

# Adult Learning Courses

Evening, weekend and daytime  
For life, for wellbeing, for work

Book online now at:  
[www.northamptonshire.gov.uk/adultlearning](http://www.northamptonshire.gov.uk/adultlearning)

April – July 2020

LEARNER  
FORUM  
AND FREE  
TASTER  
SESSIONS



## Welcome

At Northamptonshire Adult Learning Service we provide a friendly and safe learning environment enabling you to focus on your learning goals and personal ambitions.

Our courses are delivered by highly qualified and dedicated tutors who are passionate about their subject. Whether you want to learn a new skill, improve your job prospects, or simply learn for pleasure we have an exciting range of courses to meet your needs.

Adult Learning courses delivered on behalf of the county council are funded by the Education and Skills Funding Agency through a grant to the council. Our programmes are designed to enable you to return to study and take the first steps on your learning journey. Courses are delivered across the county in community venues and schools in locations which are accessible to as many learners as possible.

Working in partnership with the council and community organisations the Adult Learning Service prioritises programmes that help local residents to

improve their health and wellbeing, support their families and to gain skills that support employment or further training. More than half of the programmes offered are free and delivered to specific groups of learners. If you would like to find out more about these courses, and whether you are eligible, please go to pages 10–11.

We have a dedicated team of advisors who can help you to find the course which is right for you. They can provide information about fees that are charged or any other aspect of the course where you may need information, advice and guidance.

Each year the service helps over 5500 learners transform their lives through learning new skills. We look forward to welcoming you and inspiring you to take that first step on your learning journey towards personal fulfilment.

### Carol Berrevoets

Adult Learning Service Manager

## Fees explained:



**£5.50 per hour** plus £5 admin fee – these courses are subsidised by the Education and Skills Funding Agency and have a remitted fee of £1.65 per hour for people on certain benefits (*see below for details*).

**£5 administration charge** will apply to courses that are longer than 3 hours.

**Free (F)** – a selection of courses are offered **free** for people on JSA or ESA. Please see the fee column which will be marked with an 'F' for free courses.

Material/exam fees still apply to these free courses.

### Eligibility for Remitted Fee

- Universal Credit
- Income Based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Incapacity Benefit
- Pension Credits
- Disability Living Allowance (DLA) / Personal Independence Payment
- Carers Allowance

### Materials and Exam Costs

Where this is applicable, material and exam entry costs will be included in the total course fee unless otherwise stated in the brochure.

*We advise that materials are not purchased until the course is confirmed to run, 2 weeks before the start date.*

## How to book on to your course

Go to:  
[www.northamptonshire.gov.uk/adultlearning](http://www.northamptonshire.gov.uk/adultlearning)



Or call: 0300 126 1000 Monday to Friday  
8am to 6pm, local call rate



Confirmation and course information will be sent to you by post or email. You must inform:

[al-supportservices@northamptonshire.gov.uk](mailto:al-supportservices@northamptonshire.gov.uk) within 2 weeks of the course start date if you have not received your information.

Adult Learning

## Learner Support Fund

It is our aim to help people to access NCC Adult Learning courses. If you find a course in our brochure that you like, but there are financial barriers preventing you from enrolling. We may be able to contribute towards the cost of your course through the learner support fund. Please email [alsreferrals@northamptonshire.gov.uk](mailto:alsreferrals@northamptonshire.gov.uk) for more information.

## Minimum Numbers, Cancellations and Refunds

Decisions to run courses based on learner numbers are made up to 2 weeks before the start date.

If numbers are low courses may be cancelled and you will be issued a full refund.

## Waiting Lists

If the course you are interested in is full, please make sure you add yourself to our waiting lists. We will always try to accommodate waiting learners, and if a space becomes available we will contact you first to offer you a place. When demand is high enough we will also try to run additional courses at a suitable venue.

## Cooling off period cancellations

There is a 14 day cooling off period which commences the day the learner is enrolled on the system, not from the start date of the course. During this period the learner will have the right to cancel the course and obtain a full refund. Once the cooling off period has expired there is no obligation to make any refund. If the start date of your course occurs during the cooling off period you will not be entitled to a refund.

## Refunds relating to learner medical condition

Refunds for leaving a course due to a learner's medical condition will only be given on proof of a doctor's certificate. The learner will receive a proportional refund of the fees paid in relation to the number of classes remaining. The refund will be dealt with from the date the doctor confirms the learner's medical condition.

Please email:

[al-supportservices@northamptonshire.gov.uk](mailto:al-supportservices@northamptonshire.gov.uk)

The minimum age to enrol onto a course is 19.

For further Information on our fees please visit our website on

[www.northamptonshire.gov.uk/adultlearning](http://www.northamptonshire.gov.uk/adultlearning)



## Contents

Archaeology	4
Art	4
Bridge	4
Cake Decoration	4
Complementary Health/Wellbeing	5
Cookery and Wine	5
Craft	5
Creative Writing	6
Dance	6
DIY	6
Drama	6
First Aid	6
Fitness	6 – 7
Floristry and Flower Arranging	7
Golf	7
ICT and Business	7
Languages	7 – 8
Music and Singing	8
Personal Development	8
Photography	8
Psychology and Criminology	8
Sport	9
ESOL	10
Family Learning Programme	10
Functional Skills	10
Learn2b	11
Learning Opportunities for all	11
Learn2b Open Days	11

## Your course information pack

**It is important that we have your correct contact details, so that we can send you important information about your course.**

### Please ensure that:

- We have your correct email address
- You check your spam folder for our emails
- You inform us within 2 weeks of the start of your course if you have not received your course information

It is your responsibility to remember to turn up for the start of your course.



