



THE

Online College

Online courses from the
comfort of your own home

**New Online
Courses
Added**

AUTUMN/WINTER 2021

Click to *view courses*

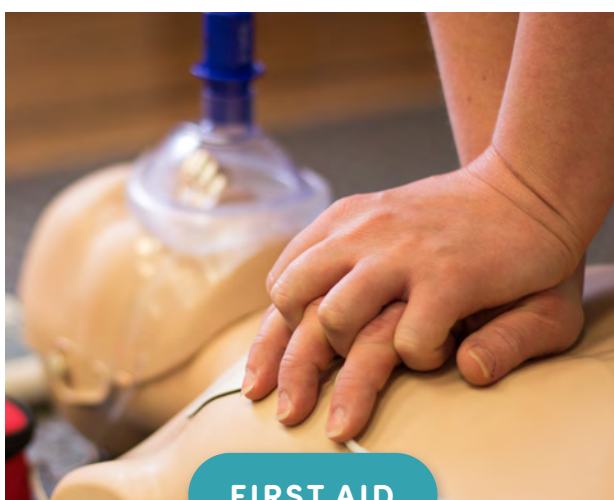
Click the department to view our online courses on our website



ARTS AND MEDIA



CHILDCARE AND EDUCATION



FIRST AID



HEALTH AND WELLBEING



HORTICULTURE



ICT AND DIGITAL

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For the latest course information, visit

www.lal.ac.uk



THE *Online* College

WITH LANCASHIRE ADULT LEARNING

Here at Lancashire Adult Learning, we provide flexible learning opportunities for adults across the county.

Our new **Online College** offers a wide range of courses that you can enjoy from the comfort of your own home, and best of all, most of our courses are **FREE***.

Our courses are designed with you in mind, wherever you are in life. Whether that's looking to support your family, find work, upskill, or improve your health and wellbeing. There's something for everyone.

We can even offer tailored online programmes for businesses, community groups, and schools.

For example, Health and Wellbeing courses for staff, training for volunteers, and more. These courses can be designed around your needs – speak to our team today!

Need support getting online? Our expert team are here to help and can provide you with the support you need to get started.

*Fees may apply for specific courses, however fee remission may be available; this is subject to personal circumstances.

For courses that are FREE, this applies to Lancashire residents only.
See www.lal.ac.uk for more details.



Online courses *designed for you*

Look out for these symbols!



Learn a **new**
skill or hobby



Improve your
Health and
Wellbeing



Find
work, retrain
or upskill



Support
your **family**

FREE* online courses available now

.....
What are you *waiting* for?
.....

Book early to avoid disappointment!

If a course you are interested in is full, you can 'register your interest' online and we will keep you updated about future available courses.

Enrol at www.lal.ac.uk



Arts and Media

Why not learn Kirigami, give digital photography a try, or have a go at designing illustrations for children's stories?

With a range of online courses this Summer/Autumn, you can learn something new at your leisure.

Whether you decide to try something completely new or brush up on your current skills – there is something for everyone!

Face-to-face courses available
visit www.lal.ac.uk
to find out more.





Click the courses for *more information*

CHILDREN'S BOOK
ILLUSTRATION FOR BEGINNERS

DISCOVER: THE ANIMAL KINGDOM
ILLUSTRATION FOR BEGINNERS

CHILDREN'S BOOK
ILLUSTRATION FOR IMPROVERS

GET STARTED WITH ART

DIGITAL PHOTOGRAPHY BEGINNERS

MAKE YOUR OWN:
ECO CRAFTS FOR CHRISTMAS

DIGITAL PHOTOGRAPHY
INTERMEDIATE

SPOOKY CRAFTS FOR FAMILIES

DISCOVER: KIRIGAMI PAPER
ART FOR BEGINNERS

CREATIVE WELLBEING -
PRINTMAKING TECHNIQUES

CREATIVE RECYCLING
AND ECO CRAFTS

Enrol at www.lal.ac.uk

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Meet Maggi

Listen to Maggi's story and how she started a **FREE** online Art course to help improve her Health and Wellbeing.

