



# Islington Adult Community Learning (ACL)

## Spring Term January to April 2021

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

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ISLINGTON



# About ACL

Welcome to a new year at Islington Adult Community Learning – Islington Council’s adult learning service.

At the time of writing, we are in the second national lockdown and Islington ACL is continuing to support you by offering learning and Information, Advice and Guidance that will support you through these times and prepare you for the future.

In addition to our course offer, we hope you will be inspired by Liz Collins’ amazing story about how she returned to learning and achieved what she thought was not possible. We’re so proud of her and all our learners who have their learning stories to tell.

Akeel Ahmed  
Head of Adult Community Learning  
[akeel.ahmed@islington.gov.uk](mailto:akeel.ahmed@islington.gov.uk)

# Studying with ACL

Our courses and services are free for Islington residents or parents with children in Islington schools. To be eligible you must be:

- 19 or over
- Resident in the UK for at least 3 years or come from the European Union
- Unemployed or low-waged and receiving benefits.

## Why study with us?

We are a friendly bunch here at Adult Community Learning and we are committed to helping you improve your current skills-set or learn new and exciting skills.

As part of our courses you will receive ongoing support to help you achieve your learning goals. We will also help you to explore opportunities for further training and education or how to move into paid or voluntary work.

Here are a few more reasons to study with us:

- All our courses are FREE, you never have to pay a penny
- From basic to level 2 courses
- Qualified and friendly tutors.

We hope you decide to take a course with us and we look forward to hearing from you soon.



Need to improve your digital and employability skills? Do you want to learn at your own pace and gain a qualification? If the answer is yes, then enrol on one of our welcoming courses to help develop your skills and improve your chances of getting a job. We have a terrific range of subjects at different levels on offer to suit your needs. Come and join us!

## Digital Skills Support Drop-in (online)

Get 1-2-1 help and support to use your computer or laptop more effectively. Support will be offered remotely and via an online classroom.

**11 January - 23 March 2021**

**Mondays 12noon-1.30pm, Tuesdays 10-11.30am**

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## Entry Level 3 in Essential Digital Skills (online)

In an increasingly digital world, it's becoming more and more important to have the right skills in order to use computers and other technological devices well. This course will help you to develop those skills for work and also everyday use. Course will be delivered online via an online learning platform

**11 January - 23 March 2021**

**Mondays 9.30 - 11.30am and Tuesdays 2 - 4pm**

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## **Spreadsheets for Work & Everyday Use level 1 & 2 (online)**

Develop your existing spreadsheet skills. Learn how to organise numerical and other data, use formulas, data analysis tools and techniques to present and format spreadsheet information. Course will be delivered online via an online learning platform.

**13 January to 25 March 2021**

**Wednesdays 9.30am-12noon and Thursdays 1-3.30pm**

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## **Using Email for Beginners (online)**

Get the skills and confidence you need to use e-mail software tools and techniques to compose emails, send messages and manage incoming emails effectively. This course is delivered remotely and via online classroom.

**11 January - 24 March 2021**

**Mondays 2-4.30pm and Wednesdays 10am-12.30pm**

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## **Using the Internet for Work & Everyday Use level 1 (online)**

Improve your skills when using the Internet? Enrol on the course and learn how to access the Internet better and use browser tools more effectively. This course will be delivered remotely and via an online classroom.

**12 January to 25 March 2021**

**Tuesdays 1-3.30pm and Thursdays 9.30am-12noon**

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## **Word Processing for Work & Everyday Use level 1 & 2 (online)**

Develop your word processing skills further. Learn how to enter, edit and combine text and other information accurately, modify layout and structures within Word documents. This course will be delivered remotely and via online classroom.

**11 January to 24 March 2021**

**Mondays 9.30am-12noon and Wednesdays 1-3.30pm**

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## You never know where a course with Islington ACL will lead

Liz Collins didn't have a great experience of school when she was younger. However, one evening she was watching a television programme about people whose lives were changed by a return to learning. Inspired by the story of one of the women, Liz searched on her phone for courses in Islington and found ACL's Level 1 Introduction to Adult Social Care course. Now, that return to learning has changed Liz's life too!

"Before I started the course I was really afraid. I thought it would be much more book-based learning and I wouldn't be able to spell and everyone would be much younger than me. But it was a mixed group and the learning was through discussions, watching videos and guests coming in who were working in care. It was really interesting and the tutor accepted not everyone is a great speller. I learnt so much!"

Since completing the course, Liz has been working as a Support Worker for adults with complex needs in a residential care home in Islington. And, she says, 'I absolutely love it!'

Not only that, but Liz won the national Return to Learning Award at the 2020 Festival of Learning for her own incredible learning journey. ACL Lead Tutor, Colin Gardiner, who nominated Liz for the award said, "This course has set Liz on the way to a rewarding new career and I hope her story will inspire others to take the plunge and take a course with ACL."