Title	Start Date	Day	Time	Wks	Venue	Full Fee	Remitted Fee/Free	Code
<b>Archaeology</b> Guide to Archaeology								
<b>Beginners' Guide To Archaeology</b>	23/04/2020	Thu	19:00 – 21:00	10	Northampton – Duston Community Centre	£115.00	£38.00	UDU4BA01
<b>Art</b>								
<b>Acrylic Painting</b>	22/04/2020	Wed	10:00 – 12:00	5	Wellingborough – Victoria Centre	£60.00	£21.50	UVC3AA02
<b>Draw &amp; Paint Beg Inc Life Drawing</b>	28/04/2020	Tue	10:30 – 12:30	10	Northampton – St Lukes Centre	£125.00	£48.00	USL2AA07
<b>Draw &amp; Paint Beg Inc Life Drawing</b>	27/04/2020	Mon	10:30 – 12:30	10	Northampton – St Lukes Centre	£125.00	£48.00	USL1AA09
<b>Drawing &amp; Painting – Beginners</b>	29/04/2020	Wed	19:00 – 21:00	10	Northampton – Caroline Chisholm School	£115.00	£38.00	UCC3AA13
<b>Drawing &amp; Painting – Beginners</b>	28/04/2020	Tue	09:30 – 11:30	10	Wellingborough – Victoria Centre	£115.00	£38.00	UVC2AA05
<b>Drawing and Painting</b>	29/04/2020	Wed	10:00 – 12:00	10	Northampton – BroadMead Baptist Church	£118.00	£41.00	UBM3AA03
<b>Drawing &amp; Print Making</b>	27/04/2020	Mon	19:00 – 21:00	10	East Northants – Park Road Baptist Church	£118.00	£41.00	UFA1AA01
<b>Drawing &amp; Print Making</b>	23/04/2020	Thu	09:30 – 11:30	10	East Northants – Park Road Baptist Church	£118.00	£41.00	UFA4AA04
<b>Drawing &amp; Print Making</b>	23/04/2020	Thu	19:00 – 21:00	10	East Northants – Fletton House – Oundle	£118.00	£41.00	UFH4AA01
<b>Oil Painting</b>	03/06/2020	Wed	10:00 – 12:00	5	Wellingborough – Victoria Centre	£60.00	£21.50	UVC3AA07
<b>Pastels For Beginners</b>	21/04/2020	Tue	10:00 – 12:00	5	Northampton – St Mark Church Hall	£60.00	£21.50	UMH2AA01
<b>Watercolour Intermediate – Part 3</b>	27/04/2020	Mon	19:00 – 21:00	8	Northampton – Malcolm Arnold Academy	£93.00	£31.40	UMA1AA07
<b>Watercolour Portraits</b>	09/05/2020	Sat	10:00 – 16:00	1	Northampton – Duston Community Centre	£43.00	£19.90	UDU6AA03
<b>Watercolour Techniques And Practices</b>	28/04/2020	Tue	19:00 – 21:00	5	Northampton – Malcolm Arnold Academy	£60.00	£21.50	UMA2AA03
<b>Drawing Outside</b>	08/06/2020	Sat	10:00 – 16:00	1	Northampton – Delepre Abbey	£41.00	£17.90	UAP6AA01
<b>Introduction To Art</b>	04/07/2020	Sat	10:00 – 15:00	1	Northampton – Delepre Abbey	£35.50	£16.25	UDP6AA02



Title	Start Date	Day	Time	Wks	Venue	Full Fee	Remitted Fee/Free	Code
<b>Bridge</b> Discover the many benefits of playing bridge, try a taster to get you started								
<b>A Taste Of Bridge – Complete Novice</b>	09/05/2020	Sat	10:00 – 14:00	1	Northampton – Caroline Chisholm School	£27.00	£11.60	UCC6CA10
<b>Cake Decoration and Baking</b> From basic techniques to starting your own business, is there a course to suit you. On some courses you will be required to purchase and bring some resources and equipment.								
<b>Baking For Beginners</b>	14/06/2020	Sun	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£43.00	£19.90	UCC7DA02
<b>Baking For Beginners (Biscuits)</b>	26/07/2020	Sun	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£43.00	£19.90	UCC7DA06
<b>Baking For Beginners (Cakes)</b>	28/06/2020	Sun	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£43.00	£19.90	UCC7DA04
<b>Baking For Beginners (Pastry)</b>	22/04/2020	Wed	19:00 – 21:00	10	Northampton – Caroline Chisholm School	£120.00	£43.00	UCC3DA02
<b>Cake Deco Beg – Covering And Decorating</b>	27/04/2020	Mon	19:00 – 21:00	10	Wellingborough – Sir Christopher Hatton Academy	£115.00	£38.00	USI1CA04
<b>Cake Decorating For Beginners (One Day)</b>	05/07/2020	Sun	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£43.00	£19.90	UCC7DA05
<b>Cake Decorating For Beginners</b>	27/04/2020	Mon	19:00 – 21:00	10	Northampton – Caroline Chisholm School	£120.00	£43.00	UCC1DA01
<b>Cake Decorating For Beginners (One Day)</b>	07/06/2020	Sun	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£43.00	£19.90	UCC7DA03
<b>Starting A Cake Business From Home</b>	26/04/2020	Sun	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£38.00	£14.90 / Free	UCC7DA01
<b>Sugar Flowers Beginners</b>	22/04/2020	Wed	19:00 – 21:00	10	Northampton – Caroline Chisholm School	£115.00	£38.00	UCC3CA11



*A fun filled day with an enthusiastic teacher encouraging my creativity! I can't wait to explore some more designs*