[listen here](#)





Childcare and Education

If you are passionate about Childcare and Education and want to gain the qualifications needed to work in this rewarding sector, then why not do this flexibly from the comfort of your own home with the support of our expert tutors?

Our Professional Qualifications are aimed at giving you the skills and knowledge to 'do the job' and range from a focus on roles such as teaching assistants, to working within early years settings.

Face-to-face
courses available
visit www.lal.ac.uk
to find out more.





Click the courses
for *more information*

Online Qualifications

LEVEL 1

CARING FOR CHILDREN

PREPARING TO WORK IN SCHOOLS
CACHE

LEVEL 2

INTRODUCTION TO CARING FOR
CHILDREN AND YOUNG PEOPLE

SUPPORT WORK IN SCHOOLS
AND COLLEGE CACHE

FAST TRACK

L2 INTRODUCTION TO CARING FOR
CHILDREN AND YOUNG PEOPLE

L2 SUPPORT WORK IN SCHOOLS
AND COLLEGE CACHE

Enrol at www.lal.ac.uk

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Online Courses

GET INTO WORKING
WITH CHILDREN

WORKPLACE ESSENTIALS PROGRAMME -
CHILDREN AND EDUCATION





Cleaning Services and Facilities

Having the essential qualifications and training to work in this wide ranging sector is vital for today's world.

From Biohazard, Crime and Trauma Scene Cleaning to Workplace Hygiene and Infection Control, our Cleaning Services and Facilities qualifications can help to open doors.

Our courses are led by industry experts, with access to on-site specialist facilities, where relevant.

These programmes allow you to study flexibly and gain a qualification that is recognised within the industry.





Click the courses
for *more information*

BIOHAZARD, CRIME AND
TRAUMA SCENE CLEANING

INTRODUCTION TO WORKING
IN THE FACILITIES INDUSTRY

PRINCIPLES OF
INFECTION CONTROL

Enrol at www.lal.ac.uk

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Face-to-face
courses available
visit www.lal.ac.uk
to find out more.

Other courses available for on-site delivery include **Construction** and **Motor Vehicle** courses.
Please visit www.lal.ac.uk for the latest information.



Employability



Looking for a new job or to change careers? Improve your employability skills with our CV and interview courses. You could also learn how to start your own business or gain the skills needed to be a mentor.

We also offer introductory qualifications in Business Administration and Customer Service for those looking to broaden their skillset and open doors to new job opportunities.

These programmes are run by experts in this field, who will work with you to provide tailored advice.





Click the courses
for *more information*

BITESIZE: BUSINESS ADMIN
AND CUSTOMER SERVICE

INTRODUCTION TO BUSINESS
ADMINISTRATION LEVEL 2

BITESIZE: MENTORING

INTRODUCTION TO CUSTOMER
SERVICE LEVEL 2

BUILDING PROFESSIONAL NETWORKS

INTRODUCTION TO SELF EMPLOYMENT

BUSINESS ADMINISTRATION
LEVEL 1 AND 2

INTRODUCTION TO TEAM LEADING

CUSTOMER SERVICE LEVEL 1

LEADERSHIP AND MANAGEMENT LEVEL 3

CUSTOMER SERVICE LEVEL 2

MENTORING LEVEL 2

CV AND APPLICATION MASTERCLASS

PRINCIPLES OF TEAM LEADING LEVEL 2

INFORMATION ADVICE AND
GUIDANCE LEVEL 1

STARTING YOUR OWN BUSINESS

INFORMATION ADVICE AND
GUIDANCE LEVEL 2

VOLUNTEERING INTO EMPLOYMENT

INTRODUCTION TO SAFEGUARDING

VOLUNTEER COORDINATOR TRAINING

INTERVIEW MASTERCLASS

Enrol at www.lal.ac.uk

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or call 0333 003 1717 for more details.



