.15	18:30	20:30	£43.00	TRI
Book Keeping Introduction	6	W	16.09.15	18:30	20:30	£41.00	TRI
iPads an Introduction	5	Tu	22.09.15	18:30	20:30	£36.00	TRI
Marketing Essentials	12	Tu	22.09.15	18:30	20:30	£79.50	TRI
Sage	10	Tu	22.09.15	18:30	20:30	£69.00	TRI
Excel - Intermediate level	5	W	23.09.15	18:30	20:30	£36.00	TRI
Computing Introduction	10	Th	24.09.15	18:30	20:30	£69.00	TRI
Digital Art & Illustration	1 day	Sa	07.11.15	10:00	16:00	£37.00#	TRI

Business and ICT Leisure learning non-qualification courses							
Book Keeping Level 1 Manual	10	M	02.11.15	18:30	20:30	£105.00	TRI
Book Keeping Level 1 Manual	10	W	04.11.15	18:30	20:30	£105.00	TRI

Languages non-qualification courses							
Spanish Year 1	3x10	M	14.09.15	19:00	21:00	3x£66.00	TRI
French Conversation Yr 3/4	3x10	Tu	15.09.15	19:00	21:00	3x£66.00	BCC
French Conversation Yr 5	3x10	Tu	15.09.15	19:00	21:00	3x£66.00	TRI
French Conversation Yr 6	3x10	Tu	15.09.15	09:30	11:30	3x£66.00	COS
German Year 1	30	Tu	15.09.15	19:00	21:00	3x£66.00	TRI
Spanish Year 2	3x10	Tu	15.09.15	10:00	12:00	3x£66.00	BOT
Spanish Year 2	3x10	Tu	15.09.15	18:00	20:00	3x£66.00	TRI
Spanish Year 3	3x10	Tu	15.09.15	18:30	20:30	3x£66.00	TRI
Spanish Conversation Yr 5	3x10	Tu	15.09.15	10:00	12:00	3x£66.00	BOT
French Year 1	3x10	W	16.09.15	19:00	21:00	3x£66.00	TRI
French Year 3-4	3x10	W	16.09.15	18:45	20:45	3x£66.00	TRI
French Conversation 4-5	3x10	W	16.09.15	10:00	12:00	3x£66.00	COS
German Intermediate	3x10	W	16.09.15	18:30	20:30	3x£66.00	TRI
Italian Year 1	3x10	W	16.09.15	19:00	21:00	3x£66.00	TRI
Spanish Year 1	3x10	W	16.09.15	10:00	12:00	3x£66.00	BOT
Spanish Year 1	3x10	W	16.09.15	18:00	20:00	3x£66.00	TRI
Spanish Conversation Yr 4/5	3x10	W	16.09.15	18:30	20:30	3x£66.00	TRI
French Year 2	3x10	Th	17.09.15	19:00	21:00	3x£66.00	TRI
French Conversation Yr 6	3x10	Th	17.09.15	19:00	21:00	3x£66.00	TRI
Italian Year 2	3x10	Th	17.09.15	19:00	21:00	3x£66.00	TRI

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Italian Year 3	3x10	Th	17.09.15	16:00	18:00	3x£66.00	BOT
Mandarin Taster	1	M	21.09.15	19:00	21:00	£9.00	TRI
Latin	10	Tu	22.09.15	18:00	20:00	£66.00	TRI
Sign Language Introduction	8	Tu	22.09.15	18:30	21:00	£69.00	TRI
German Conversation Group	4x6	W	23.09.15	10:00	11:30	4x£54.00	BOT
Polish Taster	1	W	23.09.15	19:00	21:00	£9.00	TRI

Science and Psychology including Sociology and Counselling							
GCSE Human Health and Physiology*	30	Tu	15.09.15	18:30	21:00	£314.00	TRI

Leisure Learning including Music, Singing, Cookery, Gardening, Bridge							
Unpicking Poetry	2	Tu	15.09.15	19:00	21:00	£15.00	TRI
Singing	6	W	16.09.15	18:30	20:30	£40.00	TRI
Local History - the Romans	5	M	21.09.15	18:00	20:00	£33.00	TRI
Live Sound for the Giggling Musician	5	M	21.09.15	18:30	20:30	£45.00	TRI
Animal Life in Cumbria	2x10	M	21.09.15	18:30	20:30	2x£66.00	TRI
Wildflowers in Cumbria	2x10	M	21.09.15	10:00	12:00	2x£66.00	CUR
Guitar Beginners	10	Tu	22.09.15	18:00	19:00	£60.00	TRI
Guitar Intermediate	5	Tu	22.09.15	19:00	21:00	£60.00	TRI
Authentic Thai Cuisine	5	W	23.09.15	18:30	21:00	£47.50	TRI
Can't Cook Want to Cook	5	W	23.09.15	18:30	21:00	£47.50	TRI
Philosophy & Poetry	10	W	23.09.15	18:30	20:30	£66.00	TRI
Home Cooked Favourites	8	M	28.09.15	18:30	21:00	£72.00	TRI
The Stage & Meaning of Life	10	Tu	29.09.15	19:00	21:00	£66.00	TRI
How to Research Family History	6	Th	01.10.15	19:00	21:00	£72.00	TRI
Local History - Famous people & places 1	5	M	02.11.15	18:00	20:00	£33.00	TRI
Gluten & Wheat Free Cookery	5	W	04.11.15	18:30	21:00	£47.50	TRI
Cake Decorating	5	Th	05.11.15	18:30	21:00	£47.50	TRI
Working with Chocolate	1 day	Sa	07.11.15	10:00	15:00	£36.00#	TRI
Authentic Thai Cuisine	2 days	Sa	07.11.15	10:00	15:00	£66.00#	TRI
Indian Cooking (Beef & Lamb)	1 day	Sa	14.11.15	10:00	16:00	£42.00#	TRI
Opera - Monteverdi to Les Miserables	1 day	Sa	21.11.15	10:00	15:30	£33.00#	MOR
Working with Chocolate	1 day	Sa	28.11.15	10:00	15:00	£36.00#	TRI
Indian Cooking (Restaurant platters)	1 day	Sa	28.11.15	10:00	16:00	£42.00#	TRI



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Authentic Japanese Cuisine	1 day	Su	29.11.15	10:30	16:00	£39.00#	TRI
Live Sounds for the Giggling Musician Workshop	1	Sa	07.11.15	10:00	16:00	£36.00	TRI

Sports, Fitness and Outdoor Education

Mindful Based Living Taster	1	M	21.09.15	18:00	20:30	£11.00	TRI
Dance through the Decades	5	Tu	22.09.15	18:00	19:30	£25.00	CUR
Hill Skills & Navigation	5wk +1day	Tu	22.09.15	18:00	20:30	£59.50	TRI
Tai Chi Improvers	9	W	23.09.15	11:15	12:45	£46.00	DAN
Yoga for Pregnancy	10	W	23.09.15	17:30	18:30	£33.00	TRI
Pilates	10	W	23.09.15	18:30	19:30	£33.00	TRI
Mindful Based Living Course	8wk +2day	M	28.09.15	18:00	20:00	£79.50	TRI
Tai Chi Introduction (Qigong)	8	W	30.09.15	10:00	11:00	£26.50	DAN
Yoga	10	M	05.10.15	17:45	19:15	£49.50	TRI
Yoga	10	Tu	06.10.15	13:00	14:30	£49.50	DAL
Yoga	10	Tu	06.10.15	19:15	20:45	£49.50	DAL
Party Dances!	5	Tu	03.11.15	18:00	19:30	£25.00	CUR
Hill Skills & Navigation Workshop	1	Sa	17.10.15	09:30	17:30	£48.00	TRI
Hill Skills & Navigation Workshop	1	W	04.11.15	09:30	17:30	£48.00	TRI

Health and Beauty including Massage, Aromatherapy

Alexander Techniques Introduction	2	F	06.11.15	10:00	13:00	£38.00#	MOR
Anxiety Management	2 days	Sa/Su	07.11.15	10:00	16:00	£72.00#	TRI
Indian Head Massage	2 days	Sa/Su	28.11.15	10:00	16:00	£72.00#	TRI

“I got a real sense of pride from completing my project”
Silversmithing”





Kingmoor Community and Business Centre

Liddle Close, Lowry Hill, Carlisle CA3 0DU. Contact Catherine Herd.

t: 01228 598484 e: office@kingmoorcbbc.co.uk w: kingmoorcbbc.co.uk

Enrolments from July 2015, 09:00 - 16:00. Enrolment evening on 03.09.15 18:00 - 20:00. Enrol by phone, or post or email us throughout the summer and we will get back to you. Advanced booking & payment required. Cheques payable to 'Kingmoor CBC'. Fees subject to change. Free taster sessions available. This is only a selection of our courses.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Arts and Crafts including Dance and Flower Arranging							
Art expanding your skills	12	Th	17.09.15	09:30	12:00	£99.00	KCBC
Art for Complete Beginners	6	Th	17.09.15	13:00	15:00	£40.00	KCBC
Art for Beginners	6	Th	05.11.15	13:00	15:00	£40.00	KCBC
Business and ICT qualification courses							
BCS Level 2 Cert IT User (ITQ) (ECDL2)*	20	F	25.09.15	09:00	12:00	£260.00	KCBC
BCS Level 1 Award IT User (ITQ) (ECDL1)*	10	Tu	29.09.15	18:15	21:15	£126.00	KCBC
BCS Level 1+2 IT User (ITQ) (ECDL1+2)*	30	Tu	29.09.15	18:15	21:15	£358.00	KCBC
BCS Level 2 Cert IT User (ITQ) (ECDL2)*	20	Tu	15.12.15	18:15	21:15	£260.00	KCBC
Business and ICT Leisure learning non-qualification courses							
iPads - Hints & tips	3	M	14.09.15	18:30	20:30	£20.00	KCBC
Money saving ideas online	3	W	16.09.15	09:30	12:00	£25.00	KCBC
Computers for Beginners + Internet & Email	10	F	25.09.15	13:00	15:00	£66.00	KCBC
Samsung Tablets - Hints & tips	3	M	05.10.15	18:30	20:30	£20.00	KCBC
What is social media all about?	3	W	07.10.15	09:30	12:00	£25.00	KCBC
Buying & selling online	6	W	04.11.15	18:30	20:30	£40.00	KCBC
Windows 8 - Hints & tips	6	M	02.11.15	18:30	20:30	£40.00	KCBC
Creative ICT - Labels, Cards, Calendars, etc	6	W	04.11.15	09:30	12:00	£50.00	KCBC

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Languages non-qualification courses							
Spanish - Holiday	6	M	14.09.15	18:30	20:30	£40.00	KCBC
Spanish - Level 1	13	M	14.09.15	09:30	11:30	£86.00	KCBC
Italian - Holiday	6	Tu	15.09.15	18:30	20:30	£40.00	KCBC
Spanish - Beginners	12	M	02.11.15	18:30	20:30	£80.00	KCBC
Italian - Beginners	7	Tu	03.11.15	18:30	20:30	£47.00	KCBC
Vocational and Training Skills including Teacher Training							
Level 3 Award in Education & Training	6	Sa	03.10.15	09:00	16:00	£400.00	KCBC





Pennine Way Community Development Centre

Silverdale Road, Carlisle, CA1 3RQ. Contact Chris Kania/Teresa Mulholland

t: 01228 598979 e: cdc@pennineway.cumbria.sch.uk w: www.cumbria.gov.uk/CDC/pennineway

Enrolment from 13.07.15 throughout the summer by phone, post or email. An enrolment evening will take place at the centre on 07.09.15 from 18:00 - 20:00. Enrolment in person from 07.09.15 daily from 09:00 - 18:00. Advanced booking and payment is required. Course fee cheques payable to Pennine Way CDC.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
GCSE Maths*	30	M	14.09.15	09:30	12:00	FREE	PCDC
GCSE English*	30	Th	17.09.15	12:15	14:45	FREE	PCDC
Functional Maths*	16	Tu	TBA	09:30	12:00	FREE	PCDC
Functional English*	16	F	TBA	09:30	12:00	FREE	PCDC
Arts and Crafts							
Xmas Cake Toppings	4	W	11.11.15	18:00	21:00	£39.60	PCDC
Business and ICT Leisure learning non-qualification courses							
Computers for Beginners	6	Tu	06.10.15	12:30	14:30	£39.60	PCDC
Languages non-qualification courses							
Basic Italian	6	Th	24.09.15	18:00	20:00	£39.60	PCDC

“Great facilities – greatly increased my confidence in this subject”
English

Upperby Community Development Centre

Uldale Road, Carlisle CA2 4JT. Contact Carol Wilson/Jean Pooley.

t: 01228 815461 e: cdcadmin@upperbycdc.org.uk w: upperbycdc.co.uk

Call for further information about courses on offer. Weekly payments available. If you enrol on a Level 3 qualifications you will need to apply for an Advanced Learning Loan; please contact for more information about how to apply. All fees are correct at time of publication and may be subject to awarding body changes. Course fee cheques payable to Upperby CDC.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Functional English*	20	W	23.09.15	09:30	11:30	FREE	UPP
Business and ICT qualification courses							
ITQ User L1 (ECDL Essential)*	10	M	05.10.15	18:30	21:30	£149.00	UPP
Text Processing*	20	Th	08.10.15	09:00	12:00	£308.00	UPP
Vocational and Training Skills including Teacher Training							
L2 Cert Teaching Assistants (STLS)*	36	Th	08.10.15	09:30	11:30	£864.80	UPP
L3 Diploma Teaching Assistants (SSTLS)*	36	W	07.10.15	19:00	21:00	£1,250.00	UPP
Employability including New Start							
Intro to Computers*	5	Tu	22.09.15	09:30	15:00	FREE	UPP
L1 Functional ICT*	20	W	14.10.15	09:30	12:00	£180.00	UPP





Millom Adult Education Centre

Salthouse Road, Millom, Cumbria. Contact Paul Stewart.

t: 01229 719650 f: 01229 777697 e: enquiries@millomnetworkcentre.co.uk

w: millomnetworkcentre.co.uk

Enrol in person at Millom Network Centre office hours 09:00 - 17:00 Monday to Friday. Enrolment sessions will take place on 09.09.15 18:00 - 20:00 at MNC or on 10.09.15 13:00 - 15:00 at Millom Guide Hall. Enrolment may also be via the website www.millomnetworkcentre.co.uk Course fee cheques payable to Cumbria County Council. Exam fees will apply to all accredited courses.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

GCSE Maths*	29	M	14.09.15	18:00	21:00	FREE	MNC
GCSE English*	29	W	16.09.15	18:00	20:00	FREE	MNC
Creative Writing	10x3	W	23.09.15	14:00	16:00	£66.00	MNC