**Cake Decorating for total beginners**

Title	Start Date	Day	Time	Wks	Venue	Full Fee	Remitted Fee/Free	Code
<b>Complementary Health Wellbeing</b>								
<b>Aromatherapy And Massage</b>	27/04/2020	Mon	19:00 – 21:00	4	Northampton – Abington Bowling Club	£49.00	£18.20	UAB1DA02
<b>Aromatherapy And Massage</b>	15/06/2020	Mon	19:00 – 21:00	5	Northampton – Abington Bowling Club	£60.00	£21.50	UAB1DA03
<b>CPCAB – Certificate In Counselling</b>	21/04/2020	Tue	18:00 – 21:00	10	Kettering – Buccleuch Academy	£225.00	£109.50 / F	UBA2DA02
<b>CPCAB – Certificate In Counselling</b>	21/04/2020	Tue	10:00 – 13:00	10	Wellingborough – Sassoon Mews	£225.00	£109.50 / F	USW2DA01
<b>Indian Head Massage</b>	27/04/2020	Mon	19:00 – 21:00	3	Kettering – Buccleuch Academy	£38.00	£14.90	UBA1DA01
<b>Mindfulness – 5 Week Programme</b>	03/06/2020	Wed	19:00 – 21:00	5	Northampton – Abington Bowling Club	£60.00	£21.50	UAB3DA01
<b>Mindfulness – Reduce Stress Levels</b>	20/06/2020	Sat	10:00 – 15:00	1	Kettering – Buccleuch Academy	£32.50	£13.25	UBA6DA02
<b>Reflexology Hands And Feet</b>	01/06/2020	Mon	19:00 – 21:00	3	Kettering – Buccleuch Academy	£38.00	£14.90	UBA1DA02
<b>Reiki Level 1 – Certificated</b>	02/05/2020	Sat	10:00 – 16:00	2	Northampton – Abington Bowling Club	£81.00	£34.80	UAB6DA01
<b>Reiki Level 2 – Certificated</b>	16/05/2020	Sat	10:00 – 16:00	2	Northampton – Abington Bowling Club	£81.00	£34.80	UAB6DA02
<b>Resilience Techniques</b>	25/04/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB68A12
<b>Swedish Body Massage</b>	02/06/2020	Tue	19:00 – 21:00	3	Northampton – Abington Bowling Club	£38.00	£14.90	UAB2DA01
<b>Bach Flower Remedies</b>	28/04/2020	Tue	10:00 – 12:00	1	East Northants – Rushden TBC	£11.00	£8.30	UXX2DA01
<b>Japanese Face Massage</b>	05/05/2020	Tue	10:00 – 12:00	1	East Northants – Rushden TBC	£11.00	£8.30	UXX2DA02
<b>Acupressure For Beginners</b>	27/06/2020	Sat	10:00 – 15:00	1	East Northants – Rushden TBC	£35.00	£16.25	UXX6DA01
<b>Cookery and Wine</b>								
<b>Indian Cookery Experience Day</b>	20/06/2020	Sat	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£43.00	£19.90	UCC6DA04
<b>Indian Cookery On A Budget</b>	27/04/2020	Mon	19:00 – 21:00	6	Northampton – Caroline Chisholm School	£76.00	£29.80	UCC1DA02
<b>Indian Cookery On A Budget</b>	28/04/2020	Tue	19:00 – 21:00	6	Wellingborough – Sir Christopher Hatton Academy	£76.00	£29.80	USI2DA01
<b>Craft</b> Choose from an array of craft subjects to unleash your creativity								
<b>Bag Making</b>	07/05/2020	Thu	10:00 – 12:00	3	Corby – Beanfield Community Centre	£41.00	£17.90	UCB4AA04
<b>Dressmaking – Beginners Part 3</b>	21/04/2020	Tue	18:30 – 20:30	10	Wellingborough – Wrenn Academy	£120.00	£43.00	UWR2DA01
<b>Dressmaking – Beginners Simple Garment</b>	06/06/2020	Sat	10:00 – 16:00	2	East Northants – Fletton House – Oundle	£84.00	£37.80	UFH6DA01
<b>Dressmaking – Beginners Part 3</b>	24/04/2020	Fri	19:00 – 21:00	10	Northampton – Caroline Chisholm School	£115.00	£38.00	UCC5DA01
<b>Dressmaking For Beginners</b>	29/04/2020	Mon	18:30 – 21:00	10	Kettering – Kettering Buccleugh	£152.50	£56.25	UAB1DA03
<b>Patchwork For Beginners</b>	23/04/2020	Thu	18:00 – 20:30	10	Kettering – Buccleuch Academy	£142.50	£46.25	UBA4DA05
<b>Pattern Drafting</b>	04/07/2020	Sat	10:00 – 16:00	1	East Northants – Fletton House – Oundle	£38.00	£14.90	UFH6DA02
<b>Pottery – Intro To Hand Building + Throw</b>	25/04/2020	Sat	10:00 – 12:30	10	Northampton – Swanspool Ceramics	£165.00	£68.75	USC6AA03
<b>Pottery – Level 1 Award (City&amp;Guilds)</b>	27/04/2020	Mon	18:00 – 21:00	12	Northampton – Delapre Community Rooms	£216.25	£100.75 / Free	UDE1AA11
<b>Pottery Beginners – Part 3</b>	27/04/2020	Mon	12:30 – 15:30	10	Northampton – Delapre Community Rooms	£165.00	£68.75	UDE1AA05
<b>Pottery Intermediate</b>	21/04/2020	Tue	18:30 – 21:00	10	Northampton – Delapre Community Rooms	£165.00	£68.75	UDE2AA06
<b>Silver Jewellery (Materials Included)</b>	01/04/2020	Wed	10:00 – 15:00	1	South Northants – The Old School Hall-Yardley Arts	£58.00	£33.25	UYA6AA07
<b>Silver Jewellery Beginners</b>	30/04/2020	Thu	12:15 – 14:45	7	South Northants – The Old School Hall-Yardley Arts	£101.75	£34.38	UYA1AA01
<b>Silver Jewellery Beginners Part 3</b>	28/04/2020	Tue	19:00 – 21:30	7	South Northants – The Old School Hall-Yardley Arts	£101.75	£34.38	UYA2AA05
<b>Silver Jewellery – Metal Clay</b>	16/04/2020	Thu	9.30 – 11.30	3	East Northants – Oundle – Woodnewton Pottery	£53.00	£29.90	UWE3AA01
<b>Silver Jewellery – Metal Clay</b>	14/05/2020	Thu	10:00 – 15:00	1	South Northants – The Old School Hall-Yardley Arts	£42.50	£23.25	UYA4AA01
<b>Sewing – Cushion Cover</b>	04/06/2020	Tue	10:00 – 12:00	2	Corby – Beanfield Community Centre	£27.00	£11.60	UCB2AA01
<b>Soft Furnishings – Roman Blind</b>	22/04/2020	Wed	19:00 – 21:00	3	Corby – Beanfield Community Centre	£43.00	£19.90	UCB2AA02

