



**Hampshire  
Learns**

Participation & Lifelong Learning

# HAMPSHIRE LEARNS ADULT LEARNING COURSES SUMMER TERM 2024



Hampshire Learns (ACL) have the following courses taking place in the **Summer Term 2024**

Our adult learning courses are **FREE OF CHARGE** and fully funded for eligible learners living in Hampshire aged 19+ via Hampshire County Council's Adult Education & Skills Budget.

To check if you are eligible for our free courses, please email our team at:  
[hampshire.learns@hants.gov.uk](mailto:hampshire.learns@hants.gov.uk)

Or visit our website at: [Hampshire Learns | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk/hampshire-learns)

To apply for any of our courses listed in this flyer, please complete our simple online form using the links below:

[Hampshire Learns \(ACL\) Application Form](#)

[Hampshire Learns ESOL Course Application Form](#)



**Hampshire**  
County Council

[hants.gov.uk/lifelong-learning](https://hants.gov.uk/lifelong-learning)

# HAMPSHIRE LEARNS EMPLOYABILITY COURSES

## WORKING IN CHILDCARE & SCHOOLS



This popular, online sector-based employability programme will help you to apply for one of the thousands of jobs in the childcare sector. You will find out about the skills, values and attitudes required to work with children and young people, build your confidence for interviews, and learn how to target your CV and cover letter to this rewarding sector. We will offer you the opportunity to meet employers in the final week of the programme and you may be offered work experience in an early-years setting on successful completion.

**Duration:** Three weeks **online** via MS Teams – Tuesday, Wednesdays and Thursdays

**Date:** Tuesday 7 May to Thursday 23 May 2024

**Time:** 10.00 am to 2.00 pm with self-directed learning between sessions  
or

**Date:** Tuesday 25 June to Tuesday 16 July 2024 (no session Tuesday 9 July 2024)

**Time:** 10.00 am to 2.00 pm with self-directed learning between sessions

## WORKING IN THE PUBLIC SECTOR & CUSTOMER SERVICE



This sector-based employability programme will help you find out about the skills and attitudes required to work in the public sector, build your confidence for interviews, and learn how to target an application, your CV and a cover letter to this sector. We will offer you the opportunity to meet with employers and the apprenticeship hub. You will also be offered the opportunity to practice your online interview skills. This course would be useful if you are looking for a career change or returning to work after redundancy or a break.

**Duration:** Four weeks **online** via MS Teams - Wednesday and Thursdays

**Time:** 10.00 am – 2.00 pm with self-directed learning between sessions

**Dates:** Wednesday 6 August to Thursday 29 August 2024

## HOW TO WRITE AN EYE-CATCHING CV



This course is aimed at adults living in Hampshire aged 19+ who would like to develop their knowledge and skills about CVs and Cover Letters. This course can be used to create a new CV or update an existing CV if you are looking for employment opportunities.

**Duration:** Two x four hour sessions **online** via MS Teams

**Date:** Tuesday 4 June and Tuesday 11 June 2024

**Time:** 10.00 am to 2.00 pm with 1:1 support offered outside the group session time



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## LEVEL 2 AWARD - FOOD SAFETY IN CATERING



This course is for adults who would like to develop or refresh their knowledge of food safety in order to gain a Level 2 in Food Safety in Catering Award. This qualification is useful anyone looking for a role that involves preparing or handling food e.g. any part of the food industry, kitchen staff, waiting staff, carers in adult care and childcare.

**Duration:** One x five hour session **online** via MS Teams, followed by one day face to face in **Winchester** for revision and assessment.

**Date:** Wednesday 3 April 2024 (online)

**Time:** 10.00 am to 3.00 pm

**Date:** Thursday 4 April 2024 (face to face)

**Time:** 10.00 am to 2.00 pm

## SAFEGUARDING AWARENESS TO PREPARE TO WORK IN CHILDCARE SETTINGS



This short online course provides an introduction to recognising, responding, and reporting safeguarding concerns in childcare settings. You will also be provided with a link to complete an online **Prevent Awareness Course** between tutor-led online sessions. This course is ideal for anyone preparing to work in a childcare setting.