Arts and Crafts to include Dance and Flower Arranging

Painting Landscapes	1	Th	20.08.15	10:00	14:00	£13.20	MNC
Discover the Artist in You	10x3	Th	10.09.15	13:00	15:00	£66.00	MNC
Painting Buildings Using Watercolours	1	Tu	24.11.15	10:00	14:00	£13.20	MNC

Business and ICT Leisure learning non-qualification courses

Building a Website with Word press	6	W	16.09.15	18:00	20:00	£39.60	MNC
Microsoft Office 2010	8	Th	17.09.15	18:00	20:00	£52.80	MNC
Digital Photography	6	W	04.11.15	18:00	20:00	£39.60	MNC
E Commerce	1	W	TBA	18:00	20:00	£6.60	MNC

Languages non-qualification courses

Holiday French	10	Wed	16.09.15	18:00	20:00	£ 66.00	MNC
----------------	----	-----	----------	-------	-------	---------	-----

Science and Psychology to include Sociology and Counselling

GCSE Science*	30	Tu	15.09.15	18:00	20:00	£250.00	MNC
Communicate confidently	6x2	Th	08.10.15	09:00	12:00	£59.40	MNC

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Have a go at Joinery workshop	1	Tu	15.09.15	10:00	14:00	£13.20	MNC
Have a go at Tiling workshop	1	Tu	22.09.15	10:00	14:00	£13.20	MNC
Have a go at Plumbing workshop	1	Tu	29.09.15	10:00	14:00	£13.20	MNC
Basic Joinery Skills	6	Tu	29.09.15	09:00	12:00	£59.40	MNC

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Basic Pottery Skills	6	W	30.09.15	18:00	20:00	£39.60	MNC
Delicious Low Cost Meals	6	Tu	06.10.15	18:00	20:00	£39.60	MNC
Have a go at Plastering	1	Tu	06.10.15	10:00	14:00	£13.20	MNC
Basic Tiling Skills	6	M	06.10.15	09:00	12:00	£59.40	MNC
Have a go at Wallpapering workshop	1	Tu	13.10.15	10:00	14:00	£13.20	MNC
Have a go at Brick Laying workshop	1	Th	15.10.15	10:00	14:00	£13.20	MNC
Have a go at Painting - emulsioning workshop	1	Tu	20.10.15	10:00	14:00	£13.20	MNC
Basic Plumbing skills	6	Tu	20.10.15	09:00	12:00	£59.40	MNC
Basic Brick Laying Skills	6	Th	22.10.15	09:00	12:00	£59.40	MNC
Basic Wallpapering Skills	6	Tu	27.10.15	09:00	12:00	£59.40	MNC
Have a go at Painting - gloss workshop	1	Tu	10.11.15	10:00	14:00	£13.20	MNC
D.I.Y. for Beginners	10	W	TBA	10:00	12:00	£66.00	MNC

Employability including New Start

Confidence and Communication*	6	Th	08.10.15	09:30	15:30	FREE	MNC
Employability Skills (E3)*	6	Th	03.12.15	09:30	15:30	FREE	MNC

“Thursday afternoons without drawing/
art now are unthinkable”
Art

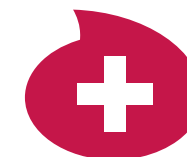


West Lakes Academy Adult Education, Egremont

Main Street, Egremont, Cumbria CA22 2DQ. Contact Lynn Close/Christine Deacon/Carol Bruce.
t: 01946 820356(reception) / 01946 828860(voicemail) e: adulted@westlakesacademy.org.uk
w: westlakesacademy.org.uk

Enrolment from 20.07.15 by post, email or in person at the Academy between 09:00 - 15:00, evening reception from 07.09.15 between 17:00 - 21:30. Enrolment not secured until form/fees received. Course fee cheques payable to West Lakes Academy.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
GCSE Maths*	30	W	16.09.15	17:45	19:45	FREE	WLA
Arts and Crafts to include Dance and Flower Arranging							
Art For All	20	M	14.09.15	18:00	20:00	2x£66.00	WLA
Embroidery	20	Th	17.09.15	13:45	15:45	2x£66.00	EGE
Business and ICT qualification courses							
BCS Level 2 ITQ Certificate (ECDL)*	10	M	14.09.15	18:00	21:00	£260.00	DEL
BCS Level 1 IT User (ITQ) ECDL*	10	M	30.11.15	09:30	12:30	£145.00	PHO
Business and ICT Leisure learning non-qualification courses							
Fab Lab	5	W	16.09.15	18:30	20:30	£33.00	WLA
Know your iPad	2	W	07.10.15	18:00	20:00	£14.00	WLA
Languages non-qualification courses							
Beginners French	20	M	14.09.15	19:00	21:00	2x£66.00	WLA
Spanish Beginners Continuation	20	Tu	15.09.15	19:00	21:00	2x£66.00	WLA
German Beginners	20	Tu	15.09.15	19:00	21:00	2x£66.00	WLA
Beginners Spanish for Holidaymakers	20	W	16.09.15	19:00	21:00	2x£66.00	WLA
Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge							
Learn to play guitar	20	Tu	15.09.15	19:00	21:00	2x£66.00	WLA
Sports, Fitness and Outdoor Education							
Rock Climbing	24	M	14.09.15	19:00	21:00	2x£85.00	WLA
Rock Climbing	24	Tu	15.09.15	19:00	21:00	2x£85.00	WLA
Health and Beauty to include Massage, Aromatherapy							
Paediatric First Aid	6	M	14.09.15	19:00	21:00	£40.00	WLA



Venues: CK:Cross Keys, Whitehaven •COSC:The Square, Cleator Moor •DEL:Delucy Centre, Egremont •EGE:St Mary's St Michael's Church Hall •HDC:Hensingham Day Centre •HEN:Hensingham Children's Centre
MNC:Millom Network Centre •PB:Pow Beck, Whitehaven •PHO:Phoenix Centre, Cleator Moor •WA:Whitehaven Academy •WHYP:WHYP Swingpump •WLA:West Lakes Academy



Whitehaven Academy

Cleator Moor Rd, Whitehaven CA28 8TY. Contact John Barrett.

t: 01946 595476 e: jbarratt@whitehavenacademy.org.uk

Enrolment from 01.06.15 by post and email. In person at the centre from the 01.07.15 between 09:00 - 16:00. An enrolment evening will take place on the 10.09.15 between 18:00 and 20:00. Returned enrolment forms will secure a place on a course and initial assessment session if applicable. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
GCSE Mathematics*	30	M	14.09.15	18:00	20:30	FREE	WA
GCSE Mathematics*	30	W	16.09.15	18:00	20:30	FREE	WA
GCSE Mathematics*	20	Tu & Th	23.11.15	09:30	12:30	FREE	WA
Mathematics Functional Skills Level 1*	10	Tu & Th	15.09.15	09:30	12:30	FREE	WA
Mathematics Functional Skills Entry Level*	15	F	25.09.15	09:30	12:30	FREE	HEN
GCSE English*	30	M	14.09.15	18:00	20:30	FREE	WA
GCSE English*	30	Tu	15.09.15	18:00	20:30	FREE	WA
English functional skills Entry*	15	Tu	03.11.15	10:00	12:30	FREE	WA
Arts and Crafts							
Creative Glass	10	M	21.09.15	18:00	20:30	£90.00	WA
Photography for the Beginner	5	M	21.09.15	18:00	21:00	£100.00	WA
Introduction to Carpentry	10	M	21.09.15	18:00	21:00	£100.00	WA
Level 1 Certificate in Photography	30	M	21.09.15	18:00	21:00	£350.00	WS
Photoshop for Beginners	10	W	23.09.15	18:00	21:00	£100.00	WA
Photoshop for Landscape Photography	10	Th	24.09.15	18:00	21:00	£100.00	WA
Photography for the Serious Amateur	6	W	04.11.15	18:00	21:00	£100.00	WA
Studio Photography	2	Sa	07.11.15	09:00	15:00	£100.00	WA
Introduction to Studio Photography	2	Sa	21.11.15	10:00	14:00	£40.00	WS
Business and ICT qualification courses							
ITQ Level 1 ECDL Essentials*	10	Th	24.09.15	18:00	21:00	£115.00	WA

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Business and ICT Leisure learning non-qualification courses							
Beyond ECDL Word Processing	15	M	05.10.15	18:00	20:30	£125.00	WA
Languages non-qualification courses							
Introduction to French	10	M	21.09.15	18:00	20:00	£70.00	WA
Introduction to German	10	Tu	22.09.15	18:00	20:00	£70.00	WA
Introduction to Japanese	10	W	23.09.15	18:00	20:00	£70.00	WA
Beyond the Basics German	10	Th	24.09.15	18:00	20:00	£70.00	WA
Introduction to Portuguese	10	Th	24.09.15	18:00	20:00	£70.00	WA
Introduction to Italian	10	Tu	06.10.15	18:30	20:30	£70.00	WA
Vocational and Training Skills to include Teacher Training							
Introduction to CAD	5	W	28.09.15	18:00	21:00	£50.00	WA
CAD Level 1 3D	10	Tu	29.09.15	18:00	21:00	£150.00	WA
CAD Level 2 2D	20	M	30.09.15	18:00	21:00	£300.00	WA
CAD Level 3 3D	20	Th	01.10.15	18:00	21:00	£300.00	WA
Science and Psychology to include Sociology and Counselling							
GCSE Science*	30	W	04.09.15	18:00	20:30	£250.00	WA
Introduction to Counselling	10	W	23.09.15	18:00	21:00	£100.00	WA
Level 2 Counselling	20	Th	24.09.15	18:00	21:00	£250.00	WA
Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge							
The Community Choir	10	Tu	22.09.15	18:00	20:00	£70.00	WA
Introduction to Guitar Playing	10	W	23.09.15	18:00	20:00	£70.00	WA
Introduction to Cake Baking	10	W	07.10.15	18:00	20:30	£85.00	WA
Sports, Fitness and Outdoor Education							
Pilates	21	F	25.09.15	13:30	14:30	£70.00	WA
Pilates	20	W	07.10.15	18:00	19:30	£70.00	WA
Employability including New Start							
New Start Entry Level ICT*	5	F	18.09.15	09:30	15:30	£96.00	WHYP
New Start Level 1 ICT*	7	F	06.11.15	09:30	15:30	£96.00	WHYP



Appleby Heritage Centre

Station Yard, Appleby-in-Westmorland, Cumbria CA16 6UL. Contact Reception.

t: 017683 53350 f: 017683 53351 e: info@applebyheritagecentre.org.uk w: applebyheritagecentre.org

Enrolments by phone, post or email with your payment before the course commences after 17.08.15. Cheques payable to Appleby Heritage Centre. Reception 10:00 - 12:00 school holidays & 09:00 - 16:00 during term time. Additional enrolment evenings 25.08.15 16:00 - 20:00 plus 14.09.15 17:00 - 19:00.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths including Skills for Life and Creative Writing

GCSE Maths*	32	Th	10.09.15	18:30	21:00	FREE	AHC
GCSE Maths*	32	Tu	22.09.15	18:30	21:00	FREE	NRC
Functional Skills Maths 2*	16		Sep 15	TBA	TBA	FREE	AHC
GCSE English*	32		Sep 15	TBA	TBA	FREE	AHC

Arts and Crafts

Machining in a Small Workshop	6	W	16.09.15	19:00	21:00	£80.00	AHC
Drawing for Beginners	3x10	M	21.09.15	11:00	13:00	3x£66.00	AHC
Guitar for Beginners	10	M	21.09.15	10:00	12:00	£66.00	AHC
Singing for Pleasure	10	M	21.09.15	13:00	15:00	£66.00	AHC
Basic Plastering & Rendering	10	Tu	22.09.15	19:00	21:00	£107.00	AHC
Photography	10	Tu	22.09.15	19:00	21:00	£66.00	AHC
Woodwork	3x8	W	23.09.15	19:00	21:30	3x£66.00	AHC
Art	10	W	23.09.15	13:00	15:00	£66.00	PEN
Lacecrafts	3x6	Th	24.09.15	10:30	12:30	3x£39.60	RSB
Rag Rug Making	1	Sa	17.10.15	10:30	16:00	£20.00	AHC
Welding	6	W	04.11.15	19:00	21:00	£112.00	AHC
Extreme Knitting	1	Sa	21.11.15	10:30	16:00	£20.00	KSL
Fabulous Felt	1	Sa	TBA	10:00	15:30	£20.00	AHC
Amazing Abstracts	1	Sa	TBA	10:00	15:30	£20.00	AHC

Business and ICT qualification courses

ITQ Level 2*	38		Sep 15	09:00	15:00	TBA	AHC
Diploma Business Administration L2*	38		Sep 15	09:00	15:00	TBA	AHC
Diploma Business Administration L3*	38		Sep 15	09:00	15:00	TBA	AHC

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
NVQ Cert Customer Service L2*	38		Sep 15	09:00	15:00	TBA	AHC
NVQ Cert Customer Service L3*	38		Sep 15	09:00	15:00	TBA	AHC
Level 2 Certificate in Accounting (AAT)*	35	M	TBA	17:30	21:30	£750.00	AHC
L2 Award in Accounting Skills business*	12	M	14.09.15	18:00	21:00	£200.00	AHC

Business and ICT Leisure learning non-qualification courses

Beginners IT	TBA	TBA	TBA				AHC
--------------	-----	-----	-----	--	--	--	-----

Languages non-qualification courses

Spanish Beginners Year 1	3x10	W	23.09.15	16:30	18:30	£66.00	AHC
Spanish Year 2 & False Beginners	3x10	W	23.09.15	19:00	21:00	£66.00	AHC

Vocational and Training Skills including Teacher Training

Diploma in Spec. Support Teach & Learning L3*	38	Tu	08.09.15	18:30	21:30	TBA	AHC
Diploma Early Years Practitioner L3*	38	Tu	08.09.15	18:30	21:30	TBA	AHC

Sports, Fitness and Outdoor Education

Yoga Healthy Lower Backs	12	M	14.09.15	19:15	21:00	£69.30	ASC
Yoga - All Abilities	3x10	T	15.09.15	19:15	21:00	3x£57.75	AMH
Daytime Yoga	3x10	W	16.09.15	10:00	11:45	3x£57.75	LMVH
Yoga - All Abilities	3x10	Th	17.09.15	19:15	21:00	3x£57.75	TBA
Yoga Beginners	3x10	M	21.09.15	19:00	21:00	3x£66.00	TBA
Yoga - Beginners/Inter	3x10	Th	24.09.15	15:00	17:00	3x£66.00	SVH
Yoga - Inter/Adv	3x10	Th	24.09.15	18:30	20:30	3x£66.00	SVH