Title	Start Date	Day	Time	Wks	Venue	Full Fee	Remitted Fee/Free	Code
<b>Creative Writing</b> Discover the creative writer within you!								
<b>Creative Writing For Beginners</b>	21/04/2020	Tue	10:00 – 12:00	10	Daventry – Long Buckby Community Centre	£115.00	£38.00	ULC2DA01
<b>Cultivating the Writer Within</b>	30/04/2020	Thu	19:00 – 21:00	10	Northampton – Malcolm Arnold Academy	£115.00	£38.00	UMA4BA01
<b>Writing A Novel For Beginners</b>	22/04/2020	Wed	10:00 – 12:00	10	Daventry – Daventry Methodist Church Rooms	£115.00	£38.00	UDM3DA01
<b>Awakening The Writer Within</b>	02/05/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA10
<b>Awakening The Writer Within</b>	20/04/2020	Mon	19:00 – 21:00	10	Northampton – Malcolm Arnold Academy	£115.00	£38.00	UMA1BA01
<b>Cultivating the Writer Within</b>	06/06/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA11

<b>Dance</b> Get your dancing shoes on, keep fit and meet new people								
<b>Ballroom And Latin For Beginners</b>	27/04/2020	Mon	20:15 – 21:30	10	Northampton – Far Cotton Recreation Centre	£73.75	£25.63	UFC1CA09
<b>Ballroom And Latin For Beginners</b>	23/04/2020	Thu	20:00 – 21:30	10	Northampton – Far Cotton Recreation Centre	£87.50	£29.75	UFC4CA01
<b>Ballroom And Latin For Single Dancers</b>	21/04/2020	Tue	20:15 – 21:30	5	Northampton – Weston Favell Academy	£39.38	£15.31	UWA2CA06
<b>Belly Dancing For Beginners</b>	21/04/2020	Tue	18:30 – 20:00	10	South Northants – Bugbrooke Sports and Community Centre	£87.50	£29.75	UGB2CA01
<b>Belly Dancing For Beginners</b>	22/04/2020	Wed	18:30 – 20:00	10	Northampton – Limelight Theatre School	£87.50	£29.75	ULT3DA01
<b>Line Dancing For Beginners</b>	27/04/2020	Mon	19:15 – 20:15	10	Northampton – Far Cotton Recreation Centre	£60.00	£21.50	UFC1CA05
<b>Line Dancing For Beginners</b>	23/04/2020	Thu	19:00 – 20:00	10	Northampton – Far Cotton Recreation Centre	£60.00	£21.50	UFC4CA05
<b>Line Dancing For Beginners</b>	25/04/2020	Sat	9.30 – 10.30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA6CA05
<b>Salsa Beginners</b>	21/04/2020	Tue	19:00 – 20:15	10	Northampton – Weston Favell Academy	£73.75	£25.63	UWA2CA01
<b>Tango For Beginners</b>	22/04/2020	Wed	19:00 – 20:15	10	Northampton – Weston Favell Academy	£73.75	£25.63	UWA3CA05
<b>Waltz For Beginners</b>	22/04/2020	Wed	20:15 – 21:30	10	Northampton – Weston Favell Academy	£73.75	£25.63	UWA3CA09

<b>DIY</b>								
<b>Car Mechanics</b>	29/04/2020	Wed	19:00 – 21:00	10	Northampton – Centurian Training Solutions	£115.00	£38.00	UCT3AA03

<b>Drama</b>								
<b>Drama For Beginners</b>	03/06/2020	Wed	19:00 – 21:00	8	Wellingborough – Wellingborough Museum	£93.00	£31.40	UWM3BA01

<b>First Aid</b> Gain a qualification for work								
<b>Emergency First Aid at Work Level 3</b>	13/06/2020	Sat	09:00 – 16:30	1	Wellingborough – Victoria Centre	£60.25	£31.38 / F	UVC6DA01
<b>Emergency Paediatric First Aid Cert Lev3</b>	16/05/2020	Sat	09:00 – 16:30	1	Northampton – Caroline Chisholm School	£60.25	£31.38 / F	UAB1DA04
<b>First Aid at Work Level 3</b>	01/06/2020	Mon	09:00 – 16:30	3	Northampton – Abington Bowling Club	£138.75	£57.13 / F	UAB1DA01
<b>First Aid Introduction</b>	12/05/2020	Tue	10.00 – 12.00	1	East Northants – Rushden TBC	£11.00	£8.40	UXX2DA03
<b>First Aid Introduction</b>	19/05/2020	Tue	10.00 – 13.00	1	Wellingborough – Victoria Centre	£15.50	£11.75	UXX2DA04

<b>Fitness</b> Improve your health and wellbeing, get active by enrolling on one of our courses								
<b>Self Defence for Ladies</b>	22/04/2020	Wed	18:30 – 19:45	10	Northampton – Caroline Chisholm School	£73.75	£25.63	UCC3DA01
<b>Swimming – Parent &amp; Baby</b>	26/04/2020	Sun	09:00 – 09:30	10	Northampton – Barry Road School Baths	£36.50	£17.25	UBR7DA01
<b>Swimming – Parent &amp; Baby</b>	26/04/2020	Sun	08:30 – 09:00	10	Northampton – Barry Road School Baths	£36.50	£17.25	UBR7DA02
<b>Swimming – Parent &amp; Child – Level 1</b>	26/04/2020	Sun	11:00 – 11:45	10	Northampton – Barry Road School Baths	£69.63	£40.76	UBR7DA09