**Duration:** Two x three hour sessions **online** via MS Teams

**Date:** Monday 3 June and Friday 7 June 2024

**Time:** 10.00 am to 1.00 pm

## INTRODUCTION TO SUPPORTING EQUALITY & INCLUSION IN CHILDCARE SETTINGS



This popular course is aimed at adults who would like more awareness of equality & inclusion in childcare settings. It includes the SEND code of practice, the social vs medical model of disability and how to challenge presumptions, discrimination and bias. It will be useful if you are currently looking to work or volunteer in early years, youth work or schools.

**Duration:** Three x two and a half hour sessions **online** via MS Teams

**Date:** Tuesday 30 April to Thursday 2 May 2024

**Time:** 12.30 pm to 3.00 pm

**Date:** Tuesday 18 June to Thursday 20 June 2024

**Time:** 10.00 am to 12.30 pm



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## INTRODUCTION TO DEVELOPING CHILDREN'S CONFIDENCE & RESILIENCE



This course is aimed at adults who would like to explore children confidence and resilience. You will discover simple strategies to develop children's resilience and growth mindset. You will consider how adults act as role models to children and the way they talk and behave can affect a children's self-confidence and resilience.

**Duration:** Four x two hour sessions **online** via MS Teams

**Date:** Thursday 18 April to Thursday 9 May 2024 **Time:** 09.30 am to 11.30 am

## INTRODUCTION TO SUPPORTING NUTRITION IN CHILDREN & YOUNG PEOPLE



This course is aimed at adults who would like to explore children and young people's nutrition. You will discover resources and apps that can support you to encourage healthy food choices, find how you can support children with allergies or food sensitivities and discover why certain foods are so addictive.

**Duration:** Two x four hour sessions **online** via MS Teams

**Date:** Wednesday 17 July and Thursday 18 July **Time:** 10.00 am to 2.00 pm

## DEVELOP YOUR CONFIDENCE FOR EMPLOYMENT



This online course is for anyone who would like to develop their confidence for employment. This course will be useful if you are returning to work after a break or change in career, looking for work for the first time, or overcoming the barriers of long-term unemployment. You will find out about a range of strategies to help you to develop your resilience and confidence while you are job-hunting.

**Duration:** Four x two hour sessions **online** via MS Teams

**Date:** Wednesday 17 April to Wednesday 8 May 2024 **Time:** 1.00 pm to 3.00 pm

**Date:** Wednesday 26 June to Wednesday 17 July 2024 **Time:** 1.00 pm to 3.00 pm



## WELLBEING FOR WORK



This course will provide you with practical ideas, resources, and strategies to overcome barriers to job hunting. It will provide you with the relevant knowledge about how to address physical and mental health conditions during the job search process and whilst in work. You will have the opportunity to identify personal barriers to work and create a plan of how to address these.

**Duration:** Four x two hour **or** two x four hour sessions delivered **online** via MS Teams

**Date:** Tuesday 23 March to Tuesday 14 May 2024 **Time:** 1.00 pm to 3.00 pm

**Date:** Thursday 11 June and Thursday 18 July 2024 **Time:** 10.00 am to 2.00 pm

## DEVELOP YOUR CONFIDENCE & SELF-ESTEEM



This online course is for anyone who would like to develop their knowledge, skills and understanding about developing personal confidence and self-esteem. This course can be useful if you suffer with anxiety, difficulty with social situations or challenging yourself to do things that will help you learn and grow.

**Duration:** Two x four hour sessions delivered **online** via MS Teams

**Date:** Thursday 21 March and Thursday 28 March 2024 **Time:** 10.00 am to 2.00 pm

**Date:** Wednesday 5 June and Wednesday 12 June 2024 **Time:** 10.00 am to 2.00 pm

## PRESENTATION SKILLS – DEVELOP YOUR CONFIDENCE FOR PUBLIC SPEAKING



This short online course aims to develop your knowledge and skills about how to give engaging presentations and speak confidently in public. This course could be useful if you feel anxious speaking in public and would like to develop your confidence to engage your audience effectively and make an impact.

**Duration:** Two x two hour sessions delivered **online** via MS Teams

**Dates:** Friday 19 July and Friday 26 July 2024 **Time:** 10.00 am to 12.00 pm



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## BE A BETTER YOU - FIVE WAYS TO WELLBEING



This online course could be useful if you are coping with life-changes or feel you lack direction. The course will include how you can connect with others or reconnect with yourself, how to gently increase your physical health or your activity level, how to find a new hobby or learn something new, how to help others, how kindness can improve your own wellbeing and how to be mindful and present in the moment.