Health and Beauty to include Massage, Aromatherapy

Mindfulness Based Living Course	10	W	16.09.15	18:30	20:15	£57.75	LMVH
Mindfulness Meditation for Beginners	10	TBA	TBA	19:00	21:00	£66.00	ALS
Aromatherapy	1	Sa	17.10.15	10:00	16:00	£20.00	AHC



Fellside Community Development Centre

Salkeld Road, Langwathby, Penrith, CA10 1ND. Contact Jacqui Kitchen.

t: 01768 881485 e: fellsidecdc@langwathby.cumbria.sch.uk w: fellsidecdc.org.uk

Enrolment day on 07.09.15 from 10:00 - 16:00. Centre is closed from 24.07.15 - 31.08.15. During this time you can book onto a course via email, post or phone message. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Business and ICT qualification courses							
BCS ITQ L2*	21	Tu	03.11.15	09:30	12:00	£220.00	FCDC
Business and ICT Leisure learning non-qualification courses							
Digital images 1	5	Th	24.09.15	09:30	11:30	£33.00	FCDC
A beginner's guide to using a computer	5	Th	24.09.15	13:15	15:15	£33.00	FCDC
Computer care	2	M	28.09.15	09:30	11:30	£13.50	FCDC
Tablet computing for beginners	2	Tu	29.09.15	09:30	11:30	£13.50	FCDC
Spreadsheets for beginners	6	W	30.09.15	19:00	21:00	£33.00	FCDC
Advanced Office Skills	8	Tu	06.10.15	16:00	17:30	£44.00	FCDC
Guide to free stuff on the web!	2	M	12.10.15	09:30	11:30	£13.50	FCDC
Further tablet computing	2	Tu	13.10.15	09:30	11:30	£13.50	FCDC
A beginner's guide to cloud computing	1	Tu	03.11.15	13:15	15:15	£7.00	FCDC
Digital images 2	5	Th	05.11.15	09:30	11:30	£33.00	FCDC
Develop your computer skills	5	Th	05.11.15	13:15	15:15	£33.00	FCDC
A beginner's guide to smart phones	2	Tu	17.11.15	13:15	15:15	£7.00	FCDC
A beginner's guide to eBay	3	Tu	01.12.15	13:15	15:15	£20.00	FCDC
Amazing Abstracts	1	Sa	TBA	10:00	15:30	£20.00	AHC
Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge							
Watercolours for intermediates	12	W	16.09.15	14:00	16:00	£80.00	FCDC
Impasto painting workshop	1	Sa	03.10.15	10:00	15:30	£20.00	FCDC
Impasto painting workshop 2	1	Sa	17.10.15	10:00	15:30	£20.00	FCDC
Family First Aid	1	M	02.11.15	09:30	03:30	£0.00	FCDC
Paediatric First Aid	2	M	TBA				FCDC





Penrith Learning (formerly Ullswater Community College)

Station Yard, Appleby-in-Westmorland, CA16 6UL. Contact Reception.

t: 017683 53350 e: info@applebyheritagecentre.org.uk w: penrithlearning.org.uk

Enrolments by post, email or phone or in person from 17.08.15 along with payment before the course.
Enrolment evenings in Penrith Library 16:30 - 18:30 on 01.09.15 & 07.09.15. Reception is open 10:00 - 12:00 during school holidays and 09:00 - 16:00 during term time. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English & Maths to include Skills for Life and Creative Writing							
GCSE English Language*	32	Tu	08.09.15	18:30	21:00	FREE	NRC
Functional Skills English	TBA	W	30.09.15	09:30	12:00	FREE	EGC

Arts and Crafts							
Stick dressing	10	M	21.09.15	19:00	21:00	£40.00	NRC
Upholstery	3x10	M	21.09.15	19:00	21:00	3x£66.00	AHC
Restoring Antiques	10	Tu	22.09.15	19:00	21:00	£66.00	AHC
Sewing For Beginners	10	Tu	22.09.15	19:30	21:00	£49.50	EGC
Pen & Wash	3x10	W	23.09.15	10:00	12:00	3x£75.50	PCC
Watercolours Intermediate	3x10	Th	24.09.15	10:00	12:00	3x£75.50	PCC
Enjoying Antiques	2x10	Th	24.09.15	19:00	21:00	2x£66.00	HHS
Watercolours Beginners	3x10	Th	24.09.15	13:00	15:00	3x£75.50	PCC
Art	3x10	F	25.09.15	10:00	12:00	3x£66.00	PH
Intro to Papier Mâché	1	Sa	31.10.15	10:00	16:00	£20.00	HDC
Watersoluble Pencils Workshop 1	1	Sa	21.11.15	10:00	15:30	£20.00	PCC
Intro to Paper Making	1	Sa	28.11.15	10:00	16:00	£20.00	HDC
Watersoluble Pencils Workshop 2	1	Sa	05.12.15	10:00	15:30	£20.00	PCC

Languages non-qualification courses							
French Year 3	3x10	M	21.09.15	13:30	15:30	3x£66.00	PEL
Spanish Year 2 (& false beginners)	3x10	M	21.09.15	16:00	18:00	3x£66.00	PEL
Spanish Year 3	3x10	M	21.09.15	19:00	21:00	3x£66.00	HHS
Italian Continuation	3x10	Tu	22.09.15	19:00	21:00	3x£66.00	HHS
Spanish Beginners	3x10	Tu	22.09.15	19:00	21:00	3x£66.00	HHS
Italian Beginners	3x10	Tu	22.09.15	16:30	18:30	3x£66.00	TBA
German Beginners	3x10	Th	24.09.15	10:30	12:30	3x£66.00	PEN

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
French Year 4	3x10	Th	24.09.15	13:30	15:30	3x£66.00	PEL
French Year 5	3x10	Th	24.09.15	16:00	18:00	3x£66.00	PEL
French Year 2	3x10	Th	24.09.15	19:00	21:00	3x£66.00	HHS
French Year 1	3x10	Th	24.09.15	13:30	15:30	3x£66.00	PEN

Science and Psychology to include Sociology and Counselling

Wild plants, Animals & Fungi in Cumbria	2x10+5	Tu	15.09.15	10:00	12:00	£165.00	LVH
---	--------	----	----------	-------	-------	---------	-----

Leisure Learning including Music, Singing, Cookery, Gardening, Bridge

Learn to play Guitar (Beginners)	10	Tu	22.09.15	16:00	18:00	£66.00	PEN
Singing for Pleasure	10	Tu	22.09.15	19:00	21:00	£66.00	PEN
Japanese Cookery Workshop 1	1	Sa	03.10.15	10:00	13:00	£20.00	PEN
Japanese Cookery Workshop 2	1	Sa	24.10.15	10:00	13:00	£20.00	PEN
Japanese Cookery Workshop 3	1	Sa	21.11.15	10:00	13:00	£20.00	PEN

Sports, Fitness and Outdoor Education

Yoga Healthy lower backs	12	Tu	15.09.15	18:00	19:30	£59.40	PEN
Tennis	2x10	Tu	15.09.15	19:00	20:15	2x£110.00	UCC
Tennis	2x10	Tu	15.09.15	20:15	21:30	2x£110.00	UCC
Tennis	2x10	W	16.09.15	20:00	21:15	2x£110.00	UCC
Yoga Melmerby	3x10	Th	17.09.15	19:15	20:45	3x£49.50	MVH
Yoga Twilight	3x10	M	21.09.15	16:30	18:00	3x£49.50	HDC
Mindful Meditation for beginners	10	W	23.09.15	18:00	19:30	£49.50	PEN
Tai - Chi	2x10	W	23.09.15	19:30	21:00	2x£55.00	GVH



Shap Community Development Centre

Shap Primary School, Shap, Penrith, Cumbria CA10 3NL. Contact Julie Hunter.

t: 01931 716447 e: cdc@shap.cumbria.sch.uk w: www.shapcdc.org.uk

Enrolments on Mondays & Fridays from 07.09.15, 10:00 - 12:00 or throughout the summer by post or email. Enrolment morning on 12.09.15 10:00 - 12:00. All courses are subject to minimum numbers. Course fee cheques payable to Cumbria County Council. *Fee includes lunch.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths including Skills for Life and Creative Writing							
Creative Writing	10	W	23.09.15	13:30	15:30	£66.00	SMH

Arts and Crafts to include Dance and Flower Arranging

Hand-building With Clay	6	Tu	15.09.15	19:30	21:30	£75.00	SMH
Shappy Chic	2	Sa	19.09.15	10:00	16:00	£52.00*	SMH
Geology Workshop	1	Sa	19.09.15	10:00	16:00	£26.00*	SLB
Art For All	10	Tu	22.09.15	10:00	12:00	£66.00	SMH
Confident with Colour	10	W	23.09.15	10:00	12:00	£66.00	SMH
Rocks and Landscapes	6	W	23.09.15	19:00	21:00	£40.00	SMH
Home Sewing	5	Th	24.09.15	19:00	21:00	£33.00	SMH
Fruit, Fungi & Hedgehogs Needle Felt	1	Sa	26.09.15	10:00	16:00	£26.00*	SMH
Digital Photography - Compact/Bridge Cameras	2	Sa	26.09.15	10:00	15:00	£33.00	SCDC
Alteration Challenge	1	Sa	10.10.15	10:00	16:00	£26.00*	SMH
Autumnal Photography	1	Sa	10.10.15	10:00	16:00	£26.00*	SCDC
Wire Wrapping	1	Sa	17.10.15	10:00	16:00	£26.00*	SLB
Fabulous Fleece Flowers	1	Sa	17.10.15	10:00	16:00	£26.00*	SSH
Digital Photography - DSLR Cameras	2	Sa	17.10.15	10:00	15:00	£33.00	SCDC
Painting in Pastels 2	1	Sa	24.10.15	10:00	16:00	£26.00*	SMH
Creative Printmaking	6	Tu	03.11.15	19:00	21:00	£40.00	SMH
Contemporary Still Life & Flower Painting	6	Th	05.11.15	10:00	12:00	£40.00	SMH
Adventures in Crochet	5	Th	05.11.15	19:00	21:00	£33.00	SMH
Felt Handbag or Tea Cosy	1	Sa	07.11.15	10:00	16:00	£26.00*	SMH
Photoshop for Beginners	2	Sa	07.11.15	10:00	15:00	£33.00	SCDC
Up-cycling for Christmas	1	Sa	14.11.15	10:00	16:00	£26.00*	SMH
Christmas Stocking	1	Sa	21.11.15	10:00	16:00	£26.00*	SMH

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Photoshop Beyond Basics	2	Sa	21.11.15	10:00	15:00	£33.00	SCDC
Christmas Wire Wrapping	1	Sa	05.12.15	10:00	16:00	£26.00*	SMH

Business and ICT Leisure learning non-qualification courses

House History	1	Sa	TBA	10:00	16:00	£26.00*	SCDC
Spruce Up your CV	1	M	21.09.15	10:00	16:00	£20.00	SCDC
Computer Skills For beginners	5	Th	24.09.15	10:00	12:00	£33.00	SCDC
Working with Windows 8/8.1	1	Th	05.11.15	10:00	12:00	£8.00	SCDC
Getting to Grips with your Tablet	1	Th	12.11.15	10:00	12:00	£8.00	SCDC
Online Shopping for Christmas	1	Th	19.11.15	10:00	12:00	£8.00	SCDC
How to Use Skype	1	Th	26.11.15	10:00	12:00	£8.00	SCDC

Languages non-qualification courses

French Conversation Advanced	10	M	21.09.15	19:00	21:00	£66.00	SCDC
French Conversation for Beginners	10	F	25.09.15	10:00	12:00	£66.00	SCDC

Sports, Fitness and Outdoor Education

Yoga	10	Tu	15.09.15	19:00	20:30	£55.00	SBCB
Tai Chi	10	Tu	22.09.15	10:00	11:30	£50.00	SMH

Health and Beauty to include Massage, Aromatherapy

Mindfulness	6	M	14.09.15	19:30	21:30	£40.00	SSH
-------------	---	---	----------	-------	-------	--------	-----





Abbotsmead Community Development Centre

Cambridge Street, Barrow-in-Furness LA13 9RP. Contact Sharon Gadsden.

t: 01229 820700 f: 01229 820700 e: cdcadmin@cambridge.cumbria.sch.uk w: abbotsmeadcdc.co.uk

Enrolment from 02.07.15, 09:00 - 16:30 throughout the summer by phone, post or email. An enrolment evening will take place at the centre on 15.09.15 from 18:00 - 20:00. Advanced booking and payment is required. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

GCSE Maths*	29	M	21.09.15	19:00	21:00	FREE	ABB
Creative writing	12	M	21.09.15	18:00	20:00	£79.20	ABB
GCSE Maths*	29	Tu	22.09.15	19:00	21:00	FREE	ABB
GCSE English*	29	W	23.09.15	19:00	21:00	FREE	ABB

Arts and Crafts to include Dance and Flower Arranging

Still Life Drawing	12	W	23.09.15	18:00	20:00	£79.20	ABB
Flower Arranging	5	Th	24.09.15	10:00	12:00	£33.00	ABB
Get crafty	5	Th	24.09.15	13:00	15:00	£33.00	ABB
Watercolours for beginners	12	Th	24.09.15	18:00	20:00	£79.20	ABB
Christmas crafts	5	Th	05.11.15	13:00	15:00	£33.00	ABB
Festive Flower Arranging	1	Th	17.12.15	10:00	12:30	£8.25	ABB
Festive Flower Arranging	1	Th	17.12.15	13:00	15:30	£8.25	ABB

Business and ICT qualification courses

BCS Level 1 Certificate in IT*	18	Tu	22.09.15	18:00	20:30	£167.00	ABB
OCR Entry Level - Using ICT*	15	M	23.09.15	10:00	12:00	£130.00	ABB
BCS Level 1 Certificate in IT*	18	W	23.09.15	10:00	12:30	£167.00	ABB
Level 1 Certificate for IT users*	20	Th	24.09.15	10:00	12:30	£188.30	ABB
OCR Entry Level - Using ICT*	15	Th	05.11.15	13:00	15:00	£130.00	ABB

Business and ICT Leisure learning non-qualification courses

Introduction to Publisher	5	W	23.09.15	10:00	12:00	£33.00	ABB
Understand your iPad	5	W	23.09.15	13:00	15:00	£33.00	ABB
Advanced Office Skills	12	W	23.09.15	13:00	15:00	£79.20	ABB
Understand your iPad	5	Th	24.09.15	18:00	20:00	£33.00	ABB
Computers - Getting started	12	Th	24.09.15	10:00	12:00	£79.20	ABB
Digital Photography	5	W	04.11.15	18:00	20:00	£33.00	ABB

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Languages non-qualification courses