“ This has been a stimulating and enjoyable course. My knowledge and awareness of fabrics, patterns and clothes has improved dramatically **Dressmaking for beginners** ”



Title	Start Date	Day	Time	Wks	Venue	Full Fee	Remitted Fee/Free	Code
<b>Swimming – Parent &amp; Child – Level 2</b>	26/04/2020	Sun	11:45 – 12:30	10	Northampton – Barry Road School Baths	£69.63	£40.76	UBR7DA10
<b>Swimming – Parent &amp; Toddler</b>	26/04/2020	Sun	09:30 – 10:15	10	Northampton – Barry Road School Baths	£69.63	£40.76	UBR7DA07
<b>Swimming – Parent &amp; Toddler</b>	26/04/2020	Sun	10:15 – 11:00	10	Northampton – Barry Road School Baths	£69.63	£40.76	UBR7DA08
<b>Swimming For Beginners</b>	27/04/2020	Mon	18:30 – 19:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA1DA03
<b>Swimming For Beginners</b>	22/04/2020	Wed	20:30 – 21:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA3DA01
<b>Swimming For Beginners</b>	22/04/2020	Wed	19:30 – 20:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA3DA02
<b>Swimming For Beginners</b>	23/04/2020	Thu	18:30 – 19:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA4DA01
<b>Swimming For Improvers</b>	27/04/2020	Mon	19:30 – 20:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA1DA01
<b>Swimming For Improvers</b>	27/04/2020	Mon	20:30 – 21:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA1DA02
<b>Swimming For Improvers</b>	23/04/2020	Thu	19:30 – 20:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA4DA02
<b>Swim Fitness</b>	23/04/2020	Thu	20:30 – 21:30	10	Northampton – Weston Favell Academy	£60.00	£21.50	UWA4DA03
<b>Yoga For Beginners</b>	21/04/2020	Tue	20:00 – 21:30	10	Northampton – Northampton College (Booth Lane Campus)	£87.50	£29.75	UNC2CA06
<b>Yoga For Beginners Part 3</b>	21/04/2020	Tue	18:30 – 20:00	10	Northampton – Northampton College (Booth Lane Campus)	£87.50	£29.75	UNC2CA03
<b>Floristry and Flower Arranging</b> Learn the techniques and immerse yourself in flowers whilst unleashing your creative side – materials will be needed to be purchased where listed.								
<b>Flower Arranging – Beginners</b>	29/04/2020	Wed	18:30 – 21:00	9	Northampton Caroline Chisholm School	£133.75	£56.75	UCC4AA01
<b>Flower Arranging – Part 1</b>	27/04/2020	Mon	18:30 – 21:00	10	Daventry – LA's Florist	£145.50	£49.25	ULA2AA02
<b>Flower Arranging – Part 2</b>	29/04/2020	Wed	10:00 – 12:30	10	Daventry – LA's Florist	£145.50	£49.25	ULA3AA03
<b>Flower Arranging – Part 2</b>	29/04/2020	Wed	18:30 – 21:00	10	Daventry – LA's Florist	£145.50	£49.25	ULA3AA49
<b>Introduction To Wedding Flowers</b> (All Flowers and equipment included)	23/05/2020	Sat	10:00 – 16:00	1	Daventry – LA's Florist	£71.00	£47.90	ULA6AN04
<b>Flower Arranging Part 2</b>	30/04/2020	Tue	19:00 – 21:00	10	Wellingborough – Wellingborough Museum	£120.00	£43.00	UWM2DA01
<b>Flower Arranging Part 3</b>	29/04/2020	Mon	19:00 – 21:00	10	Wellingborough – Wellingborough Museum	£120.00	£43.00	UWM1DA01
<b>Golf</b> From complete beginners to golfers trying to lower their handicap.								
<b>Golf For Beginners</b>	28/04/2020	Tue	13:30 – 15:00	10	Northampton – Brampton Heath Golf Club	£87.50	£29.75	UBG2DA01
<b>Golf For Beginners</b>	23/04/2020	Thu	18:00 – 19:30	10	Northampton – Brampton Heath Golf Club	£87.50	£29.75	UBG4DA01
<b>Golf For Improvers</b>	28/04/2020	Tue	18:00 – 19:30	10	Northampton – Brampton Heath Golf Club	£87.50	£29.75	UBG2DA02
<b>Golf for Improvers</b>	20/04/2020	Mon	13:30 – 15:00	10	Northampton – Brampton Heath Golf Club	£87.50	£29.75	UBG1CA01
<b>Golf In A Day – Lunch Included</b>	15/05/2020	Fri	10:00 – 16:00	1	Northampton – Brampton Heath Golf Club	£60.00	£36.90	UBG5DA01
<b>Golf In A Day – Lunch Included</b>	07/06/2020	Sun	10:00 – 16:00	1	Northampton – Brampton Heath Golf Club	£60.00	£36.90	UBG7CA01
<b>ICT and Business</b> Learn valuable skills to improve your life at home or at work.								
<b>Design and Create A Website</b>	22/04/2020	Wed	19:00 – 21:00	5	Northampton – Caroline Chisholm School	£60.00	£21.50	UCC3BA01
<b>Design and Create A Website Part 2</b>	03/06/2020	Wed	19:00 – 21:00	5	Northampton – Caroline Chisholm School	£60.00	£21.50	UCC3BA02
<b>Get Your Website Found</b>	20/06/2020	Sat	10:00 – 16:00	1	Northampton – Caroline Chisholm School	£43.00	£19.90	UCC6BA12
<b>Languages and BSL</b> Try one or more of our languages on offer!								
<b>An Introduction To Indian Culture</b>	25/04/2020	Sat	11:00 – 13:00	5	Wellingborough – Sir Christopher Hatton Academy	£60.00	£21.50	USI6BA01
<b>Basic Sign Language</b>	28/04/2020	Tue	19:00 – 21:00	5	Wellingborough – Sir Christopher Hatton Academy	£60.00	£21.50	USI2DA02
<b>French Basic Conversation</b>	06/05/2020	Wed	19:00 – 21:00	5	Wellingborough – Stanwick Village Hall	£60.00	£21.50	UVS3BA01
<b>French Literature An Introduction</b>	30/04/2020	Thu	19:00 – 21:00	5	Wellingborough – Nations Trust	£60.00	£21.50	UNW4BA01
<b>French Year 1 Part 1</b>	30/04/2020	Thu	13:00 – 15:00	10	South Northants – Towcester – The Forum	£115.00	£38.00	UTF4BA08
<b>French Year 1 Part 2</b>	20/04/2020	Mon	19:00 – 21:00	10	Wellingborough – Sir Christopher Hatton Academy	£115.00	£38.00	USI1BA01
<b>French Year 1 Part 2</b>	21/04/2020	Tue	10:00 – 12:00	5	Kettering – Burton Latimer Civic Centre	£60.00	£21.50	UBC2BA01
<b>French Year 3 Continuation</b>	20/04/2020	Mon	19:00 – 21:00	8	Northampton – Malcolm Arnold Academy	£93.00	£31.40	UMA1BA03
<b>German Basic Conversation</b>	27/04/2020	Mon	19:00 – 21:00	5	Wellingborough – Nations Trust	£60.00	£21.50	UNW1BA01
<b>German For Beginners</b>	21/04/2020	Tue	18:00 – 20:00	6	Corby – Brooke Weston	£71.00	£24.80	UBW2BA01
<b>German Year 1 Part 2</b>	22/04/2020	Wed	18:00 – 20:00	10	Kettering – Burton Latimer Civic Centre	£115.00	£38.00	UBC3BA01