**Duration:** Four x two hour sessions delivered **online** via MS Teams

**Date:** Wednesday 27 March to Wednesday 3 April 2024 **Time:** 10.00 am to 2.00 pm

**Date:** Wednesday 6 June to Wednesday 13 June 2024 **Time:** 10.00 am to 2.00 pm

## FOOD & MOOD - IMPROVE YOUR HEALTH & WELLBEING THROUGH YOUR DIET



On this fascinating course you will discover the wonderful world of the '*gut microbiota*' and how the type of bacteria in your gut can influence your weight, your mood, and potential allergies and intolerances. You will discover how you can optimise your diet by adding inexpensive foods, receive top tips how to save time and money, and which foods to avoid as they can be linked to mood instability. You will finally explore the links between body image, triggers, habits and coping mechanisms when making healthy choices about your diet.

**Duration:** Two x four-hour sessions delivered **online** via MS Teams

**Dates:** Tuesday 16 April and Wednesday 17 April 2024 **Time:** 10.00 am to 2.00 pm



# HAMPSHIRE LEARNS ESOL COURSES



Hampshire Learns offers a selection of English and employability courses for Speakers of Other Languages (**ESOL**). We offer various levels, from Entry to Advanced, to help you improve your English language skills, to gain work, or to advance your career, as well as prepare you for further academic or vocational study in the UK. We offer flexible start and finish dates between September to July each academic year. Minimum length of study is 6 weeks. Courses are available both **online** and **face to face** in community venues.

## ONLINE ESOL - ENTRY LEVEL 1



This course is suitable for people who can have short conversations in English, and read and write simple text, but want to do more. It will help you talk, read and write about more interesting subjects and make fewer mistakes so people can understand you, you can understand them, and you can read and write messages, emails, forms and news stories.

**Duration:** Two hours online via MS Teams (no sessions during school holidays)

**Day:** Monday afternoons

**Time:** 1.00 pm to 3.00 pm

**Date:** Monday 15 April to Monday 20 May 2024 (no session Monday 6 May 2024)

**Date:** Monday 3 June to Monday 15 July 2024

## ONLINE ESOL - ENTRY LEVEL 2



This course is suitable for people who can have short conversations in English, and read and write simple text, but want to do more. It will help you talk, read and write about more interesting subjects and make fewer mistakes so people can understand you, you can understand them, and you can read and write messages, emails, forms and news stories.

**Duration:** Two hours online via MS Teams (no sessions during school holidays)

**Day:** Thursday mornings

**Time:** 10.00 am to 12.00 noon

**Venue:** Online via MS Teams

**Date:** Thursday 18 April to Thursday 23 March 2024

**Date:** Thursday 6 June to Thursday 23 July 2024



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## ONLINE ESOL - ENTRY LEVEL 3



This course is suitable for people who are more confident about using everyday English but find it difficult to talk about more complicated topics and still make mistakes when speaking or writing English. This course will help you practise your speaking, listening, reading, and writing so you can understand people better, talk about most daily topics, read a simple news story, and write a long email or letter.

**Duration:** Two hours online via MS Teams (no sessions during school holidays)  
**Day:** Wednesday mornings  
**Time:** 10.00 am to 12.00 noon  
**Venue:** Online via MS Teams

**Date:** Wednesday 17 April to Wednesday 22 May 2024  
**Date:** Wednesday 5 June to Wednesday 17 July 2024

## ONLINE ESOL - LEVEL 1



This course is suitable for people who are more confident using English and communicate quite easily in daily life, understand people, and can read and write about everyday subjects. This course will help you speak, read, and write about more complicated topics with greater accuracy. You will learn how to make a presentation, write formally and informally, and read about more challenging and interesting subjects.

**Duration:** Two hours online via MS Teams (no sessions during school holidays)  
**Day:** Tuesday mornings  
**Time:** 10.00 am to 12.00 noon  
**Venue:** Online via MS Teams

**Date:** Tuesday 16 April to Tuesday 19 March 2024  
**Date:** Tuesday 4 June to Tuesday 16 July 2024 (no session Tuesday 9 July 2024)

## ONLINE ESOL – ADVANCED LEVEL/PREPARATION FOR IELTS



This course is suitable for people who have an advanced level of English and competency in all areas of spoken and written English. This 10-week online, evening course provides extensive practice for the Speaking, Writing, Listening and Reading sections of the International English Language Testing System (IELTS) General exam. The cost and registration for the IELTS exam is not

included.