Holiday French	12	M	21.09.15	18:00	20:00	£79.20	ABB
Beginners Italian	12	M	21.09.15	18:00	20:00	£79.20	ABB
Improve your Spanish	12	Tu	22.09.15	18:00	20:00	£79.20	ABB
German for beginners	12	Tu	22.09.15	18:00	20:00	£79.20	ABB
Conversational Spanish	12	Tu	22.09.15	13:00	15:00	£79.20	ABB
Spanish Beginners	12	Th	24.09.15	18:00	20:00	£79.20	ABB

Vocational and Training Skills including Teacher Training

Set up your own business	5	Tu	22.09.15	18:00	20:00	£33.00	ABB
Volunteering	5	Tu	22.09.15	13:00	15:00	£33.00	ABB

Science and Psychology including Sociology and Counselling

Understanding childrens developmental stages	10	M	21.09.15	18:00	20:30	£82.50	ABB
Dementia Awareness	5	Tu	22.09.15	18:00	20:00	£33.00	ABB
Introduction to psychology	10	W	23.09.15	18:00	20:30	£82.50	ABB
Counselling	12	Th	24.09.15	18:00	21:00	£118.80	ABB

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Barrow then and now	12	M	21.09.15	10:00	13:00	£118.80	ABB
Drama for confidence	12	W	23.09.15	10:30	11:30	£39.60	ABB
Yoga	12	W	23.09.15	18:00	20:00	£79.20	ABB

Health and Beauty to include Massage, Aromatherapy

Reiki	5	W	23.09.15	18:00	20:00	£33.00	ABB
Nail Treatments	6	W	04.11.15	18:00	20:00	£39.60	ABB

“The workshops are very enjoyable,
very friendly and full of content”
Flower Arranging



Barrow Island Community Development Centre

Island Road, Barrow-in-Furness, Cumbria LA14 2SR. Contact Tracy Gregory/Joanne Sadecki
t: 01229 827972 f: 01229 827972 e: admin@barrowislandcdc.co.uk w: www.barrowislandcdc.co.uk

Enrolment takes place on the first day of the course. However if you wish to secure a place you must complete an enrolment form and hand it to the office between 07.09.15 and 09.09.15, 09:00 - 11:00. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Functional Skills Maths*	16	W	30.09.15	09:30	12:30	FREE	BICDC
Functional Skills English*	16	Tu	29.09.15	09:30	12:30	FREE	BICDC
Employability including New Start							
NOCN L1 Employability*	6	M	21.09.15	09:30	12:30	£65.00	BICDC
Adult Health & Social Care*	12	TBA	Sep 15	09:30	12:30	£189.00	BICDC



Barrow and District Disability Association

71-77 School Street, Barrow-in-Furness, Cumbria, LA14 1EJ. Contact Margaret Burrow.
t: 01229 432599 (answering machine outside office hours) e: info@bdda.org.uk w: bdda.org.uk

Enrolments take place from 13.07.15 onwards. Centre open 10:00 - 15:00, by post, or call into the centre to speak to our receptionist who will forward you to the correct person. Places are allocated on a first come first served basis. Cheques are payable to Barrow & District Disability Association. (Please note we are a three story building based at the back of Home Bargains on Dalton Road, Barrow, just off Oldham Street car park which has both disabled and public parking).

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Arts and Crafts							
Drawing	9x4	M	07.09.15	10.00	12.00	£59.40	BDDA
Watercolours	9x4	M	07.09.15	13.00	15.00	£59.40	BDDA
Beginners Drawing	12x3	M	07.09.15	15.30	17.00	£59.40	BDDA
Soft Furnishings	9x4	M	07.09.15	18.30	21.00	£59.40	BDDA
Dressmaking am	9x4	Tu	08.09.15	9.30	12.00	£59.40	BDDA
Dressmaking pm	9x4	Tu	08.09.15	13.00	15.30	£59.40	BDDA
Dressmaking eve	9x4	Tu	08.09.15	18.00	20.30	£59.40	BDDA
Greeting Card Making	9x4	Th	10.09.15	13.00	15.00	£59.40	BDDA
Advanced Acrylics	9x4	F	11.09.15	13.00	15.30	£59.40	BDDA
Mixed Media	9x4	F	11.09.15	18.00	20.00	£59.40	BDDA
Mixed Crafts	9x4	F	11.09.15	10.00	12.00	£59.40	BDDA
Business and ICT Leisure learning non-qualification courses							
Desk Top Publishing	9x4	Tu	08.09.15	10.00	12.00	£59.40	BDDA
Fun With Computers	9x4	W	09.09.15	10.00	12.00	£59.40	BDDA
Photoshop	9x4	Th	10.09.15	13.00	15.00	£59.40	BDDA
Languages non-qualification courses							
Holiday French	9x4	Tu	08.09.15	18.00	20.00	£59.40	BDDA



Ormsgill Community Development Centre

Millbank, Barrow-in-Furness, Cumbria LA14 4AR. Contact Diane Donohue or Kay Dixon.

t: 01229 831880 f: 01229 831880 e: cdc@ormsgill.cumbria.sch.uk w: www.furnesscdcs.co.uk

Via phone, email, post or call in to the centre. Opening times Mon, Tue & Wed 09:00 - 13:00 week commencing 07.09.14. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Arts and Crafts to include Dance and Flower Arranging

General Watercolour	3x10	Tu	15.09.15	13:00	15:00	£64.00	ORM
Wildlife in Watercolour	3x10	Th	17.09.15	13:00	15:00	£64.00	ORM
Watercolour for Beginners	3x10	F	18.09.15	13:00	15:00	£64.00	ORM

Business and ICT Leisure learning non-qualification courses

Advanced ICT, Web and Tablets	3x10	M	14.09.15	09:30	11:30	£64.00	ORM
Intermediate Computing	3x10	M	14.09.15	18:30	20:30	£64.00	ORM
Beginners Computing	3x10	Tu	15.09.15	9.30	11.30	£64.00	ORM
Advanced ICT, Web and Tablets	3x10	W	16.09.15	09:30	11:30	£64.00	ORM
Programming	3x10	Th	17.09.15	18:30	20:30	£64.00	ORM
Basic Microsoft Office	3x10	Th	17.09.15	09:30	11:30	£64.00	ORM
Computers For Fun	3x10	F	18.09.15	09:30	11:30	£64.00	ORM

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Dressmaking and Sewing	4x8	W	16.09.15	17:15	20:15	£76.80	ORM
Dressmaking and Sewing	4x8	Th	17.09.15	09:15	12:15	£76.80	ORM
Dressmaking and Sewing	4x8	F	18.09.15	09:15	12:15	£76.80	ORM
Healthy Eating	3x10	M	15.09.15	09:30	11:30	£64.00	ORM





Vickerstown Community Development Centre

Walney Children's Centre, Mill Lane, Barrow-in-Furness LA14 3NT. Contact Donna Greer
t: 01229 343412 f: 01229 343412 e: cdcadmin@talktalkbusiness.net w: vickerstowncdc.org.uk

Enrolment day at Walney Children's Centre on Wednesday 09.09.15 from 10:00 - 14:00. Enrolment evenings at Walney Secondary School on Tuesday 08.09.15 and Thursday 10.09.15 from 18:00 - 20:00. Advanced booking and payment essential. Exam costs included. Enrolments with payment by post from 01.09.15. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Award in Functional Skills Maths L1*	16	Tu	15.09.15	18:00	20:30	FREE	WSS

Business and ICT qualification courses							
OCR Functional Skills Qualification in ICT Level 1*	15	M	14.09.15	09:30	12:30	£160.00	WCC
Cert. in Administration (Bus Prof) L1*	30	Tu	15.09.15	09:30	12:30	£340.00	WCC
Cert. in Administration (Bus Prof) L2*	35	Tu	15.09.15	18:00	21:00	£420.00	WCC
NOCN L1 Award in Customer Service*	6	Th	05.11.15	10:00	12:00	£65.00	WCC

Employability including New Start							
NOCN L1 Award in Employability*	6	Th	17.09.15	10:00	12:00	£65.00	WCC

“I've been out of my 'comfort zone' several times, but that's how I'm learning and hopefully, making progress. It's always good fun.”

Walney Adult Education Centre

Walney Children's Centre, Mill Lane, Barrow-in-Furness LA14 3NT. Contact Donna Greer
t: 01229 343412 f: 01229 343412 e: cdcadmin@talktalkbusiness.net w: vickerstowncdc.org.uk

Enrolment day at Walney Children's Centre on Wednesday 09.09.15 from 10:00 - 14:00. Enrolment evenings at Walney Secondary School on Tuesday 08.09.15 and Thursday 10.09.15 from 18:00 - 20:00. Advanced booking and payment essential. Exam costs included. Enrolments with payment by post from 01.09.15. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Arts and Crafts to include Dance and Flower Arranging							
Pottery	10	Th	24.09.15	19:00	21:00	£120.00	WSS

Business and ICT Leisure learning non-qualification courses							
Digital Photography Software	10	M	21.09.15	18:00	20:30	£82.50	WCC
Getting to Grip with Your iPad/Tablet	10	W	23.09.15	13:00	15:00	£66.00	WCC

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge							
Thai Cookery for Beginners	10	M	21.09.15	19:00	21:00	£66.00	WSS
Thai Cookery Advanced	10	Tu	22.09.15	19:00	21:00	£66.00	WSS
Indian Cookery	10	W	23.09.15	19:00	21:00	£66.00	WSS

Sports, Fitness and Outdoor Education							
Mindful Meditation	10	Tu	15.09.15	11:00	12:00	£33.00	VMCH
Yoga	10	Tu	15.09.15	09:30	11:00	£49.50	WSS
Yoga	10	W	16.09.15	10:30	12:00	£49.50	VMCH
Yoga	10	Th	17.09.15	10:30	12:00	£49.50	VMCH
Zumba	10	M	21.09.15	19:00	20:00	£33.00	WSS





Brewery Arts Centre, Kendal

Highgate, Kendal, Cumbria, LA9 4HE. Contact Zoe Wilkinson.

t: 01539 725133 e: zoe.wilkinson@breweryarts.co.uk w: breweryarts.co.uk

Learners can enrol by post, or in person at box office and online if paying full fee. Enrolments from 03.08.15 10:00 - 20:00. Course fee cheques payable to KBACTL or Brewery Arts Centre.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Understanding Fiction	10	Tu	22.09.15	18:30	20:30	£74.00	BAC
The Writer's Toolbox	10	F	25.09.15	10:30	12:30	£74.00	BAC
Arts and Crafts to include Dance and Flower Arranging							
Fused Glass	4	W	09.09.15	13:00	15:30	£37.00	BAC
Wood Carving - Shrink Pots	1	Sa	12.09.15	10:30	17:30	£35.00	BAC
Contemporary Jewellery	1	Sa	19.09.15	10:30	16:30	£39.00	BAC
Introduction To Life Drawing	10	M	21.09.15	12:15	14:15	£99.00	BAC
Experimental Life Class	10	M	21.09.15	14:45	14:45	£99.00	BAC
Photography For Beginners	10	M	21.09.15	17:30	19:30	£74.00	BAC
Capturing The Moment	10	M	21.09.15	19:45	21:45	£74.00	BAC
Couture Jewellery	10	M	21.09.15	18:30	21:00	£92.50	BAC
Watercolour For All	10	Tu	22.09.15	10:30	12:30	£74.00	BAC
Step into Painting	10	Tu	22.09.15	19:15	21:15	£74.00	BAC
Pottery	10	Tu	22.09.15	15:00	17:30	£92.50	BAC
Pottery	10	Tu	22.09.15	18:30	21:30	£111.00	BAC
Re-upholstery	10	W	23.09.15	12:45	15:15	£92.50	BAC
Introduction To Paper Cutting	5	W	23.09.15	18:30	21:00	£46.25	BAC
Pastels	10	W	23.09.15	10:15	12:15	£74.00	BAC
The Great Brewery Sewing Bee	10	W	23.09.15	18:30	21:00	£92.50	BAC
Expressive Inks	10	Th	24.09.15	13:00	15:00	£74.00	BAC
Drawing For Beginners	10	Th	24.09.15	17:15	19:15	£74.00	BAC
Drawing with Confidence in Colour	10	Th	24.09.15	19:30	21:30	£74.00	BAC
Paint, Print & Stitch	5	Th	24.09.15	10:30	12:30	£37.00	BAC
Traditional Leaded Glass Techniques	10	Th	24.09.15	18:45	21:15	£92.50	BAC
Create and Embroidered Canvas	1	Sa	24.10.15	10:30	16:30	£30.00	BAC
The Discipline of Portraiture	10	F	25.09.15	10:30	12:30	£88.00	BAC
Experimental Portraiture	10	F	25.09.15	13:00	15:00	£88.00	BAC
Woodlands	1	Sa	26.09.15	10:30	16:30	£30.00	BAC



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Silver Clay Jewellery	1	Sa	03.10.15	10:30	16:30	£39.00	BAC
Acrylic & Pastels - Trees	1	Sa	10.10.15	10:30	16:30	£30.00	BAC
Developing Designs in Paper Cutting	5	W	04.11.15	18:30	21:00	£46.25	BAC
Creative Felt	5	Th	06.11.15	10:30	12:30	£37.00	BAC
Paper Cutting	1	Sa	07.11.15	10:30	16:30	£30.00	BAC
Retro Rehab - Lampshades	1	Sa	14.11.15	10:30	16:30	£30.00	BAC
Colour & Emotions	4	Th	26.11.15	10:15	12:30	£33.30	BAC
Festive Glass	3	Th	26.11.15	15:30	17:30	£22.20	BAC
Festive Willow Weaving	1	Sa	28.11.15	10:30	16:30	£35.00	BAC
Fused Glass	1	Sa	05.12.15	10:30	16:30	£30.00	BAC

Languages non-qualification courses

German Year 6	10	M	21.09.15	12:15	14:15	£73.00	BAC
German Advanced	10	M	21.09.15	14:30	16:30	£73.00	BAC
Spanish Year 3	10	Tu	22.09.15	10:15	12:15	£73.00	BAC
Spanish Year 4	10	Tu	22.09.15	12:45	14:45	£73.00	BAC
Beginners German	10	Tu	22.09.15	10:30	12:30	£73.00	KH
Pre Intermediate German	10	Tu	22.09.15	13:00	15:00	£73.00	KH
Japanese Continuation	10	Tu	22.09.15	18:45	21:15	£91.25	CG
French Upper Intermediate Year 5	10	Tu	22.09.15	19:00	21:00	£73.00	KL
French Upper year 6	10	W	23.09.15	10:15	12:15	£73.00	BAC
Italian For Beginners	10	W	23.09.15	10:15	12:15	£73.00	KH
French Post Beginners Year 2	10	W	23.09.15	13:15	15:15	£73.00	KH
Polish For Beginners	10	W	23.09.15	19:00	21:00	£73.00	KL
Spanish For Beginners	10	Th	24.09.15	13:00	15:00	£73.00	BAC
French Upper Year 5	10	F	25.09.15	10:30	12:30	£73.00	BAC
French Intermediate Year 4	10	F	25.09.15	13:30	15:30	£73.00	BAC
Italian For Improvers	10	F	25.09.15	10:30	12:30	£73.00	BAC
Italian Post Beginners Year 2	10	F	25.09.15	13:00	15:00	£73.00	BAC
Japanese Post Beginners	10	F	25.09.15	10:00	12:30	£91.25	KH
Latin For Beginners	10	F	25.09.15	10:30	12:30	£73.00	BAC