Title	Start Date	Day	Time	Wks	Venue	Full Fee	Remitted Fee/Free	Code
<b>Italian Year 1 Part 1</b>	30/04/2020	Thu	10:00 – 12:00	10	South Northants – Towcester – The Forum	£115.00	£38.00	UTF4BA23
<b>Portuguese Day – intermediate Users</b>	04/07/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA02
<b>Portuguese The Basics</b>	23/05/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA06
<b>Spanish Advanced Conversation</b>	24/04/2020	Fri	14:15 – 16:15	8	Northampton – Abington Bowling Club	£93.00	£31.40	UAB5BA02
<b>Spanish An Introduction</b>	20/06/2020	Sat	10:00 – 11:00	2	Northampton – Abington Bowling Club	£16.00	£8.30	UAB6BA09
<b>Spanish Conversation Adv. pt. 3</b>	21/04/2020	Tue	10:00 – 12:00	5	Northampton – Abington Avenue United Reformed Church	£60.00	£21.50	UAA2BA01
<b>Spanish For Beginners</b>	20/04/2020	Mon	11:00 – 13:00	8	Wellingborough – Victoria Centre	£93.00	£31.40	UVC1BA02
<b>Spanish Year 1 Part 2</b>	23/04/2020	Thu	19:00 – 21:00	8	Northampton – Caroline Chisholm School	£93.00	£31.40	UCC4BA01
<b>Spanish Year 1 Part 2</b>	21/04/2020	Tue	10:00 – 12:00	5	Corby – Kingswood Neighbourhood Centre	£60.00	£21.50	UKN2DA01
<b>Spanish Year 1 Part 1</b>	21/04/2020	Tue	10:00 – 12:00	8	Brackley - TBC	£93.00	£31.40	UJS4BA02
<b>Spanish Year 1 Part 2</b>	23/04/2020	Thu	19:00 – 21:00	8	Northampton – Caroline Chisholm School	£93.00	£31.40	UCC4BA34

### Music and Singing Sing your troubles away or play your heart out by enrolling on one of our courses.

<b>Acoustic Guitar Beginners – Part 3</b>	27/04/2020	Mon	18:30 – 20:00	10	Northampton – Caroline Chisholm School	£87.50	£29.75	UCC1CA04
<b>Guitar Beginners – Part 3</b>	28/04/2020	Tue	19:00 – 21:00	10	Kettering – Buccleuch Academy	£115.00	£38.00	UBA2DA01
<b>Guitar Intermediate Part 3</b>	30/04/2020	Thu	19:00 – 21:00	10	Kettering – Buccleuch Academy	£115.00	£38.00	UBA4DA04
<b>Singing For Beginners</b>	22/04/2020	Wed	19:00 – 21:00	8	Northampton – Caroline Chisholm School	£93.00	£31.40	UCC3DA03
<b>Ukulele – Learn To Play</b>	06/05/2020	Wed	19:00 – 21:00	10	Northampton – The Duston School	£115.00	£38.00	UTD3DA03