Family Learning

Whether you are looking to support you with phonics or Maths, or maybe you would like to support your child in some fun learning activities outside of the classroom, there are a broad range of FREE online courses available.

Our offer is aligned to school curriculum and available for different age groups. So, whether your child is just starting primary school or going into high school, there is something to suit you and your child's needs. There are also some 'just for fun' courses you can take part in as a family.

Meet Naomi

Listen to Lancashire mum, Naomi, talk about her journey and how she got the support she needed to help her son.

[listen here](#)





Click the courses
for *more information*

Family Wellbeing

FAMILY YOGA

YOU'VE GOT THIS: HEALTH AND
WELLBEING FOR FAMILIES

School/Curriculum

HELP YOUR CHILD WITH
READING AT HOME

HELP YOUR CHILD WITH
MATHS AT HOME

MOVING ON: YEAR 7 MATHS

HELP YOUR CHILD WITH
CODING AT HOME

KEEP YOUR CHILD SAFE ONLINE

READY STEADY SCHOOL

FUN WITH MATHS

FUN WITH PHONICS

LOOK WHO IS TALKING

Learning Together

DIGITAL STORY TELLING

SPOOKY CRAFTS FOR FAMILIES

FAMILY LEGO CLUB

FAMILY STEM CLUB

FIREWORK CRAFTS FOR FAMILIES

BIG FUN FAMILY QUIZ

THE BIG SUMMER CHALLENGE

WINTER CRAFTS FOR FAMILIES

ART ADVENTURES KS1

ART ADVENTURES KS2

Enrol at www.lal.ac.uk

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First Aid

Learn to save a life for FREE!
There is nothing more essential than lifesaving skills in an emergency situation.

Our **FREE** online courses are designed to give you the knowledge and skills to deliver basic lifesaving techniques.

Run by our team of experts, these courses could be vital, and will give you the confidence to act fast, should you need to.

“

As a mother of five children, all under the age of four, I felt it was important for me to gain confidence and valuable lifesaving skills for emergency situations. ”



Click the courses
for *more information*

BASIC LIFESAVING SKILLS

LANCASHIRE LIFESAVERS

Enrol at www.lal.ac.uk

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Meet Sophie

Listen to Sophie's story and how she decided to enrol on a **FREE** online course to learn a life saving skill.

[listen here](#)





Health and Safety



Face-to-face
courses available
visit www.lal.ac.uk
to find out more.

For every industry, Health and Safety in the workplace is vital.

Our accredited programmes are recognised and will provide you with the essential knowledge to operate safely within the workplace.

Delivered by experts, these online programmes;

- are flexible
- will develop your CV
- help support job applications



Click the courses
for *more information*

BASIC AWARENESS OF FOOD
SAFETY

AWARD IN FOOD SAFETY
IN CATERING LEVEL 2

BASIC AWARENESS OF
HEALTH AND SAFETY

INTRODUCTION TO FOOD SAFETY

INTRODUCTION TO
HEALTH AND SAFETY

HEALTH AND SAFETY IN
THE WORKPLACE LEVEL 1

Enrol at www.lal.ac.uk

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Health and Social Care



The Health and Social Care sector is broad and keeping up-to-date with the latest guidance is essential for professional development and career growth.

Our online courses provide flexible opportunities to develop your knowledge and skills in a wide range of areas.

These include Infection Prevention and Control, Drug and Alcohol Awareness, and an Introduction to Learning Disabilities, as well as courses in Safeguarding and Mental Health.

Expertly run, these programmes are recognised in the sector and can may help to open doors.

In partnership with:



Department
of Health &
Social Care

Face-to-face
courses available
visit www.lal.ac.uk
to find out more.

Health and Social Care Hub from Home

Get started today with our Hub from Home online course that will introduce you to the Health and Social Care sector.

Designed with employers, this course covers:

Health and Social Care | Mental Health |
Safeguarding | Dementia | Infection Prevention
and Control | Plus much more!