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Piano For Improvers	10	M	21.09.15	18:30	20:30	£74.00	BAC
Beginners Piano	10	Th	24.09.15	19:00	21:00	£74.00	BAC



Au revoir



Konnichiwa



Salve

Adiós



Auf Wiedersehen

Arrivederci



Cartmel Community Education Centre

Headless Cross, Cartmel, Grange over Sands, LA11 7SA. Contact: Jude Godden

t: 015395 36323 e: adulted@cartmelpriory.cumbria.sch.uk w: cartmeladulted.org.uk

Enrolments from 01.07.2015, open Mon to Fri 09:00 - 14:30 (Term time only) 24 hour answering machine. Enrol by phone, post or email. An enrolment session will take place at Grange library on 02.09.15 from 09:00 - 12:00. Advanced booking and payment is required. Exam fees apply for GCSE Maths and English. Cheques payable to Cumbria County Council. Join us on Twitter @cartmeladulted and Facebook CartmelAdultEducation

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Creative Writing for All	6	Th	17.09.15	14:00	16:00	£43.30	LHVH
GCSE English Language*	28	W	23.09.15	18:00	20:00	£35.00	UFPG
Mathematics GCSE Foundation Level*	28	Tu	29.09.15	18:00	20:00	£35.00	CPS
Creative Writing - Writing the Land	1	Sa	10.10.15	10:00	16:00	£30.00	CPS
Arts and Crafts to include Dance and Flower Arranging							
Choral Society	13	M	07.09.15	19:15	21:15	£38.00	CVH
One Pot Cookery	3	W	09.09.15	18:45	20:45	£22.90	CPS
Patchwork Quilting and Applique	12	M	14.09.15	13:00	15:00	£84.10	ACC
Papier Mâché and paper making	10	M	14.09.15	09:45	12:15	£87.50	CVH
Improve your painting skills	6x2	Tu	15.09.15	10:00	12:30	£53.50	CVH
Improve your painting skills	6x2	Tu	15.09.15	13:30	16:00	£53.50	CVH
Learn to draw and sketch	10	Tu	15.09.15	13:00	15:00	£70.50	SVH
Street and Jazz Dance 4-6 yrs	12	Tu	15.09.15	16:15	17:00	£42.00	CVH
Street and Jazz Dance 7-11 yrs	12	Tu	15.09.15	17:00	17:55	£48.00	CVH
Street and Jazz Dance 11 yrs +	12	Tu	15.09.15	18:00	18:55	£48.00	CVH
Ruskin Lace	12	W	16.09.15	14:10	16:10	£81.60	CPR
A Photographic Journey	10	W	16.09.15	18:30	20:30	£70.50	CPS
Adult Ballet Lessons	10	W	16.09.15	19:00	20:00	£47.50	CPSH
Guitar for Beginners	11	W	16.09.15	18:30	20:30	£77.30	CPS
An Intro to Art Appreciation	6	W	16.09.15	18:30	20:00	£33.10	CPS
Improvers' Tap Dancing	10	Th	17.09.15	10:00	11:00	£36.50	LVH
Advanced Tap Dancing	10	Th	17.09.15	11:00	11:30	£19.50	LVH
Adult Ballet Lessons	10	Th	17.09.15	13:00	14:00	£47.50	LVH
Sewing School	10	Th	17.09.15	18:30	20:30	£70.50	HNVH

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Upholstery Workshop	1	Sa	26.09.15	10:00	16:00	£40.00	CCC
Paint in Acrylics workshop	1	Sa	26.09.15	10:00	16:00	£30.00	HNVH
Pick and Mix the World Cookbook	3	W	07.10.15	18:45	20:45	£22.90	CPS
Contemporary Rag Rugs	1	Sa	10.10.15	10:00	16:00	£30.00	WVH
Painting in watercolour and related media	1	Sa	10.10.15	10:00	16:00	£35.00	TOV
Get started with embroidery-pincushion	1	Sa	10.10.15	10:00	16:00	£30.00	ACC
Intro to Circus skills workshop	1	Sa	10.10.15	12:00	14:00	£12.00	CPS
Hand Spinning Workshop using drop spindle	1	Sa	10.10.15	10:00	16:00	£30.00	LVH
Nature's Palette	1	Sa	17.10.15	10:00	16:00	£30.00	CPR
Take Better Photos with digital camera	1	Sa	17.10.15	10:00	16:00	£30.00	GH
Discover Collage Art	1	Sa	17.10.15	10:00	16:00	£30.00	SVH
All Things Sweet	4	W	04.11.15	18:30	20:30	£36.00	CPS
Christmas Creations	1	Sa	14.11.15	10:00	16:00	£30.00	CPS
Make and Repair Silver Jewellery	1	Sa	14.11.15	10:00	16:00	£30.00	CPS
Upholstery Workshop	1	Sa	14.11.15	10:00	16:00	£40.00	CCC
Mixed Media Workshop	1	Sa	14.11.15	10:00	16:00	£30.00	CVH
Intro to Hoop Dancing workshop	1	Sa	14.11.15	12:00	14:00	£12.00	FVH
Stained Glass workshop	1	Sa	21.11.15	10:00	16:00	£50.00	CPS
Painting in watercolour and related media	1	Sa	21.11.15	10:00	16:00	£35.00	TOV
How to do Batik	1	Sa	28.11.15	10:00	16:00	£30.00	CVH
Make and Repair Silver Jewellery	1	Sa	10.10.15	10:00	16:00	£30.00	CPS

Business and ICT Leisure learning non-qualification courses							
Learn how to use your iPad	3	Tu	15.09.15	09:30	11:30	£22.90	CPS
Learn how to use your iPad	3	Tu	06.10.15	09:30	11:30	£22.90	CPS
Make the most of your computer	4	Tu	03.11.15	09:30	11:30	£29.70	CPS
Get to grips with your computer	4	Tu	03.11.15	15:30	17:30	£29.70	CPS
Buying and Selling on eBay	1	Sa	14.11.15	10:00	16:00	£30.00	CPS

Languages non-qualification courses							
French advanced conversation	13	Th	10.09.15	10:00	12:00	£90.90	CHFC
French Intermediate	13	Th	10.09.15	13:00	15:00	£90.90	CHFC
French Beginners	12	M	14.09.15	18:45	20:45	£84.10	GGC



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English for Speakers of Other Languages	12	Tu	15.09.15	18:30	20:30	£120.00	CPS
Italian for Beginners	12	W	16.09.15	18:30	20:00	£63.70	CPS
German Language and Culture	12	Th	17.09.15	10:00	12:00	£84.10	GGC
Polish for Beginners	12	Th	17.09.15	18:30	20:00	£63.70	CPR

Vocational and Training Skills to include Teacher Training

Level 3 Award in Education & Training	13	W	13.01.16	18:00	21:00	£402.50	CPS
---------------------------------------	----	---	----------	-------	-------	---------	-----

Science and Psychology to include Sociology and Counselling

AIM Level 2 Certificate in Counselling skills	17	M	14.09.15	18:00	21:30	£300.00	UL
AIM Level 4 Diploma in Counselling Practice	70	Tu	15.09.15	18:00	21:30	£1,500.00	UL
From Timid to Tiger: Positive parenting	10	W	16.09.15	18:00	20:00	£70.50	CPS
Happiness and Psychological Well Being	8	W	30.09.15	19:00	21:00	£56.90	CPS
Is Britain still Christian?	7	Tu	03.11.15	13:30	15:00	£38.20	GGC
Keeping Older Brains Active	1	Sa	10.10.15	10:00	16:00	£30.00	CPS
Managing your anxiety	1	Sa	10.10.15	10:00	16:00	£30.00	CPS
Caring for People with Dementia	1	Sa	14.11.15	10:00	16:00	£35.00	CPS
Using Emotional Intelligence	1	Sa	14.11.15	10:00	16:00	£30.00	CPS

Sports, Fitness and Outdoor Education

Fitness Pilates	13	M	07.09.15	09:15	10:15	£51.90	ACC
Exercise to Music	13	M	07.09.15	10:15	11:15	£46.70	ACC
Yoga	13	M	07.09.15	10:00	11:30	£68.80	CVH
Pilates	13	M	07.09.15	09:00	10:00	£51.90	LVH
Pilates	13	M	07.09.15	10:15	11:15	£51.90	LVH
Healthy Hearts	13	M	07.09.15	09:30	10:30	£46.70	GMH
Healthy Hearts	13	M	07.09.15	10:45	11:45	£46.70	GMH
Stretch and Tone	13	M	07.09.15	14:00	15:00	£46.70	WVH
Fitness Pilates	13	M	07.09.15	19:15	20:15	£51.90	ACC
Pilates	13	M	07.09.15	17:45	18:45	£51.90	LPS
Pilates	13	M	07.09.15	19:45	20:45	£51.90	LVPS
Aqua Fitness	13	Tu	08.09.15	09:30	10:30	£53.85	AHH
Healthy Hearts	13	Tu	08.09.15	10:00	11:00	£46.70	SMH

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Healthy Hearts	13	Tu	08.09.15	11:00	12:00	£46.70	SMH
Beginners Fitness Pilates	13	Tu	08.09.15	18:00	19:00	£51.90	ACC
Zumba	13	Tu	08.09.15	19:00	20:00	£51.90	ACC
Gentle Circuits	13	W	09.09.15	09:45	10:45	£46.70	ACC
Exercise to Music	13	W	09.09.15	11:00	12:00	£46.70	ACC
Learn to Run	10	W	09.09.15	16:30	17:30	£37.50	GP
Circuit Training	12	W	09.09.15	18:30	19:30	£43.30	CPS
Tai Chi	13	W	09.09.15	19:30	21:00	£68.80	LHVH
Pilates	13	W	09.09.15	18:15	19:15	£51.90	LVH
Pilates	13	Th	10.09.15	09:00	10:00	£51.90	CVH
Pilates	13	Th	10.09.15	10:15	11:15	£51.90	CVH
Aqua Fitness	13	Th	10.09.15	09:30	10:30	£53.85	AHH
Healthy Hearts	13	Th	10.09.15	10:10	11:10	£46.70	ULC
Aerobics	13	Th	10.09.15	18:30	19:30	£46.70	ACC
Pilates	13	Th	10.09.15	18:00	19:00	£51.90	WVH
Men only Pilates	13	Th	10.09.15	19:50	20:50	£51.90	APS
Fitness Pilates	13	F	11.09.15	09:30	10:30	£51.90	LVH
Yoga	12	Tu	15.09.15	10:00	11:30	£65.50	GMH
An Introduction to keeping Sheep	4	W	16.09.15	09:30	12:30	£43.30	RRR
Healthy Hearts	12	W	23.09.15	09:30	10:30	£43.30	KLC
Mindful Eating, Mindful Living	1	Sa	03.10.15	10:00	16:00	£30.00	ACC
Alexander Technique for Backs	1	Sa	10.10.15	10:00	16:00	£30.00	CPSH
Injury Prevention for Sport	1	Sa	10.10.15	10:00	16:00	£30.00	CVH
Pilates Masterclass	1	Sa	17.10.15	10:00	13:00	£17.00	CPSH
Introduction to Nordic walking	1	Sa	07.11.15	13:00	15:30	£16.00	OL
A Beginners Guide to the Night Skies	1	Sa	07.11.15	18:00	21:00	£22.50	CHFC
Willow Weaving	1	Sa	28.11.15	10:00	16:00	£30.00	CHFC

I feel my health has benefitted
from this course
Yoga



Dallam Community

Dallam School, Heversham, Cumbria LA7 7EH. Contact Kasey or Kelly.

t: 015395 65956 e: askcommunity@dallam.eu w: www.dallam.eu

Enrolment from 01.06.15. The centre is open Mon - Thurs 09:00 - 14:30 and Fri 09:00 - 16:00. Enrolments can be made by post, telephone or in person. Course fee cheques payable to Dallam School.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Poetry and Creative Writing	8	Th	24.09.15	10:00	12:00	£57.60	HEV
Poetry and Creative Writing	8	Th	26.11.15	10:00	12:00	£57.60	HEV
Arts and Crafts to include Dance and Flower Arranging							
Mixed Media Textiles	8	M	21.09.15	09:30	12:00	£72.00	HEV
Drawing and Painting for Beginners	8	M	21.09.15	13:00	15:30	£72.00	HEV
Learn to Sew	8	M	21.09.15	18:45	21:15	£72.00	MLN
Drawing and Painting Year 1	8	Tu	22.09.15	09:30	12:00	£72.00	HEV
Drawing and Painting Year 2	8	Tu	22.09.15	13:00	15:30	£72.00	HEV
One pot Suppers	5	Tu	22.09.15	18:45	21:15	£45.00	MLN
Drawing and Painting Year 2	8	W	23.09.15	18:45	21:15	£72.00	MLN
How to Make Leaded Glass	8	W	23.09.15	18:45	21:15	£72.00	MLN
Advanced techniques in Hand Embroidery	8	Th	24.09.15	09:30	12:00	£72.00	HEV
Calligraphy Beginners	8	Th	24.09.15	10:00	12:30	£72.00	HEV
Creative Hand Embroidery Beg & Int	8	Th	24.09.15	13:15	15:45	£72.00	HEV
Flower Design	8	Th	24.09.15	13:00	15:30	£72.00	HEV
Calligraphy Intermediate	8	Th	24.09.15	13:00	15:30	£72.00	HEV
Portraiture	8	F	25.09.15	09:30	12:00	£72.00	HEV
Creative and Expressive Art - Mixed Media	8	F	25.09.15	13:00	15:30	£72.00	HEV
Taiko Drumming	8	M	28.09.15	10:00	12:00	£57.60	HEV
T'ai Chi Sabre	8	W	30.09.15	19:00	20:30	£43.20	MLN
Further Creative Stitched Textiles	8	Th	01.10.15	18:45	21:15	£72.00	MLN
Move on with Mixed Media Textiles	8	M	23.11.15	09:30	12:00	£72.00	HEV
Drawing and Painting for Beginners	8	M	23.11.15	13:00	15:30	£72.00	HEV
Learn to Sew Improvers	8	M	23.11.15	18:45	21:15	£72.00	MLN
Drawing and Painting Year 1	8	Tu	24.11.15	09:30	12:00	£72.00	HEV



