

## **Improve your skills...Achieve your goals!**

Having the right skills and knowing how to find and then get a job are more important than ever in today's competitive job market. Our courses will help you to learn, build confidence, improve and develop new skills required by employers in the workplace. Courses are **FREE** to those who are either unemployed, on low income or in receipt of state benefit.



We offer **FREE** digital skills courses for those who wish to learn how to use digital skills to connect with friends and local communities, being safe online, shopping and handling information.

We also offer **FREE** wellbeing courses for people who are experiencing mild to moderate stress, anxiety and low mood.

**For courses taking place in February and March, please see overleaf.**

**To enrol or for more information, please call  
0161 253 5772.**

**To download a copy of the spring/summer course guide  
visit our website  
[www.bury.gov.uk/adultlearning](http://www.bury.gov.uk/adultlearning)**

Course	Starts	Times	Duration	Venue
<b>February</b>				
Digital Skills (Beginners)	Thurs 29th Feb	1.00pm-3.00pm	6 weeks	Radcliffe Library
Get Ready for Work-Confidence & Assertiveness	Thurs 29th Feb	1.30pm-3.30pm	5 weeks	Bury Adult Learning Centre
Get That Job in Care	Mon 26th Feb- Thurs 29th Feb	9.30am-3.30pm	4 days	Bury Adult Learning Centre
Introduction to Mindfulness	Tues 27th Feb	6.00pm-8.30pm	5 weeks	Bury Adult Learning Centre
Self Care Sanctuary	Thurs 29th Feb	10.00am-12.00pm	5 weeks	Bury Adult Learning Centre
Improve Your Mood Through Food	Thurs 29th Feb	9.30am-12.00pm	5 weeks	Bury Adult Learning Centre
<b>March</b>				
Level 1 Award in Health Improvement	Mon 11th March	9.30am-4.30pm	1 day	Bury Adult Learning Centre
Level 2 Award in Health Improvement	Tues 12 March Wed 13th March	9.30am-3.00pm 9.30am-12.00pm	1 and a half days	Bury Adult Learning Centre
Food Safety in Catering Level 2 Award	Mon 18th March	9.30am-4.30pm	1 day	Bury Adult Learning Centre
Careers in Health	Wed 13th March	1.00pm-3.30pm	1 day	Bury Adult Learning Centre
Get Ready for Self Employment	Mon 18th March & Mon 25th March	9.30am-4.30pm	2 days	Bury Adult Learning Centre
Curry & Chat (Men only)	Tues 19th March	6.30pm-8.30pm	1 session	Bury Adult Learning Centre
Keep Calm & Budget	Fri 1st March	9.30am-12.00pm	4 weeks	Bury Adult Learning Centre
Creative Writing for Wellbeing	Fri 1st March	1.00pm-3.30pm	4 weeks	Bury Adult Learning Centre
Introduction to Understanding Community Interpreting	Thurs 7th March	9.30am-2.00pm	1 day	Bury Adult Learning Centre
Introduction to Understanding Community Interpreting	Thurs 14th March	9.30am-2.00pm	1 day	Bury Adult Learning Centre