**Duration:** Two hours online via MS Teams (no sessions during school holidays)  
**Day:** Tuesday evenings  
**Time:** 6.00 pm to 8.00 pm  
**Date:** Tuesday 16 April to Tuesday 25 June 2024



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## FACE TO FACE ESOL – PRE-ENTRY / ENTRY LEVEL 1 BEGINNERS



Our face-to-face courses at Pre-Entry / Entry Level 1 are suitable for people who can speak, read or write only a few words in English or maybe none at all. Our ESOL courses last six weeks and begin at the start of each term. You will be taught in a small, supportive group by an experienced ESOL tutor.

**Date:** Summer term ESOL courses will start the week beginning 15 April 2024 and end by Friday 19 July 2024 (no sessions during school holidays or UK bank holidays).

**Time:** Mornings 10.00 am to 12.00 noon

<b>Monday</b>	Basingstoke Discovery Centre
<b>Monday</b>	Winchester, Holy Trinity Church
<b>Tuesday</b>	Aldershot Library
<b>Wednesday</b>	Fareham Community Church
<b>Thursday</b>	Alton Library
<b>Friday</b>	Andover Library
<b>Friday</b>	Basingstoke Discovery Centre

## FACE TO FACE ESOL - ENTRY LEVEL 2 / 3 INTERMEDIATE



Our face-to-face courses at Entry Level 2 / Entry Level 3 are for people who can have conversations in English, and read and write English text, but want to do more. This course will help you talk, read, and write about more interesting subjects and make fewer mistakes so people can understand you and you can understand them. Our ESOL courses last six weeks and begin at the start of each term. You will be taught in a small, supportive group by an experienced ESOL tutor.

**Date:** Summer term ESOL courses will start the week beginning 15 April and will end by Friday 19 July 2024 (no sessions during school holidays).

**Time:** Afternoons 1.00 pm to 3.00 pm (no sessions during school holidays or UK bank holidays)

<b>Monday</b>	Basingstoke Discovery Centre
<b>Monday</b>	Winchester Holy Trinity Church
<b>Tuesday</b>	Aldershot Library
<b>Thursday</b>	Eastleigh, Wells Place
<b>Thursday</b>	Alton Library
<b>Friday</b>	Andover Library
<b>Friday</b>	Basingstoke Discovery Centre



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## ESOL - JOB-SEEKING IN THE UK (ENTRY LEVEL 3 AND ABOVE)



If you are looking for employment in the UK, then this course could offer you support and guidance, including where to look for work, what skills employers are looking for, how to create a targeted CV, how to answer an interview question using the STAR method and be able to discuss your strengths and weaknesses in a positive way. **Please note that you will need English skills at Entry Level 3 or above to benefit from this course.**

**Duration:** Six x two hour sessions delivered **online** via MS Teams

**Times:** 10.00 am to 12.00 noon

**Part A:** Wednesday 17 April to Wednesday 22 May 2024

**Part B:** Wednesday 5 June to Wednesday 10 July 2024

Available as a **face-to-face** course in **Winchester:**

**Time:** 10.00 am to 12.00 noon

**Part A:** Monday 15 April to Monday 20 May 2024

**Part B:** Monday 3 June to Monday 15 July 2024 (no session Monday 8 May 2024)

Available as a face-to-face course in **Fareham:**

**Time:** 10.00 am to 12.00 noon

**Part A:** Thursday 18 April to Thursday 23 May 2024

**Part B:** Thursday 6 June to Thursday 11 July 2024

Available as a **face-to-face** course in **Basingstoke:**

**Time:** 10.00 am to 12.00 noon

**Part A:** Friday 19 April to Friday 24 May 2024

**Part B:** Friday 7 June to Friday 12 July 2024



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## ESOL - ENGLISH FOR DRIVING THEORY (ENTRY LEVEL 3 AND ABOVE)



If English is your second or other language and you are preparing for the UK Driving Theory Test then this course will help you to identify English vocabulary, signs and legislation for driving in the UK that will support you to pass the online driving theory test. **Please note that you will need English skills at Entry Level 3 or above to benefit from this course.**