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Drawing and Painting Year 2 Improvers	8	Tu	24.11.15	13:00	15:30	£72.00	HEV
Sweet Treats from Around the World	5	Tu	24.11.15	18:45	21:15	£45.00	MLN
Drawing and Painting Year 2 Improvers	8	W	25.11.15	18:45	21:15	£45.00	MLN
How to Make Leaded Glass Improvers	8	W	25.11.15	18:45	21:15	£72.00	MLN
Portraiture Improvers	8	F	27.11.15	09:30	12:00	£72.00	HEV
Creative and Expressive Art - Mixed Media	8	F	27.11.15	13:00	15:30	£72.00	HEV
Moving on with further Taiko Drumming	8	M	30.11.15	10:00	12:00	£57.60	HEV
Moving on with further T'ai Chi Sabre	8	W	02.12.15	19:00	20:30	£43.20	MLN
Further Creative Stitched Textiles	8	Th	03.12.15	18:45	21:15	£72.00	MLN
Creative Hand Embroidery Beg & Int	8	Th	TBA	13:15	15:45	£72.00	HEV

Business and ICT Leisure learning non-qualification courses

Introduction to Computers	8	M	21.09.15	19:00	21:00	£57.60	MLN
PC Maintenance Intermediates	8	M	21.09.15	18:45	21:15	£72.00	MLN
Get More out of Microsoft Office	8	Tu	22.09.15	19:00	21:00	£57.60	MLN
PC Maintenance Beginners	8	W	23.09.15	18:45	21:15	£72.00	MLN
Moving on with computing	8	M	23.11.15	19:00	21:00	£57.60	MLN
PC Maintenance Intermediates	8	M	23.11.15	18:45	21:15	£72.00	MLN
Get More out of Microsoft Office	8	Tu	24.11.15	19:00	21:00	£57.60	MLN
PC Maintenance Beginners	8	W	25.11.15	18:45	21:15	£72.00	MLN

Languages non-qualification courses

German Year 1	8	M	21.09.15	10:00	12:00	£57.60	HEV
Spanish Year 1	8	M	21.09.15	10:00	12:00	£57.60	HEV
Portuguese Year 1	8	M	21.09.15	13:00	15:00	£57.60	HEV
Spanish Year 2	8	M	21.09.15	13:00	15:00	£57.60	HEV
Japanese Year 1	8	M	21.09.15	19:00	21:00	£57.60	MLN
Spanish Year 3	8	M	21.09.15	19:00	21:00	£57.60	MLN
French Year 1	5	Tu	22.09.15	10:30	12:30	£36.00	HEV
Latin Year 5	5	Tu	22.09.15	13:00	15:30	£45.00	HEV
French Year 3	8	Tu	22.09.15	13:00	15:00	£57.60	HEV
French Year 1	8	Tu	22.09.15	19:00	21:00	£57.60	MLN
Latin Year 5	5	Tu	22.09.15	13:00	15:30	£45.00	HEV
French Year 3	8	Tu	22.09.15	13:00	15:00	£57.60	HEV

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Languages non-qualification courses							
French Year 1	8	Tu	22.09.15	19:00	21:00	£57.60	MLN
German Year 1	8	Tu	22.09.15	19:00	21:00	£57.60	MLN
German Year 1	8	Tu	22.09.15	19:00	21:00	£57.60	MLN
Spanish Year 4	8	W	23.09.15	10:00	12:00	£57.60	HEV
Italian Conversation	8	W	23.09.15	10:00	12:00	£57.60	HEV
French Year 2	8	W	23.09.15	13:00	15:00	£57.60	HEV
Makaton Sign Language	8	W	23.09.15	19:00	21:00	£57.60	MLN
Italian Year 1	8	W	23.09.15	18:30	20:30	£57.60	MLN
Chinese Improvers	8	W	23.09.15	19:00	21:00	£57.60	MLN
French Intermediate	8	Th	24.09.15	13:15	15:15	£57.60	HEV
Greek Year 1	8	M	28.09.15	19:00	21:00	£57.60	MLN
Greek Improvers	8	M	28.09.15	19:00	21:00	£57.60	MLN
Chinese beginners	8	Th	01.10.15	19:00	21:00	£57.60	MLN
German Year 1 Improvers	8	M	23.11.15	10:00	12:00	£57.60	HEV
Spanish Year 1 Improvers	8	M	23.11.15	10:00	12:00	£57.60	HEV
Portuguese Year 1 Improvers	8	M	23.11.15	13:00	15:00	£57.60	HEV
Spanish Year 2 Improvers	8	M	23.11.15	13:00	15:00	£57.60	HEV
Japanese Year 1 Improvers	8	M	23.11.15	19:00	21:00	£57.60	MLN
Spanish Year 3 Improvers	8	M	23.11.15	19:00	21:00	£57.60	MLN
Greek Year 1 Improvers	8	M	30.11.15	19:00	21:00	£57.60	MLN
Greek Improvers	8	M	30.11.15	19:00	21:00	£57.60	MLN
French Year 1 Improvers	5	Tu	03.11.15	10:30	12:30	£36.00	HEV
Latin Year 5 Improvers	5	Tu	03.11.15	13:00	15:30	£45.00	HEV
French Year 3 Improvers	8	Tu	24.11.15	13:00	15:00	£57.60	HEV
French Year 1 Improvers	8	Tu	24.11.15	19:00	21:00	£57.60	MLN
German Year 1 Improvers	8	Tu	24.11.15	19:00	21:00	£57.60	MLN
Spanish Year 4 Improvers	8	W	25.11.15	10:00	12:00	£57.60	HEV
Italian Conversation Improvers	8	W	25.11.15	10:00	12:00	£57.60	HEV
French Year 2 Improvers	8	W	25.11.15	13:00	15:00	£57.60	HEV
Makaton Sign Language Improvers	8	W	25.11.15	19:00	21:00	£57.60	MLN
Italian Year 1 Improvers	8	W	25.11.15	18:30	20:30	£57.60	MLN
Chinese Improvers	8	W	25.11.15	19:00	21:00	£57.60	MLN
French Intermediate & Improvers	8	Th	26.11.15	13:15	15:15	£57.60	HEV



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Chinese Beginners Improvers	8	Th	03.12.15	19:00	21:00	£57.60	MLN
French Year 1	8	Tu	TBA	19:00	21:00	£57.60	MLN
French Intermediate	8	Th	TBA	13:15	15:15	£57.60	HEV

Science and Psychology to include Sociology and Counselling

Geographical Landscapes of the Yorkshire Dales	8	Tu	22.09.15	10:00	12:00	£57.60	HEV
--	---	----	----------	-------	-------	--------	-----

Sports, Fitness and Outdoor Education

Nordic Walking 9/16/23/30 Sep	4	W	09.09.15	10:00	12:00	£28.80	HEV
Hula Hooping	8	W	30.09.15	17:30	18:30	£28.80	MLN
Hula Hooping	8	W	02.12.15	17:30	18:30	£28.80	MLN

Health and Beauty to include Massage, Aromatherapy

Yoga for all	8	Tu	29.09.15	10:00	11:30	£43.20	HEV
Yoga	8	Tu	29.09.15	17:30	19:00	£43.20	MLN
Mindfulness and Relaxation for Daily Life	5	F	06.11.15	13:00	15:00	£45.00	HEV
Yoga	8	Tu	01.12.15	10:00	11:30	£43.20	HEV
Yoga	8	Tu	01.12.15	17:30	19:00	£43.20	



The Lakes Adult Education Centre, Windermere

The Lakes School, Troutbeck Bridge, Windermere. LA9 5EB. Contact Diane Redfern

t: 015394 40836 e: adult.ed@lakes.cumbria.sch.uk

Enrolment from 01.09.15, 08:30 - 15:00, Mon - Thurs, by phone, post or in person. Advance booking and payment with proof of concession is required for all courses. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Creative Writing (The Hidden Pulse)	10	M	21.09.15	19:00	21:00	£68.00	LAKS
Improve your Writing Skills	10	W	23.09.15	19:00	21:00	£68.00	LAKS
A Writers Workshop	1	Sa	17.10.15	10:00	16:00	£50.00	LAKS
Writing Poetry Day	1	Sa	22.11.15	10:00	16:00	£50.00	LAKS

Arts and Crafts to include Dance and Flower Arranging

Textile Art	10	M	21.09.15	13:00	15:00	£68.00	WSTM
Painting in Watercolour	10	Tu	22.09.15	13:00	15:30	£85.00	WSTM
Dressmaking and Home Textiles	10	Tu	22.09.15	13:00	15:00	£68.00	WSTM
Painting in Watercolour	10	W	23.09.15	19:00	21:00	£68.00	LAKS
Painting and Drawing	10	W	23.09.15	09:30	12:00	£85.00	INGS
Sketching Outdoors	3	Th	24.09.15	13:00	15:30	£25.50	WOUT
Rag Rugging	1	Sa	03.10.15	10:00	16:00	£50.00	LAKS
Lakeside Inspiration	1	Sa	03.10.15	10:00	16:00	£50.00	WOUT
Upcycling your home	1	Sa	17.10.15	10:00	16:00	£50.00	LAKS
Mixed Media	1	Sa	21.11.15	10:00	16:00	£50.00	LAKS
The Perfect Package	1	Sa	29.11.15	10:00	16:00	£50.00	LAKS

Business and ICT Leisure learning non-qualification courses

Computing, Internet and Email for Beginners	10	W	23.09.15	10:00	12:30	£85.00	WSTM
Improving your ICT Skills	10	W	23.09.15	13:00	15:30	£85.00	WSTM
Your own Website using Wordpress	5	W	23.09.15	18:00	20:00	£34.00	LAKS
eBay and Safe Internet Shopping	1	Sa	03.10.15	10:00	16:00	£50.00	LAKS
Beginner's DSLR Camera	1	Sa	24.10.15	10:00	16:00	£50.00	LAKS
Improvers DSLF Camera	1	Sa	28.11.15	10:00	16:00	£50.00	LAKS



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Languages non-qualification courses							
Improvers Italian	10	M	21.09.15	10:00	12:00	£68.00	WSTM
Beginner's Spanish	10	M	21.09.15	19:00	21:00	£68.00	LAKS
Beginner's French	10	W	23.09.15	14:00	16:00	£68.00	WSTM
Italian Year 2	10	W	23.09.15	14:00	16:00	£68.00	WSTM
French Conversation	10	Th	24.09.15	19:00	21:00	£68.00	LAKS
Beginner's Italian	10	F	25.09.15	19:00	21:00	£68.00	LAKS
Sports, Fitness and Outdoor Education							
Improvers Pilates	10	M	21.09.15	09:30	10:30	£34.00	GLEN
Beginner's Pilates	10	M	21.09.15	10:30	11:30	£34.00	GLEN
Healthy Hearts	10	Tu	22.09.15	11:30	12:30	£34.00	INGS
Fitness Pilates	10	Tu	22.09.15	18:30	19:30	£34.00	LAKS
Healthy Hearts	10	W	23.09.15	09:30	10:30	£34.00	WCAR
Exercise for the Young at Heart	10	W	23.09.15	10:30	11:30	£34.00	WCAR
Pilates	10	W	23.09.15	11:45	12:45	£34.00	WCAR
Men on Mats	5	Th	24.09.15	18:30	19:30	£34.00	GLEN
Relaxation and Mindfulness	5	Th	05.11.15	10:00	12:00	£34.00	INGS
Mindfulness in Daily Life	1	Sa	07.11.15	10:00	16:00	£50.00	LAKS





South Lakeland CDC (Ambleside)

Ambleside Library & CDC, Kelsick Road, Ambleside, Cumbria LA22 0BZ. Contact Jane Renouf/Chris Shepherd
t: 015394 32507 f: 015394 31484 e: ambleside.cdc@cumbria.gov.uk w: www.sedberghcdc.org.uk

See our website for full course information. Enrolment by web, email, phone, post or in person at Ambleside Library. Please add a £2 centre fee once per person, per year. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

Creative Writing	8	W	07.10.15	15:00	17:00	£55.00	AMB
------------------	---	---	----------	-------	-------	--------	-----

Arts and Crafts to include Dance and Flower Arranging

Arts & Crafts Movement - Hands On	4	Sa	03.10.15	10:00	13:00	£72.00	AMB
Autumn in Watercolour	2	W	07.10.15	10:00	16:00	£42.00	AMB

Business and ICT Leisure learning non-qualification courses

Digital Photography	4	Tu	08.09.15	18:00	20:30	£35.00	AMB
Using Your iPad	5	M	21.09.15	18:00	20:00	£35.00	AMB
Buying & Selling on eBay	1	W	11.11.15	10:00	15:00	£33.00	AMB
Save Money Online - Getting the Best Deals	1	W	TBA	10:00	13:00	£20.00	AMB

Languages non-qualification courses

Improve Your French	12	Th	17.09.15	14:00	16:00	£82.00	AMB
Beginners Spanish	12	M	21.09.15	10:00	12:00	£82.00	AMB

“What a fabulous course – best course I’ve ever been on!”
Arts & Crafts movement

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Family History	1	W	04.11.15	10:00	16:00	£39.00	AMB
The History of Your House	1	W	TBA	10:00	16:00	£39.00	AMB

Health and Beauty to include Massage, Aromatherapy

Mindfulness in Daily Life	1	Sa	10.10.15	10:00	16:00	£32.00	AMB
Indian Head Massage	1	Sa	14.11.15	10:00	16:00	£32.00	AMB





South Lakeland CDC (Kendal)

c/o Sedbergh CDC, The Cottage, Long Lane, Sedbergh, LA10 5AL. Contact Chris Wood or Rosie Dent.
t: 015396 21031 e: admin@sedberghcdc.org.uk w: www.sedberghcdc.org.uk

See our website for full course information. Enrolment by web, email, phone or post. Also at enrolment event Queen Katherine School 09.09.15, 17:00 - 20:00. Please add a £2.00 centre fee once per person, per year. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

GCSE Maths*	31	W	16.09.15	19:00	21:00	FREE	QKS
Capturing Nature in Poetry	12	Th	17.09.15	13:30	15:30	£82.00	CAS

Arts and Crafts to include Dance and Flower Arranging

Art for Beginners - Taster Session	1	Th	01.10.15	13:30	16:00	£12.00	CAS
Improve your Painting Skills	10	M	05.10.15	13:45	16:15	£85.00	CAS
Art for All	9	Th	08.10.15	13:30	16:00	£77.00	CAS
Glorious Autumn - Expressive Colour & Contrast	1	Sa	24.10.15	10:00	16:00	£32.00	BUR
Felt Flowers, Vessels and Cosies	1	Sa	07.11.15	10:15	16:15	£39.00	CAS
Felt Art, Experimenting with Texture & Colour	1	Sa	TBA	10:15	16:15	£39.00	CAS