#everydayisdifferent when you care.

Register your interest

Online Qualifications

LEVEL 1

AWARENESS OF PROTECTION
AND SAFEGUARDING ADULTS,
CHILDREN AND YOUNG PEOPLE

INFECTION PREVENTION AND
CONTROL IN HEALTH AND
SOCIAL CARE SETTINGS

INTRODUCTION TO AUTISM
SPECTRUM CONDITION

MENTAL HEALTH AWARENESS

UNDERSTANDING ATTENTION
DEFICIT HYPERACTIVITY DISORDER
(ADHD)

LEVEL 2

SKILLS FOR HEALTH AND SOCIAL
CARE PROFESSIONS - CHILDREN &
WELLBEING PATHWAY CERTIFICATE

SKILLS FOR HEALTH AND SOCIAL
CARE PROFESSIONS - HEALTHCARE
PATHWAY CERTIFICATE

SKILLS FOR HEALTH AND SOCIAL
CARE PROFESSIONS - SOCIAL CARE
PATHWAY CERTIFICATE

PRINCIPLES OF DEMENTIA CARE
CERTIFICATE



Click the courses
for *more information*

Online Courses

BASIC MENTAL HEALTH

DEMENTIA AWARENESS

EMOTIONAL RESILIENCE

GET INTO: COUNSELLING

GET INTO: WORKING IN THE HEALTH
AND SOCIAL CARE SECTOR

MENTAL HEALTH AWARENESS

MINIBITE: MENTAL WELLBEING

AWARD IN DRUG AND ALCOHOL
AWARENESS LEVEL 1

AWARENESS OF PROTECTION AND
SAFEGUARDING LEVEL 1

Enrol at www.lal.ac.uk

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or call 0333 003 1717 for more details.



Health and Wellbeing



Never has it been more important to take time out for you. Our range of online Health and Wellbeing programmes are designed to help you find new ways to relax, de-stress, be healthier, gain a sense of achievement or feel more fulfilled.

Because health and wellbeing is so personalised, this is why our range of courses is so broad.

Explore with arts-based courses, relax with yoga, or practise mindfulness – whatever suits you! Why not try something new today and improve your health and wellbeing?





Click the courses
for *more information*

Creative Wellbeing

MAKE YOUR OWN:
ECO CRAFTS FOR CHRISTMAS

MAKE YOUR OWN:
CHRISTMAS PAMPER HAMPER

EDIBLE GIFTS FOR CHRISTMAS

CREATIVE RECYCLING
AND ECO CRAFTS

HUG IN A BOX: CRAFTS FOR
FRIENDS AND FAMILY

HUG IN A BOX: ME TIME

CREATIVE WAYS TO
IMPROVE YOUR WELLBEING

SINGING AND MUSIC
FOR WELLBEING

Healthy Lifestyles and Nutrition

EXPERIENCE MICROWAVE COOKERY

QUICK AND HEALTHY COOKERY

Enrol at www.lal.ac.uk

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Exercise for Health and Wellbeing

CHAIR BASED YOGA

INTRODUCTION TO HOME EXERCISE

PLANNING AND FACILITATING
EXERCISE WITH OLDER ADULTS

INTRODUCTION TO CHAIR BASED
EXERCISE AND FALLS PREVENTION

YOGA FOR STRESS AND ANXIETY

Taking Care of Your Mental Health

5 WAYS TO IMPROVE YOUR
MENTAL WELLBEING

FINDING POSITIVES IN
CHALLENGING TIMES

MINDFULNESS TECHNIQUES
FOR EVERYDAY LIVING

YOU'VE GOT THIS: HEALTH AND
WELLBEING FOR FAMILIES

SIMPLE RELAXATION TECHNIQUES

IT'S A MAN'S LIFE



Horticulture

Did you know that gardening helps to boost your mood and can improve your health and wellbeing?