### Personal Development

<b>Confidence &amp; Assertive Skills For All</b>	13/06/2020	Sat	10:00 – 16:00	1	Kettering – Buccleuch Academy	£38.00	£14.90	UBA6DA01
<b>Confidence &amp; Assertive Skills For Women</b>	06/06/2020	Sat	10:00 – 16:00	1	Corby – Brooke Weston	£38.00	£14.90	UBW6DA01
<b>Conflict Management – Level 2</b>	27/06/2020	Sat	10:00 – 16:00	2	Northampton – Abington Bowling Club	£71.00	£24.80	UAB6DA13
<b>Counselling Skills</b>	21/04/2020	Tue	18:00 – 21:00	12	Northampton – Northampton College (Booth Lane Campus)	£203.00	£64.40	UNC2DA01
<b>Counselling Skills</b>	25/04/2020	Sat	10:00 – 16:00	6	Northampton – Northampton College	£203.00	£64.40	UNC2DA02
<b>Dementia – Behaviours Displayed</b>	21/04/2020	Tue	19:00 – 21:00	1	Northampton – Abington Bowling Club	£11.00	£8.30	UAB2DA02
<b>Dementia – Intro For Carers &amp; Relatives</b>	02/05/2020	Sat	13:00 – 15:00	1	Northampton – Caroline Chisholm School	£11.00	£8.30	UCC6DA03
<b>Interview Skills</b>	30/04/2020	Thu	19:00 – 21:00	1	Northampton – Abington Bowling Club	£16.00	£8.30	UAB4DA01
<b>Life Coaching for Life &amp; Work</b>	16/05/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA01
<b>NLP – Positive Changes</b>	11/06/2020	Thu	18:30 – 20:30	1	Northampton – Caroline Chisholm School	£11.00	£8.30	UCC4DA01
<b>Understanding Depression and Anxiety</b>	27/06/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA07

### Photography Explore photography or film techniques and improve the quality of your images.

<b>Digital Photography – Beginners</b>	22/04/2020	Thu	19:00 – 21:00	10	Northampton – Weston Favell Academy	£115.00	£38.00	UWA3AA12
<b>Digital Photography – Part 1</b>	22/04/2020	Wed	19:00 – 21:00	10	Northampton – Caroline Chisholm School	£115.00	£38.00	UCC3AA23
<b>Digital Photography And Editing</b>	27/04/2020	Mon	19:00 – 21:00	10	Northampton – Weston Favell Academy	£115.00	£38.00	UWA1AA09
<b>Digital Photography And Editing</b>	23/04/2020	Thu	10:00 – 12:00	10	Wellingborough – Wellingborough Museum	£115.00	£38.00	UWM4AA06
<b>Photography Studio Day – Still Life</b>	04/04/2020	Sat	10:00 – 16:00	1	Wellingborough – Wellingborough Museum	£38.00	£14.90	SWL6AA22
<b>Photoshop Elements Day</b>	25/04/2020	Sat	10:00 – 16:00	1	Northampton – The Old White Hart	£38.00	£14.90	UOW6AA01

### Psychology and Criminology

<b>Criminal Psychology – An Introduction</b>	28/04/2020	Tue	10:00 – 12:00	10	Northampton – Abington Bowling Club	£115.00	£38.00	UAB2BA01
<b>Criminal Psychology – Intermediate</b>	27/04/2020	Mon	19:00 – 21:00	5	Northampton – Malcolm Arnold Academy	£60.00	£21.50	UMA1BA02
<b>Criminology – An Introduction</b>	02/05/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA03
<b>Crime-Working With Victims &amp; Witnesses</b>	20/06/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA08
<b>Psychology – An Introduction</b>	13/06/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA05
<b>Psychology – An Introduction</b>	28/04/2020	Tue	19:00 – 21:00	10	Northampton – Malcolm Arnold Academy	£115.00	£38.00	UMA2BA01
<b>Understanding Serial Criminals</b>	06/06/2020	Sat	10:00 – 16:00	1	Northampton – Abington Bowling Club	£38.00	£14.90	UAB6BA04



Title	Start Date	Day	Time	Wks	Venue	Full Fee	Remitted Fee/Free	Code
<b>Sport</b>								
Archery for Beginners*	27/04/2020	Mon	19:00 – 20:00	10	Northampton – Indoor Archery Ltd	£70.00	£46.90	UIA1DA01
Archery for Beginners*	23/04/2020	Thu	19:00 – 20:00	10	Northampton – Indoor Archery Ltd	£70.00	£46.90	UIA4DA02
Cycle Complete Beg-Learn To Ride A Bike	09/05/2020	Sat	11:00 – 13:00	1	Northampton – Caroline Chisholm School	£11.00	£8.30	UCC6CA01
Cycle Complete Beg-Learn To Ride A Bike	09/05/2020	Sat	14:00 – 16:00	1	Northampton – Caroline Chisholm School	£11.00	£8.30	UCC6CA03
Cycling – Confidence On The Road	20/06/2020	Sat	14:00 – 16:00	3	Northampton – Caroline Chisholm School	£38.00	£14.90	UCC6CA11
Cycling For Beginners – Basic Bike Skill	16/05/2020	Sat	11:00 – 13:00	1	Northampton – Caroline Chisholm School	£11.00	£8.30	UAA6CA08
Table Tennis For All Abilities	20/04/2020	Mon	19:30 – 21:00	10	Wellingborough – Weavers Leisure Centre	£87.50	£29.75	UWC1CA05

\*For all Archery courses all equipment is included in the cost.

## Adult Learning Forum and Free Taster Session Day Saturday 7th March, Kettering Buccleuch Academy

We have a range of taster courses for learners to try out before progressing to a longer course. We will also hold our learner forum in between these courses.

Title	Time	Code
Counselling Taster	10:30 – 12:00	SBA6CA01
First Aid Taster	10:30 – 12:00	SBA6CA02
Learner Forum – FREE £10 VOUCHER	12:15 – 13:15	SBA6CA06
French Taster	13.30 – 15.00	SBA6CA03
Paediatric First Aid (Child) Taster	13:30 – 15:00	SBA6CA04
Counselling Taster	13:30 – 15:00	SBA6CA05

The Learner Forum is an opportunity for you, as a learner, to feed back to us about what we are doing well, what we can improve on and give us suggestions for our new programme, 2020–2021.

We would like to thank our learners for participating in the forum, so everyone who attends will receive a £10 voucher for a future Adult Learning course.