On winning the award, Liz said: "I never would have thought that at 55 I could win anything, let alone an award for learning! This has given me a lot of confidence and I feel really excited for the next stage in my life."

Colin Gardiner  
Lead Tutor  
Islington ACL

Are looking to get a job? Would you like to build your confidence and the skills needed to compete in the job market? If yes, then sign up to one of our employability skills programmes to help you prepare better for the world of work. We can support you with job searching, writing your CV, filling in application forms and with preparing for that all important interview. We also offer a range of vocational and personal development programmes including Basic Food Hygiene, Working in Adult Social Care and an Introduction to Working in Early Years & Childcare.

### **Basic Food Hygiene level 1 (online)**

Understanding food hygiene is important for anyone wanting to work in the food industry. The course will cover topics such as food storage and the safe handling of food. This course will be delivered remotely and via online classroom.

**13 January - 12 February 2021**

**Wednesdays and Fridays, 9.30am-12.30pm**

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### **Boost Your Interview Skills level 1 (online)**

Would you like to improve your interview technique and be more confident in interviews? If yes, then this course will help you prepare like never before and improve your chances of getting the job you want. Course will be delivered remotely and via online classroom.

**24 February - 26 March 2021**

**Wednesdays and Fridays 9.30am-12.30pm**

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### **Employment Support Online Drop-in**

Get help writing your CV, searching for jobs, filling in application forms and interview tips. Also get information on courses to help you improve your skills and chances of gaining employment. Support will be offered via online classroom, email and telephone.

**11 January - 24 March 2021**

**Monday 9.30am-12.30pm and Wednesdays 1-4pm**

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## **Information Advice & Guidance (IAG) (online)**

Get 1-2-1 information, advice and guidance from a qualified advisor to help you move forward into work or further training. Support will be offered via online classroom, email and telephone by appointment only.

**11 January - 24 March 2021**

**Mondays 1-4pm and Wednesdays 9.30am-12.30pm**

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## **Introduction to Working in the Adult Social Care Sector**

### **Level 1 (online)**

Interested in working in Adult Social Care? On this course you will learn about the different roles and responsibilities of those working in care and get excellent support to start a career in this important and rewarding sector

**12 January - 25 March 2021**

**Tuesdays and Thursdays 9.30am-12.30pm**

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## **Introduction to Working in Early Years & Childcare**

### **level 1 (online)**

Interested in working with children under 5 years old while working towards a recognised award? If yes, then on this course you will learn about the importance of play and child development as well as practical activities that will support you and your own children at home plus much more. Course will be delivered remotely and via online classroom.

**11 January - 22 March 2021**

**Mondays 9.30am-3.30pm**

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## **Level 1 Award in Working with Children (online)**

Interested in working with under 5's? This course covers a wide range of topics to prepare you for working in this sector. Course will be delivered remotely and via online classroom.

**14 January - 25 March 2021**

**Thursdays 10am-4pm**

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**“A great course for those who want to work in a school kitchen/restaurant etc... informative and fun. Will use what I have learnt at home and hopefully in the future.” P.A. Basic Food Hygiene**





# ESOL

## Who are the classes for?

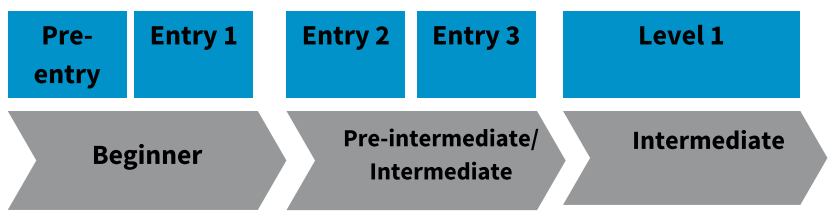
Our ESOL classes are designed for those whose first language is not English. We have classes from complete beginner to more advanced and most of our courses offer nationally recognised qualifications in speaking, listening, reading and writing to help you with work or living in the UK. All our courses look at topics related to living and working in Britain.

## Where and when are the classes?

Our classes usually run in a variety of venues all over Islington, often in Libraries or Children’s Centres. Currently our programmes are running online. We run classes in the daytime and we start classes in September, January and April but even if you have missed the start we can often find you a course and you will be able to catch up.

## Understanding the different levels?

Before you start a course you will be asked to take an initial assessment so we are able to assess your current level. We offer 5 different levels from pre-entry to level 1.



A stack of several copper coins and a few gold coins are shown next to a calculator. The calculator has a blue 'CE' button. The background is a light, neutral color.

# English and Maths

## Who are the classes for?

Do you feel that your English and Maths skills are stopping you getting where you need to be? Maybe you want a better job, wish you could help your children with their homework or want to go to university?

Our classes will provide you with the essential knowledge, skills and understanding that will help you to be more confident and effective in life and at work. You may be ready to take an exam at the end of the course and if successful you will gain an English or Maths qualification, usually Functional Skills, which are widely recognised by employers and universities.