Our Horticulture courses are perfect for those learners who are looking to improve their wellbeing, retrain or find work; whether you would like to find a new hobby, learn a new skill; our Gardening and Growing for Health, Wellbeing and Pleasure course can help you start your journey into the wonderful world of learning, opening up doors to secure accredited qualifications and more.



Click the courses
for *more information*

GARDENING AND GROWING FOR
HEALTH, WELLBEING AND PLEASURE

MAKE YOUR OWN: FESTIVE WREATH

Enrol at www.lal.ac.uk

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Humanities

If you are interested in history and culture, then our humanities courses could be for you.

Our online courses provide a space for you to discover new topics of interest, delve into the past, and even develop skills to share a story of your own.

Our courses are run by tutors who are passionate about their subjects.

From the history of Lancashire to Creative Writing, why not learn something new today with one of our fascinating Humanities courses?



Click the courses
for *more information*

CREATIVE WRITING BEGINNERS

CREATIVE WRITING INTERMEDIATE

DISCOVER PHILOSOPHY: A HISTORY
OF IDEAS AND EVENTS

DISCOVER: THE HISTORY OF
LANCASHIRE FROM 1066 TO 1900

Enrol at www.lal.ac.uk

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ICT and Digital

With the world around us becoming ever more digitally focused, why not develop your digital skills and become more confident online with our range of courses?

Whether you are looking to develop skills to support you at work, connect with family and friends online, or simply stay safe and up-to-date with technology, we have a range of programmes to suit your needs.

Just getting started online?

Enquire about our Essential Digital Skills programmes and support.



Face-to-face courses available visit www.lal.ac.uk to find out more.