To book onto the forum or the taster session please visit our website [www.northamptonshire.gov.uk/adultlearning](http://www.northamptonshire.gov.uk/adultlearning) or call **0300 126 1000**. Book your adult learning course today [www.northamptonshire.gov.uk/adultlearning](http://www.northamptonshire.gov.uk/adultlearning)

### Other taster sessions in the county

Title	Start Date	Day	Time	Venue	Code
Archaeology Taster	12/03/2020	Thu	19.00 – 21.00	Northampton – Duston Community Centre	SDU4BA01
Drama Taster	10/03/2020	Tue	19.00 – 21.00	Wellingborough – Wellingborough Museum	SWM3BA01
French Taster	12/03/2020	Thu	13.30 – 15.30	Kettering – Desborough – Desborough Library	SDB4BA01
Psychology Taster	10/03/2020	Tue	19.00 – 21.00	Northampton – Malcolm Arnold Academy	SMA2BA01
Pottery Taster * £8 cost	30/03/2020	Mon	18.00 – 21.00	Northampton – Delepre Community Rooms	SDE1AA01

## Family Learning Programme



### Information for schools, children's centres and community organisations

Family learning courses are organised in partnership with schools, children's centres, libraries and the voluntary sector. These partners are responsible for the recruitment of learners onto our courses.

The Family Learning programme is designed to develop and support intergenerational learning where families learn and have fun together. Family Learning courses can increase the confidence of both adults and children and enable parents and carers to learn how to support their child's learning at school and at home.

Please contact Adult Learning Support Services on: **01604 367119** or email:

**[al-supportservices@northamptonshire.gov.uk](mailto:al-supportservices@northamptonshire.gov.uk)** for details of local opportunities.

## Update Your Maths, English and ICT Skills and gain a qualification

Maths, English and ICT Functional Skills courses are free courses that give you the opportunity to gain a qualification up to level 2 for English and maths and up to level one in ICT. To register your interest for courses starting in September 2020 please email **[Englishandmaths@northamptonshire.gov.uk](mailto:Englishandmaths@northamptonshire.gov.uk)** or call **01604 367119**.



## English for Speakers of Other Languages

This programme is for people whose first language is not English and who are living in the UK and want to improve their English language fluency and accuracy. Courses will help you to progress in your job, or into employment and play a fuller part in your local community. You will gain a formal Skills for Life ESOL qualification accredited by Gateway Qualifications.

Adult Learning will be offering ESOL courses across the county which will take place at various times during the year.

ESOL courses are free to those who are eligible and are offered to adults over 19. Courses will be starting from April 2020, information on locations and venue details will be posted on the website in March 2020.

**[www.northamptonshire.gov.uk/EssentialSkills](http://www.northamptonshire.gov.uk/EssentialSkills)**

For more details please contact

**[Englishandmaths@northamptonshire.gov.uk](mailto:Englishandmaths@northamptonshire.gov.uk)** or call **01604 367119**.



## Do you have periods of low mood or anxiety?



Just like physical health, we all have mental health too. For some of us though, there are times in our lives where things get 'too much,' and we can lose the ability to focus due to feeling anxious or stressed. We may also experience feelings of isolation, guilt, irritability and a general lack of interest in things we used to enjoy.

Learn2b offers a variety of courses to encourage self-help and recovery from times of poor mental health (which does not have to be diagnosed as mental ill health). It offers the opportunity to have some vital 'me time' away from everyday life particularly when things are getting on top of us.

Our courses are available to book online by visiting [www.northamptonshire.gov.uk/learn2b](http://www.northamptonshire.gov.uk/learn2b) or if you are new to our service please call 01604 368023 or email [learn2b@northamptonshire.gov.uk](mailto:learn2b@northamptonshire.gov.uk) for a confidential discussion.

## Learning Opportunities for all

Adult Learning courses can help to build confidence, improve wellbeing and combat social isolation. Alongside all of the courses described in this brochure we also have a range of free courses which support people to move towards their individual goals – these may be to learn a new skill for life and/or work, gain qualifications or give back to their community.

You may be eligible for our free courses if you:

- are 19 or over and live in Northamptonshire
- are in receipt of benefits or unemployed
- have low level qualifications
- are socially isolated
- live with a long term health condition (physical or mental health)
- are a carer (registered or unregistered)

We also work closely with community organisations and partners to help achieve their funding/organisational outcomes so if you feel that we can support your organization by providing courses for you then please contact us by emailing [alsreferrals@northamptonshire.gov.uk](mailto:alsreferrals@northamptonshire.gov.uk)

## Welcome to Learn2b Open Days



<b>Monday 13th July</b>	<b>11am to 2pm</b>	<b>Kettering</b>
<b>Tuesday 14th July</b>	<b>11am to 2pm</b>	<b>Northampton</b>
<b>Thursday 16th July</b>	<b>11am to 2pm</b>	<b>Corby</b>
<b>Saturday 17th July</b>	<b>11am to 2pm</b>	<b>Wellingborough</b>

If you don't know about Learn2b this could be the ideal time to come along and find out who we are, what we do and how embarking on a Learn2b course could make a difference to your life.

We will be on hand all day to answer your queries, guide you towards suitable courses, or you can just join us for a coffee and a chat.

Throughout the day you will be able to experience one of our taster sessions, which means you can test out a Learn2b session with no pressure to commit to anything further.

Come along and 'have a go'. Take some vital time out for you – to help promote positive mental health.

Free sessions will include:

- Creative Crafts and Arts
- The Art of being Mindful
- The Benefit of our Sense of Smell
- Floral Design
- Music – Singing and Drumming
- Chair Based Exercise
- Altered Art and Flowers

For a full timetable of events and to book your place at the Open Day of your choice please contact Learn2b on **01604 368023**, or email [Learn2b@northamptonshire.gov.uk](mailto:Learn2b@northamptonshire.gov.uk)



# Adult Learning Courses

Evening, weekend and daytime  
For life, for wellbeing, for work

Book online now at:  
[www.northamptonshire.gov.uk/adultlearning](http://www.northamptonshire.gov.uk/adultlearning)

April — July 2020



New ESOL  
courses  
across the  
country



Come and learn something  
new with Northamptonshire



Adult Learning