Business and ICT Leisure learning non-qualification courses

Get Started with Internet & Email	5	Tu	06.10.15	10:00	12:00	£35.00	TBA
-----------------------------------	---	----	----------	-------	-------	--------	-----

Languages non-qualification courses

Portuguese Beginner Plus	12	M	21.09.15	17:45	19:45	£82.00	QKS
French Continuing	12	M	21.09.15	19:00	21:00	£82.00	QKS
French Beginners	12	Tu	22.09.15	19:30	21:00	£62.00	QKS
French Improvers	12	Tu	22.09.15	17:45	19:15	£62.00	QKS
German Beginner	12	W	23.09.15	17:45	19:15	£62.00	QKS
German Improver	12	W	23.09.15	19:30	21:00	£62.00	QKS
Spanish Continuing	12	Th	24.09.15	09:30	11:30	£82.00	CAS
Italian Beginner	10	M	28.09.15	19:00	20:30	£51.00	QKS
Spanish Beginner	10	W	30.09.15	19:00	20:30	£51.00	QKS
Spanish Beginner Plus	10	W	07.10.15	19:00	21:00	£68.00	QKS

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Science and Psychology to include Sociology and Counselling

Mindfulness for Daily Life	4	Tu	22.09.15	19:00	20:30	£22.00	FEL
Intro to Psychology	10	M	28.09.15	19:00	21:00	£68.00	QKS
Happiness & Psychological Wellbeing	10	Th	01.10.15	19:00	21:00	£68.00	CAS
Assertiveness for Women	6	M	02.11.15	10:00	13:00	£18.00	CAS
Mindfulness for Daily Life	5	Tu	10.11.15	19:00	20:30	£27.00	FEL
Intro to Emotional intelligence	1	Sa	21.11.15	10:00	16:00	£39.00	CAS
Deepening Mindfulness	5	Tu	TBA	19:00	20:30	£27.00	FEL

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge

Photography for Beginners	6	M	14.09.15	19:00	21:00	£59.00	QKS
Advanced Photography Projects	4	W	23.09.15	19:00	21:00	£72.00	QKS
The Great War - Wider & Local Impacts	10	Tu	29.09.15	19:00	21:00	£68.00	QKS
Photography for Improvers	10	M	TBA	19:00	21:00	£102.00	QKS

Sports, Fitness and Outdoor Education

Pilates in Old Hutton	6	M	14.09.15	19:00	20:00	£42.00	OLD
Yoga at Crosthwaite	13	W	16.09.15	19:00	20:30	£67.00	CRO
Pilates in Kendal	12	Th	17.09.15	09:00	10:00	£72.00	KH
Yoga in Storth (Early class)	7	Th	17.09.15	17:00	18:30	£37.00	STO
Yoga in Storth (Later class)	13	Th	17.09.15	19:00	20:30	£67.00	STO





South Lakeland CDC (Sedbergh & Kirkby Lonsdale)

Sedbergh CDC, The Cottage, Long Lane, Sedbergh LA10 5AL. Contact Chris Wood/Rosie Dent.

t: 015396 21031 e: admin@sedberghcdc.org.uk w: www.sedberghcdc.org.uk

See our website for full course information. Enrolment by web, email, phone or post. Please add a £2 centre fee once per person, per year. Course fee cheques payable to Cumbria County Council.

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
English and Maths to include Skills for Life and Creative Writing							
Creative Writing	12	F	18.09.15	13:30	15:30	£82.00	CDC

Arts and Crafts to include Dance and Flower Arranging							
Landscape & Trees - Expression & Movement	1	Sa	14.11.15	10:00	16:00	£32.00	SPH
Encaustic Wax Pictures and Cards	1	Sa	28.11.15	10:00	16:00	£39.00	KLM
Mood and the Landscape	1	Sa	TBA	10:00	16:00	£32.00	SPH
Experiments in Dynamic Colour & Contrast	1	Sa	TBA	10:00	16:00	£32.00	SPH
Creating Pictures Using Encaustic Wax	1	Sa	TBA	10:00	16:00	£39.00	CDC

Business and ICT Leisure learning non-qualification courses							
How to Use the Internet to Save you Money	1	Su	04.10.15	09:30	12:30	£18.00	CDC
How to Buy & Sell on eBay	1	Sa	07.11.15	10:00	15:00	£33.00	CDC
Get Started with Internet & Email	5	Tu	10.11.15	10:00	12:00	£35.00	KLM
Tablets, Phones, Apps & Settings	1	Sa	TBA	09:30	12:30	£20.00	KLM

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

Languages non-qualification courses							
Italian Continuing	12	Tu	22.09.15	10:15	12:15	£82.00	CDC

Science and Psychology to include Sociology and Counselling							
Applying Emotional Intelligence	2	Sa	TBA	10:00	16:00	£72.00	CDC
An Introduction to Mindfulness	1	Sa	10.10.15	10:00	16:00	£32.00	KLM
Maintaining Mindfulness	1	Sa	21.11.15	10:00	16:00	£32.00	CDC

Leisure Learning to include Music, Singing, Cookery, Gardening, Bridge							
The Influence of Latin & the Romans on Britain	10	Th	01.10.15	13:30	15:30	£119.00	CDC
Using Your Digital Camera	5	Th	01.10.15	19:00	21:00	£60.00	CDC
Family History Workshop	1	Sa	14.11.15	10:00	16:00	£39.00	KLM

Sports, Fitness and Outdoor Education							
Pilates in Sedbergh (Early class)	6	M	14.09.15	10:00	11:00	£36.00	SDM
Pilates in Old Hutton	6	M	14.09.15	19:00	20:00	£42.00	OLD
Yoga in Sedbergh	12	Th	17.09.15	18:00	19:30	£62.00	SPS
Alexander Technique	10	Th	24.09.15	18:30	20:00	£51.00	TBA
Lowland Navigation	1	Sa	10.10.15	10:00	16:00	£39.00	DEN
Feel Confident on the Fells	1	Sa	07.11.15	10:00	17:00	£45.00	DEN

Tutor was very patient and helpful
using Laptops
and Tablets





Ulverston Adult Education Centre

Headless Cross, Cartmel, Grange over Sands LA11 7SA. Contact Jude Godden

t: 015395 36323 e: adulted@cartmelpriory.cumbria.sch.uk w: www.cartmeladulthood.org.uk

Enrolments from 01.07.15, Open Mon to Fri 9.00am - 2.30pm (Term time only) 24 hour answering machine. Enrol by phone, post or email. An enrolment session will take place at Grange library on 02.09.15 from 09:00 - 12:00. Advanced booking and payment is required. Exam fees apply for GCSE Maths and English. Cheques payable to Cumbria County Council. Join us on Twitter @cartmeladulted and Facebook CartmelAdultEducation

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
--------------	-----	-----	------------	------------	-------------	-----	-------

English and Maths to include Skills for Life and Creative Writing

GCSE English Language*	28	W	23.09.15	18:00	20:00	£35.00	UFGP
GCSE Maths Foundation Level*	28	Tu	29.09.15	18:00	20:00	£35.00	CPS

Arts and Crafts to include Dance and Flower Arranging

Discover Glass Fusing	5	Tu	08.09.15	10:00	12:00	£36.50	TOV
Discover your inner craft self	5	Tu	08.09.15	18:30	20:30	£36.50	TOV
One Pot Cookery	3	W	09.09.15	18:45	20:45	£22.90	CPS
Papier Mâché and Decorative Paper Techniques	10	M	14.09.15	09:45	12:15	£87.50	CVH
A Photographic Journey	11	W	16.09.15	18:30	20:30	£77.30	CPS
Adult Ballet Lessons	10	W	16.09.15	19:00	20:00	£47.50	CPSH
Improve your painting skills	12	Tu	17.09.15	10:00	12:30	£104.50	UQB
Adult Ballet Lessons	10	Th	17.09.15	13:00	14:00	£47.50	LVH
Make a Simple Shift Dress	1	Sa	19.09.15	10:00	16:00	£30.00	UI
Papier Mâché and Paper Making workshop	1	Sa	19.09.15	10:30	14:30	£20.50	UCH
Glass Fusing workshop	1	Sa	19.09.15	10:00	16:00	£30.00	TOV
Upholstery	10	Th	24.09.15	10:00	12:00	£70.50	PMH
Upholstery	10	Th	24.09.15	13:00	15:00	£70.50	PMH
Upholstery	10	Fr	25.09.15	10:00	12:00	£70.50	PMH
Upholstery	10	Fr	25.09.15	13:00	15:00	£70.50	PMH
Upholstery workshop	1	Sa	26.09.15	10:00	16:00	£40.00	CCC
Painting in Acrylics workshop	1	Sa	26.09.15	10:00	16:00	£30.00	HNVH
Pick and Mix the World Cookbook	3	W	07.10.15	18:45	20:45	£22.90	CPS

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Contemporary Rag Rugs	1	Sa	10.10.15	10:00	16:00	£30.00	WVH
Hand Spinning Workshop	1	Sa	10.10.15	10:00	16:00	£30.00	LVH
Papier Mâché Mask Making	1	Sa	10.10.15	10:30	14:30	£20.50	UCH
Get started with Hand embroidery - Embroidered Pincushion	1	Sa	10.10.15	10:00	16:00	£40.00	ACC
Nature's Palette	1	Sa	17.10.15	10:00	16:00	£30.00	CPS
Take better photos with your camera	1	Sa	17.10.15	10:00	16:00	£30.00	GH
Discover Collage Art	1	Sa	17.10.15	10:00	16:00	£30.00	SVH
All Things Sweet	4	W	04.11.15	18:30	20:30	£36.00	CPS
Christmas Creations	1	Sa	14.11.15	10:00	16:00	£30.00	CPR
Papier Mache Box Making	1	Sa	14.11.15	10:30	15:30	£25.50	UCH
Upholstery workshop	2	Sa	14.11.15	10:00	16:00	£40.00	CCC
Mixed Media Workshop	1	Sa	14.11.15	10:00	16:00	£30.00	CVH
Glass Christmas Gifts	3	Tu	24.11.15	10:00	12:00	£22.90	TOV
How to do Batik	1	Sa	28.11.15	10:00	16:00	£30.00	CVH
Patterns in Glass workshop	1	Sa	28.11.15	10:00	16:00	£30.00	TOV

Business and ICT Leisure learning non-qualification courses

Learn how to use your iPad	3	Tu	15.09.15	09:30	11:30	£22.90	CPS
Learn how to use your iPad	3	Tu	06.10.15	09:30	11:30	£22.90	CPS
Make the most of your computer	4	Tu	03.11.15	09:30	11:30	£29.70	CPS
Get to grips with your computer	4	Tu	03.11.15	15:30	17:30	£29.70	CPS
Buying and Selling on eBay	1	Sa	14.11.15	10:00	16:00	£30.00	CPS

Languages non-qualification courses

Spanish for Beginners	13	M	07.09.15	18:00	19:30	£68.80	SMH
Spanish Continuation	13	M	07.09.15	19:30	21:00	£68.80	SMH
French for Beginners	13	Tu	08.09.15	18:00	19:30	£68.80	SMPS
French Continuation	13	Tu	08.09.15	19:30	21:00	£68.80	SMPS
Italian For Improvers	13	Th	10.09.15	18:00	19:30	£68.80	CJS
Italian For Post Beginners	13	Th	10.09.15	19:30	21:00	£68.80	CJS
Japanese Continuation	13	Tu	15.09.15	18:00	20:00	£90.90	SMPS
Italian for Beginners	13	Tu	15.09.15	18:30	20:00	£68.80	CJS
Japanese language for Beginners	13	W	16.09.15	18:00	20:00	£90.90	SMPS



Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
Greek Beginners	12	W	16.09.15	18:00	19:30	£63.70	UL
Advanced Greek	12	W	16.09.15	19:30	21:00	£63.70	UL
Polish For Beginners	12	Th	17.09.15	18:30	20:00	£63.70	CPR

Vocational and Training Skills to include Teacher Training

Level 3 Award in Education and Training	13	W	13.01.16	18:00	21:00	£402.50	CPS
---	----	---	----------	-------	-------	---------	-----

Science and Psychology to include Sociology and Counselling

AIM Level 2 Certificate in Counselling Skills	17	M	14.09.15	18:00	21:30	£300.00	UL
AIM Level 4 Diploma in Counselling Practice	70	Tu	15.09.15	18:00	21:30	£1,500.00	UL
From Timid to Tiger: Positive Parenting	10	W	16.09.15	18:00	20:00	£70.50	CPS
Happiness and Psychological Well Being	8	W	30.09.15	19:00	21:00	£56.90	CPS
Keeping Older Brains Active	1	Sa	10.10.15	10:00	16:00	£30.00	CPS
Managing your anxiety	1	Sa	10.10.15	10:00	16:00	£30.00	CPS
Is Britain still Christian and do we still care?	7	Tu	03.11.15	13:30	15:00	£38.20	GGC
Caring for People with Dementia	1	Sa	14.11.15	10:00	16:00	£35.00	CPS
Using Emotional Intelligence	1	Sa	14.11.15	10:00	16:00	£30.00	CPS

Sports, Fitness and Outdoor Education

Pilates	13	M	07.09.15	19:45	20:45	£51.90	LVPS
Yoga for Health & Well Being	13	M	07.09.15	18:00	19:15	£57.75	UFPC
Mindful Yoga	13	M	07.09.15	19:30	21:00	£68.80	UFPC
Healthy Hearts	13	Tu	08.09.15	10:00	11:00	£46.70	SMH
Healthy Hearts	13	Tu	08.09.15	11:00	12:00	£46.70	SMH
Healthy Hearts	13	Th	10.09.15	10:10	11:10	£46.70	ULC
Relaxation & Mindful Movement	5	Tu	15.09.15	10:00	11:30	£28.00	UFPC
Introduction to keeping sheep	4	W	16.09.15	09:30	12:30	£43.30	RRR
Mindful Eating, Mindful living	1	Sa	03.10.15	10:00	16:00	£30.00	ACC
Injury Prevention for Sport	1	Sa	10.10.15	10:00	16:00	£30.00	CVH
An Introduction to Nordic Walking	1	Sa	07.11.15	13:00	15:30	£16.00	OL

Course title	Wks	Day	Start date	Start time	Finish time	Fee	Venue
A Beginner's Guide to the Night Skies	1	Sa	07.11.15	18:00	21:00	£22.50	CHFC
Relaxation & Mindful Movement	5	Tu	10.11.15	10:00	11:30	£28.00	UFPC
Relaxation Therapy Workshops	1	Sa	21.11.15	10:00	13:00	£16.00	UQB
Willow Weaving	1	Sa	28.11.15	10:00	16:00	£30.00	CHFC



How to enrol on a course

USE THE LIST AND THE MAP on the back cover to find your local centre. The centre will be able to provide you with further details about a course. The brochure includes courses running between 1st August and 31st December 2015. There are many other courses offered throughout the year, so if you are unable to find what you are looking for, please contact your local centre. You can also search for courses online, throughout the year at www.cumbriaadulteducation.org

An enrolment form is provided on the next page. This should be completed fully, signed and posted to the appropriate centre with the correct fee. More detailed enrolment instructions can be found with the course listings. Please confirm the correct fee and that there are places available with the centre, before submitting a form.