Click the courses
for *more information*

Online Qualifications

USING SOCIAL MARKETING FOR BUSINESS AWARD

Online Courses

CREATING A PROFESSIONAL
WORDPRESS WEBSITE

GET STARTED WITH
WEB DESIGN

GET CONNECTED: HOW TO
UNDERSTAND AMAZON

GET STARTED WITH
MICROSOFT OUTLOOK

GET CONNECTED: PREVENTING
IDENTITY THEFT ONLINE

GET STARTED WITH
USING MICROSOFT TEAMS

GET STARTED WITH
MICROSOFT EXCEL

NEXT STEPS IN USING
MICROSOFT EXCEL

GET STARTED WITH GOOGLE SUITE

NEXT STEPS IN USING
WORDPRESS WEBSITE

GET STARTED WITH
MICROSOFT POWERPOINT

USING SOCIAL MARKETING
FOR BUSINESS

GET STARTED WITH
MICROSOFT PUBLISHER

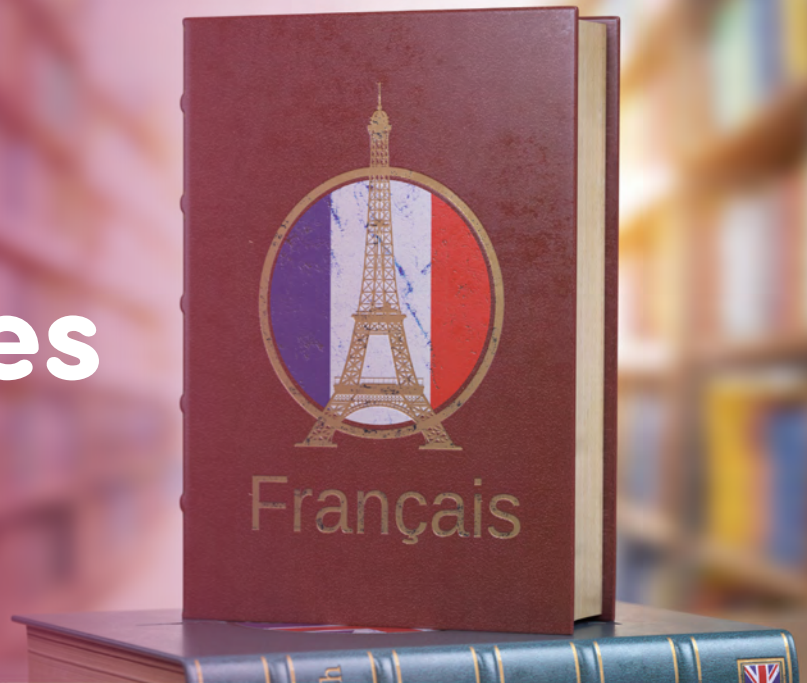
GET STARTED WITH
MICROSOFT WORD

Enrol at www.lal.ac.uk

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Languages



Bonjour, Ciao, Hola!

Learn or improve your language skills with one of our Language courses from pre-intermediate to improvers in French, German, Italian or Spanish.





Click the courses
for *more information*

French

FRENCH ABSOLUTE
BEGINNERS TERM 1

FRENCH BEGINNERS PLUS TERM 1

FRENCH IMPROVERS

FRENCH INTERMEDIATE

FRENCH PRE-INTERMEDIATE TERM 1

German

GERMAN ABSOLUTE
BEGINNERS TERM 1

GERMAN INTERMEDIATE
(LIVE ONLINE CLASSROOM)

GERMAN POST-INTERMEDIATE

Italian

ITALIAN BEGINNERS PLUS TERM 1

ITALIAN INTERMEDIATE

ITALIAN PRE-INTERMEDIATE TERM 1

Spanish

SPANISH BEGINNERS PLUS TERM 1

SPANISH IMPROVERS

SPANISH INTERMEDIATE

SPANISH POST-INTERMEDIATE

SPANISH PRE-INTERMEDIATE

Enrol at www.lal.ac.uk

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Maths or English* *holding you back?*

Need to boost your employment prospects?

We offer short, flexible and **FREE** Functional Skills Maths and English courses online and across Lancashire at a wide range of venues. These courses will help you develop skills for life, for work, or if you are looking for employment.

There are different types of programmes available that include an online fast track option plus community learning. For those that prefer to study by themselves, in their own time, without a teacher, we also have a self-directed option where you work through an existing online package and receive support through tutorials. For this option, you must be willing to do self-study up to 5 hours a week and have good skills with a few gaps.



Enrol at www.lal.ac.uk

NEW ONLINE FAST TRACK

Upgrade your skills in just 10 weeks and
from the comfort of your own home!
Available for Level 1 and 2 programmes

COMMUNITY LEARNING

Courses delivered in a range of venues
across Lancashire. Available for Entry to
Level 2 programmes

Whichever programme you choose there will be a range of resources, tutorials
and 1:1 support available to help you along the way.

*Please note that learners will need to undertake an assessment for Maths and English courses.



Meet Susan

Susan was employed in the airline industry
and retrained to be in the Fire Service.
Listen to her story and how a Maths
qualification with Lancashire Adult Learning
helped her to secure her dream job!

[listen here](#)



Volunteering has never been *so important!*

Are you a community group,
project or charity that works
with volunteers?

Are you looking to start a
community group, but don't
know where to start?

Or are you an existing
volunteer, looking to boost
your skills?

We can deliver online volunteer training.
We offer flexible provision covering a range of
areas and can work with you to design a
tailor-made programme to suit your needs.

We have programmes for:

INDIVIDUALS

VOLUNTEERING GROUPS

ORGANISATIONS,
CHARITIES AND
COMMUNITY
GROUPS

These include:

Dementia and Mental Health Awareness | Equality
and Diversity | Information Advice and Guidance |
Introduction to Conflict for Volunteers | Introduction to
Developing a Community Project | Mentoring |
Risk Assessment

Register your interest



TAKE CONTROL

ENROL NOW | WWW.LAL.AC.UK

For other adult courses available at our colleges or in community venues, please visit:



Part of the



All details are correct at the time of print.
For the latest information, please visit www.lal.ac.uk, www.nelson.ac.uk or www.accross.ac.uk.