**Duration:** Six x two hour sessions delivered **online** via MS Teams

**Times:** 10.00 am to 12.00 noon

**Part A:** Tuesday 16 April to Tuesday 21 May 2024

**Part B:** Tuesday 6 June to Tuesday 16 July 2024 (no session Tuesday 9 July 2024)

Available as a face-to-face course in **Fareham:**

**Times:** 1.00 pm to 3.00 pm

**Part A:** Thursday 18 April to Thursday 23 May 2024

**Part B:** Thursday 6 June to Thursday 11 July 2024

### DO YOU NEED MORE INFORMATION ABOUT HAMPSHIRE LEARNS ESOL COURSES?

For full course details, eligibility criteria and how to apply for a Hampshire Learns ESOL course please:

Email our team at [Hampshire.learns@hants.gov.uk](mailto:Hampshire.learns@hants.gov.uk)

Or send your course enquiry via our online form at [Hampshire Learns Adult Community Learning Enquiry Form](#)

Or complete our easy read [Hampshire Learns ESOL Course Application Form](#) (with translation feature) and select the ESOL course you would like to attend.



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# HAMPSHIRE LEARNS ENGLISH & MATHS COURSES

## DEVELOP YOUR ENGLISH WRITING SKILLS



This course is for adults who would like to develop their knowledge and skills of English writing skills. This course will also effectively prepare you for the functional skills curriculum if you do not currently have a Level 2 English qualification. Please note that this is not intended as an ESOL course.

**Duration:** Six sessions **online** via MS Teams

**Date:** Friday 4 April to Friday 3 May 2024

**Time:** 10.00 am to 12.00 pm

## DEVELOP YOUR ENGLISH SPEAKING, LISTENING & COMMUNICATION SKILLS



This course is for adults who would like to develop their knowledge and skills of English speaking, listening and communication skills. This course will also effectively prepare you for the functional skills curriculum if you do not currently have a Level 2 English qualification. Please note that this is not intended as an ESOL course.

**Duration:** Six x two hour sessions **online** via MS Teams

**Date:** Monday 15 April to Monday 20 May 2024

**Time:** 1.00 pm to 3.00 pm

## DEVELOP YOUR ENGLISH SPELLING, PUNCTUATION & GRAMMAR SKILLS



This course is for adults who would like to develop their knowledge and skills of English spelling, punctuation and grammar skills (SPAG). This course will also effectively prepare you for the functional skills curriculum if you do not currently have a Level 2 English qualification. Please note that this is not intended as an ESOL course.

**Duration:** Six x two hour sessions **online** via MS Teams

**Date:** Monday 3 June to Monday 15 July 2024

**Time:** 1.00 pm to 3.00 pm



## DEVELOP YOUR MATHS SKILLS



We are still open for applications for Numeracy courses, being delivered under our **MULTIPLY** initiative. Please enquire for more details about the range of courses available to develop your numeracy skills, including helping your child with their maths homework and budgeting at [multiply@hants.gov.uk](mailto:multiply@hants.gov.uk)

## FUNCTIONAL SKILLS MATHS & ENGLISH (LEVEL 1 & LEVEL 2)



Please enquire about our English and maths accredited courses for adults. These are targeted at individuals age 19+ in Hampshire who have not yet achieved a full Level 2 qualification (GCSE Grade C or Level 4 or above) in English and maths. For more information, please email our Functional Skills Coordinator at: [hampshire.learns@hants.gov.uk](mailto:hampshire.learns@hants.gov.uk)

## HOW DO I APPLY FOR A HAMPSHIRE LEARNS COURSE?



Applying for all our courses is quick and simple via our online forms:

[Hampshire Learns \(ACL\) Application Form](#)

[Hampshire Learns ESOL Course Application Form](#)

(easy read version with translator)

For more information about the courses shown above and links to other adult community learning courses in Hampshire, please visit our new website and social media sites here:

[Hampshire Learns | Hampshire County Council \(hants.gov.uk\)](https://www.hants.gov.uk)

You can also search for Hampshire Learns Courses for our providers using our handy course finder here: [Course Finder](#)

*Please note that our course dates shown in this flyer may be subject to change and may be cancelled if the course fails to meet the minimum number of enrolments.*



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