Our English and Maths courses can also help you with other courses that you can study such as Childcare, Health and Social Care and Digital Skills courses. Your spoken English needs to be at native or near-native level, if it isn't then an ESOL (English for Speakers of Other Languages) course may be more suitable.

find out  
how to enrol  
on  
page 16

# Family Learning

We run a range of programmes supporting parents, carers and children to learn in fun and safe environments. Some of our courses are accredited but most are just for the joy of learning and to help families grow and enjoy their lives together. We run courses in children's centres, schools, parks and community venues all over Islington.

## **Level 1 Preparing to Work with Children in Schools (online)**

Understand the British school system and gain confidence in volunteering in a nursery or primary schools. Develop your skills in listening to children and creating activities to support children's learning.

**12 January - 23 March 2021**

**Tuesdays 10am-1pm**

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## **Level 1 Supporting Children in Nursery and Reception (online)**

Start the journey to gain qualifications for working with children under 5. Discover how children learn through play and take part in practical play activities.

**14 January - 25 March 2021**

**Thursdays 1-3pm**

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Some of our other courses include:

- Family Kitchen (online)
- Big Little Moments for parents of children 1-5yrs old (online)
- Family language programmes (online)

find out  
how enrol on  
page 16

If you are interested in any of these courses or would like more information about Family Learning then email us at [acl@islington.gov.uk](mailto:acl@islington.gov.uk) or call or text: 07769235790



# Families for Life

Families for Life provide free healthy lifestyle programmes and sessions to families in Islington. Attendance is free for families living in Islington or families whose children attend an Islington school.

Families with children aged 2 - 11, who would like support to develop a healthy lifestyle, who have children who are fussy eaters, or have a concern about weight will find these sessions helpful.

Family Kitchen is a six week cooking programme with healthy lifestyle messages. It has been designed to help families with children aged 2 to 11 years to make healthy lifestyle choices to 'feel good and live well'. Parent and children attend the six sessions together. During the Covid-19 lockdown programmes are being run via Zoom.

Families for Life sessions are one-off telephone sessions covering a range of topics such as breakfast ideas, hidden sugars, fussy eating, portion sizes and physical activity. Families can attend a single session to cover a specific topic.

**For more information contact Families for Life on 020 7527 2304 or email: [familiesforlife@islington.gov.uk](mailto:familiesforlife@islington.gov.uk) or visit our website [www.islington.gov.uk/familiesforlife](http://www.islington.gov.uk/familiesforlife)**

# feeling good and living well



join families for life,  
a free fun programme for parents and  
children aged 2 to 11

cook and eat together and get active

[www.islington.gov.uk/familiesforlife](http://www.islington.gov.uk/familiesforlife)

# Physical activity

## for children and young people

### (5–18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

All activities  
should make you  
breathe faster  
& feel warmer

Aim for  
at least

**60**  
minutes  
everyday



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE



SPORT



PE

Include muscle  
and bone  
strengthening  
activities

**3 TIMES  
PER  
WEEK**



SKIP



CLIMB



WORKOUT



DANCE

## Sit less



LOUNGING

## Move more

Help your child get at least 60 minutes of physical  
activity everyday

[www.islington.gov.uk/active](http://www.islington.gov.uk/active)

# Partnership working



**I-WORK**  
**IWORK@ISLINGTON.GOV.UK**  
**020 7527 2706**

Need help to find a job? Islington Working can help match your skills to local opportunities and coach you to help build your confidence.

**CITY AND ISLINGTON COLLEGE**  
**WWW.CANDI.AC.UK/ADULT-STUDENTS**

Need new skills to get to work? You can retrain and learn a new vocational skills for free in City and Islington College.



**FINANCIAL HELP**  
**IWORK@ISLINGTON.GOV.UK**  
**020 7527 2706**

If you need help with sorting out your benefits so you can study or retrain, we can help.

## Unsure or confused which course to take?

If you need help choosing which course is right for you, you can get 1-2-1 information, advice and guidance from a qualified advisor to help you move forward into work or further training by calling, text or WhatsApp 07734 777 466.

# HOW TO ENROL ONTO A COURSE WITH ADULT COMMUNITY LEARNING?



## WEBSITE

[HTTPS://ADULTLEARNING.ISLINGTON.GOV.UK](https://adultlearning.islington.gov.uk)

Visit our website to view all our courses and make an enquiry and a member of our team will get in touch with you.

## EMAIL

[ACL@ISLINGTON.GOV.UK](mailto:ACL@ISLINGTON.GOV.UK)

Send us an email with your contact details and a member of our team will get in touch.



## PHONE OR WHATSAPP

07734 777 466

If you want to talk to someone you can call us directly where we can discuss the right course for you.

## Unsure or confused which course to take?

If you need help choosing which course is right for you, you can get 1-2-1 information, advice and guidance from a qualified advisor to help you move forward into work or further training by calling, text or WhatsApp 07734 777 466.