

ADULTS WITH LEARNING DIFFICULTIES AND DISABILITIES - HEALTH, PERSONAL SAFETY, AND WELLBEING

Who is this course for?

All of these courses are suitable for Adults with learning difficulties and disabilities. Courses that enable you to find out about and act upon: - Your health; - Personal exercise programmes; - Shopping and preparing food; - Planning personal leisure activities; - Being responsible for personal safety; - Increasing self confidence and esteem; - Working outdoors.

How will I be supported in my learning?

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.

Teaching And Learning In The Community

Personalised skills are taught in museums, libraries, supermarkets, public gardens, voluntary organisations, day care providers and social enterprises. We use public transport for all of our community activities. We offer weekend courses and residentials. Short courses may be available in college holidays.

Person Centred Learning

All learners have a personal meeting and guidance onto courses. Following assessment activities, learners produce their own learning plan which they monitor with tutors. Classes are based on learners' own personal goals, people can bring their own support worker. Progression learning is reviewed regularly and at the end of course. We work with parents and carers to ensure the best learning environment. Our classes are available county wide to enable personal access to learning. Courses are available for specialist groups, eg, health and safety, food hygiene and money management.

Embedded Themes In All Courses

Promotion of independence. Use of modern technology, eg iPads, computers, laptops, mobile phones, digital photography. Inclusion of simple literacy and numeracy, including budgeting. Provision of safer learning opportunities.

How to get on a course?

Ring Freephone 0800 988 0308 and we will then arrange a guidance meeting. After the meeting we will need information about any benefits you receive so that we can arrange for the course to be free, or at a reduced fee. We can talk to learners, carers, families, agency workers, group homes or any other agency enabling us to give the best possible course offer.

For More Information And How To Enrol

If you need more information, want to discuss levels and course content, or wish to enrol, you can call into our local centres, call our Enrolment Team, or for some courses, you can enrol online. If you need help with your choice of learning, training, career, work and life goals, please book an appointment with one of our Learning and Work Advisors who can provide free, 1:1, impartial advice. Call our FREEphone 0800 988 0308.