Fees and concessions

Fees shown in the brochure are the full subsidised fee and are generally for one term only. Unless stated, the fee covers tuition only. Any additional costs will be highlighted in the course information sheet provided by the centre. There are likely to be further fees to pay where courses run beyond one term. Please check with the Centre if you are unsure of anything. Fee concessions are available as follows:

For Leisure courses

Leisure courses are for learners aged 19 and over

From 1 August the automatic 20% discount on course fees for over 60s will stop. The 50% discount for those on means tested benefits, of any age, will remain. The removal of the over 60s discount will mean on average around a £1.50 per week increase for a typical 2 hour per week course which runs for 10 sessions for participants not on means tested benefits. This change is part of a broader shift in government funding for adult education services towards targeted work with disadvantaged adults.

If you are in receipt of any of the means tested benefits below, then you pay 50% of the full fee:

- Job Seekers Allowance
- Universal Credit
- Employment Support Allowance (Work and income related)
- Income Support
- Working Tax Credit [subject to threshold]
- Housing/Council Tax benefit
- Pension Tax Credit – guarantee credit only
- Or if you are the unwaged dependent of any of the above.

For Skills courses (marked with a * in the listings):

There will be no fee charged on accredited courses (up to and including Level 4 for those aged 19 – 23yrs, and up to and including Level 2 only for those aged 24+ years) for learners who are taking their first qualification at that level and who are:

- In receipt of Job Seekers Allowance
- In receipt of Employment and Support Allowance (Work Related Activity Group)
- Unemployed job seeker in receipt of other state benefits
- Learners enrolling on GCSE English and Maths who do not already have the qualification at grade A* - C.
- Learners enrolling on Entry Level to Level 2 English and Maths qualifications such as Functional Skills.

Learners aged over 24 years

If you are aged 24 years and over and would like to do a level 3 or level 4 qualification, special fees apply and you might be entitled to a loan. For more information please see page 5 or contact your local centre.

Claiming a concession

If you are claiming a fee concession you will be required to bring along original evidence of your entitlement when you enrol. This could include benefit documentation such as an order book, an award notice issued by the Inland Revenue or Department of Work and Pensions, the form U1 duly stamped by the Unemployment/Benefit office or in the case of Housing/Council Tax Benefit duly stamped by the relevant District Council Office or a birth certificate.

You will be asked to self-declare your previous highest qualification on the enrolment form. If the information you provide is found to be false then Cumbria Adult Education reserves the right to withdraw you from the course without giving a refund.

If you are unsure what fee you should pay please check with the centre.

Credit card payments

The following centres are able to accept payment via a debit/credit card.

Adult Education Carlisle
Cartmel Community Education Centre
Brewery Arts Centre, Kendal
Dallam Community
Penrith Learning
The Lakes Adult Education Centre
Ulverston Community Education Centre

You will be asked to provide the 16 digit card number, expiry date and 3 digit security number from the back of the card.

Centre	
Unique Learner Number (if known)	Student no.

Personal details

Title	First Name	
Surname		
Address		
Postcode	Mobile Tel	
Daytime Tel	Evening Tel	
Email Address		
Gender	Male	Female
	Date of Birth	

Eligibility Nationality

Have you lived in the UK/EEA for the past 3 years? Yes ☐ No ☐

If you have answered no, please list the countries in which you have resided

Disabilities and Difficulties

Please state any disabilities, health care problems or learning difficulties you may have (Please circle your primary issue).

Equal Opportunities please tick one box only

White	Mixed	Asian/Asian British	Black/Black British	British Arab/Other
English/Welsh/Scottish/	White and Black Caribbean	Indian	African	Arab
Northern Irish/British	White and Black African	Pakistani	Caribbean	Other
Irish	White and Asian	Bangladeshi	Other Black	
Gypsy or Irish Traveller	Other Mixed	Chinese		
Other White		Other Asian		

Household Situation Please tick which of the following statements apply (one or more may apply)

No member of the household in which I live (including myself) is employed ☐ There are one or more dependent children (aged 0-17 years or 18-24 years if full time student or inactive) in the household ☐

The household that I live in includes only one adult (aged 18 or over) ☐

Employment Status Please indicate your status on the day before starting your course (tick box)

Employed – Full Time (20 + hours) ☐ Employed – Part Time (19 hours or Less) ☐ Self Employed ☐

Not in paid employment and not looking for work e.g. retired, looking after children ☐ Not in paid employment and looking for work ☐

Length of Unemployment – Under 6 mths ☐ 6-11 mths ☐ 12-23 mths ☐ 24-35 mths ☐ 36+ mths ☐

Qualifications – Prior Attainment Please indicate your highest level of qualification to date.

No previous qualifications ☐ Level 3 (e.g. NVQ L3, BTEC, A Level 2 or more advanced level passes) ☐

Entry level ☐ Level 4 (e.g. NVQ L4, HNC) ☐

Level 1 (e.g. NVQ L1, GCSE/O Level grades D-G or fewer than 5 at A-C) ☐ Level 5 (e.g. NVQ L5, HND, Foundation Degree) ☐

Level 2 (e.g. NVQ L2, 5 GCSEs A-C, 2 or more AS Levels) ☐ Level 6 or above (eg degree or higher) ☐

EFA funded learners only - Please supply your GCSE grade in the following subjects: Maths ☐ English Language ☐ English Literature ☐

Course details and fees

Course code	Course Title	Start Date	End Date	Fee Paid	24+ Loan	Receipt no.

Sharing Your Data All details on this form are subject to the terms of Data Protection Act 1998. Information supplied by you will be held on computer and used for statistical and monitoring purposes. By signing this form you agree to share your data with Cumbria Adult Education and relevant government departments in order to fulfil its statutory obligations, e.g. Skills Funding Agency, for the purpose of allocating you a Unique Learner Number (ULN) and for creation of your Personal Learning Record (PLR). At no time will your personal information be passed to other organisations for marketing or sales purposes. Further details of how your information is processed and shared can be found at www.learningrecordservice.org.uk/privacynotice

You may be contacted after you have completed your programme of learning to establish whether you have entered employment or gone onto further training. You can opt out of contact for other purposes by ticking if you do not wish to be contacted in respect of:

Surveys and research by: post ☐ phone ☐ email ☐

About courses or learning opportunities by: post ☐ phone ☐ email ☐

Learner Declaration

I confirm that all of the personal information on this form is correct and I declare that I have correctly identified my highest prior qualification and where applicable, the concession for which I am eligible. I fulfil the residency regulations for the Skills Funding Agency in England. I understand that if I have declared false information the provider may take action against me to reclaim the tuition fees and any support costs provided. I have read the Learning Agreement on the back of this form.

Learner Date

signature

Concessions You are only eligible for a concession if, on a skills course you fit into categories 1-6, or on a leisure course you fit into categories 5-8. If you are unsure if the course is a first full level 2 or 3 please speak with your tutor/centre.

- 1 Maths or English course (conditions apply) ☐ 6 Unemployed seeking employment on other state benefits (e.g. housing, income support, child tax credits) ☐
- 2 16-18 Learner (referred by Inspira) ☐ 7 Employed or not seeking employment and in receipt of an income based benefit (universal credits, housing, income support, child tax credits, working tax credits) ☐
- 3 19-23 First full Level 2 (where highest prior qualification is less than Level 2) ☐ 8 Retired and in receipt of pension tax credit (guarantee credit only) ☐
- 4 19-23 learner first full Level 3 (where highest prior qualification is less than Level 3) ☐
- 5 In receipt of universal credit, job seekers allowance (JSA), employment support allowance (ESA - WRAG) ☐

For centre use – please state the original evidence seen to support the concession

Provider/Centre

I confirm that I supported the learner where possible in completion of this document. I have seen original evidence to support the concession and residency criteria, where applicable.

Provider Date

signature

Learning Agreement (Learner's Copy)

Welcome to Cumbria Adult Education

We would like to welcome you to your course with Cumbria Adult Education (CAE) and wish you every success in achieving your learning aims. We hope that you find your learning experience rewarding and fulfilling. CAE welcomes learners from all backgrounds and abilities and our staff will give you the opportunities to develop your learning and skills. Please take a moment to read through this agreement as it outlines what you can expect from us as a training provider.

What the candidates can expect from CAE and their tutor:

- Your tutor will identify your learning needs by carrying out an initial assessment.
- Your tutor will help you professionally develop through building a learning plan to recognise and record knowledge you already have and that which you gain on the course.
- Your tutor will help you professionally develop by identifying areas where further development is needed.
- Your tutor will help you professionally develop by delivering appropriate teaching.
- Your tutor will guide you throughout the programme to produce a portfolio that meets the awarding body standards and then gain a nationally recognised qualification (skills courses only).
- Your tutor will provide appropriate Information and Advice at the beginning, during and at the end of your learning programme.
- Your tutor will abide by CAE's Health & Safety policy and carry out the H & S induction process.
- CAE will ensure that appropriate examination, assessment and internal verification procedures are in place (skills courses only).
- CAE will ensure that portfolios submitted to the awarding body are suitable for external moderation (skills courses only).

Equality and diversity

CAE is committed to ensuring that all learners, staff and visitors are treated equally and, where possible, have full access to our sites and services. Please help us to achieve this by bringing to our attention any potential discrimination. If you are a disabled learner or have any specific needs, we will ensure that reasonable adjustments are made to the learning environment to ensure that you will not be placed at a disadvantage.

By disclosing your specific needs to us at the earliest opportunity, you will enable us to put in the required support. If you do not wish to disclose your needs or request that this information remains confidential, we cannot guarantee that appropriate adjustments will be made.

Terms and conditions of enrolment

In signing the agreement overleaf, I confirm that I agree to the following:

- I have received initial information and advice in preparation for my learning programme covering choice, entry requirements and suitability and I am satisfied with the process. I accept that my admission as a learner is subject to the regulations of CAE and the professional judgement of the staff relating to my level of study
- I will ensure that the tuition fees are paid by the agreed date (usually the start date).
- CAE reserves the right to withdraw or cancel a programme whenever its viability cannot be assured. In such circumstances, every effort will be made to offer an alternative programme. However, CAE cannot guarantee that an acceptable programme will be available as part of our curriculum.

Match Funding

If you are enrolling on a skills course then it is part-financed by the European Union. ESF in England is investing in jobs and skills – focusing on people who need support the most, and helping them fulfil their potential.



Security and safeguarding

CLS will make every effort to safeguard the personal effects of its users. However, it cannot accept liability for personal belongings. We do all we can to ensure CLS provides a safe environment for our learners and have a number of procedures designed to ensure that learners, staff and visitors are able to learn in a safe environment.

Complaints

If you feel we have not met your expectations, then we want to hear from you. In the first instance please discuss your concerns with the person responsible for your learning. If you wish to make a formal complaint please contact Cumbria Adult Education on 01228 221349 or see our website for further information www.cumbriaadulteducation.org

Privacy Notice

The personal information you provide is passed to the Chief Executive of Skills Funding ("the Skills Funding Agency") and the Department for Business, Innovation and Skills (BIS). Where necessary it is also shared with the Department for Education, including the Education Funding Agency.

The information is used for the exercise of functions of these government departments and to meet statutory responsibilities, including under the Apprenticeships, Skills, Children and Learning Act 2009, and to create and maintain a unique learner number (ULN) and a Personal Learning Record (PLR). The information you provide may be shared with other organisations for education, training, employment and well-being related purposes, including for research.

You may be contacted after you have completed your programme of learning to establish whether you have entered employment or gone onto further training.

Further information about use of and access to your personal data, and details of organisations with whom we regularly share data are available at: <https://www.gov.uk/government/publications/sfa-privacy-notice>

Contact numbers

Allerdale

Flimby & Ewanrigg CDC	01900 810561
Kirkbride Learning Centre	016973 52284
Netherhall AE	01900 815765
Wigton AE	016973 21515
Workington AE	01900 871789

Carlisle

Adult Education Centre	01228 403555
Kingmoor CBC	01228 598484
Pennine Way CDC	01228 598979
Upperby CDC	01228 815461

Copeland

Millom AE	01229 719650
West Lakes Academy AE	01946 820356
Whitehaven AE	01946 595476

Eden

Appleby Heritage Centre	017683 53350
Fellside CDC	01768 881485
Penrith Learning	017683 53350
Shap CDC	01931 716447

Furness

Abbotsmead CDC	01229 820700
Barrow Island CDC	01229 827972
Barrow and District Disability Association	01229 432599
Ormsgill CDC	01229 831880
Vickerstown CDC	01229 343412
Walney AE	01229 343412

South Lakes

Brewery Arts Centre, Kendal	01539 722833
Cartmel CEC	015395 36323
Dallam Community	015395 65956
The Lakes AE	015394 40836
South Lakeland CDC (Ambleside)	015394 32507
South Lakeland CDC (Kendal)	015396 21031
South Lakeland CDC (Sedbergh & Kirkby Lonsdale)	015396 21031
Ulverston AE	015395 36323

For general enquiries or further information
please call **01900 706111** or visit
www.cumbriaadulteducation.org



Cumbria Adult Education Centre locations



Centre index

Allerdale

1 Flimby and Ewanrigg CDC p3 2 Kirkbride Learning Centre p8
3 Netherhall AE Maryport p8 4 Wigton AE p9 5 Workington AE p10

Carlisle

6 Adult Education Carlisle p11 7 Kingmoor CBC p14
8 Pennine Way CDC p15 9 Upperby CDC p15

Copeland

10 Millom AE p16 11 West Lakes Academy AE p17
12 Whitehaven AE p18

Eden

13 Appleby Heritage Centre p19 14 Fellside CDC p20
15 Penrith Learning p21 16 Shap CDC p22

Furness

17 Abbotsmead CDC p23 18 Barrow Island CDC 24
19 Barrow and District Disability Association p24
20 Ormsgill CDC p25 21 Vickerstown CDC p26 22 Walney AE p26

South Lakes

23 Brewery Arts Centre Kendal p27 24 Cartmel CEC p29 25 Dallam Community p31
26 The Lakes AE p33 27 South Lakeland CDC (Ambleside) p35
28 South Lakeland CDC (Kendal & Sedbergh/Kirkby Lonsdale) p36/37
29 Ulverston AE p38

Strengthening and sustaining the people and communities of Cumbria through the power of learning

Funded by



Skills Funding
Agency

