

FREE

Opportunities

www.learningcurve.org.uk

**New year
New opportunities**

FREE courses on your doorstep




selwood
HOUSING GROUP

 **THE
LEARNING
CURVE**

Who we are

We are a local charity providing free courses in the community, helping you improve your skills and confidence to get on in work and life.

Benefits of training

By gaining new skills you will open up new opportunities. Whether it is applying for that job you always wanted, making new friends or improving your lifestyle, there will be a course here for you.

Fees

All our courses are free to anyone on income related benefits. If you are not on income related benefits, many courses are still free and if not, part funding may be available.

Please contact us for more information.

Get in touch



T|01225 792 500

E|info@learningcurve.org.uk

W|www.learningcurve.org.uk

The Learning Curve,
Unit 3 Challeymead Business Park,
Melksham SN12 8BU

Advice sessions

Whatever your reasons for returning to learning or work, we have FREE support available to help you find your best options.

Our friendly advisers are available for face to face advice at the following locations:

Melksham Library, Lowbourne,
Melksham SN12 7DZ
Every Monday 10am - 12pm

People's Place, Manor Road,
Studley Green, Trowbridge
Every Monday 1.30pm - 4pm

You can also phone or email us for information and advice.

Wellbeing

Learning new skills is a fantastic way to improve your wellbeing and quality of life.

Add this to meeting new people, eating healthily and being more active and you will soon feel like a new you.



Be confident

Build your self-esteem, reduce anxiety and learn how to be more assertive.

Location: Across Wiltshire

Cost: Free

Length: Two x three hour sessions

Come dine with us

Meet new people and enjoy cooking and sharing good food together.

Location: Across Wiltshire

Cost: Free

Length: Half day session

Healthy lifestyles

Learn how a balanced diet, exercise and positive outlook contribute to improving your emotional and physical wellbeing.

Location: Across Wiltshire

Cost: Free

Length: Five weeks of two and a half hour sessions

Healthy cooking

Learn how to plan and cook healthy meals on a budget for you and your family.

Location: Across Wiltshire

Cost: Free

Length: Five weeks of two hour sessions

Parenting skills

Enabling and supporting parents through pregnancy and beyond in a friendly and relaxed environment.



First aid for parents

Learn the basics in first aid to give you the confidence to do the right thing in an emergency.

Location: Across Wiltshire

Cost: Free

Length: Half day course

Young mums to be

Antenatal care, preparation for birth and caring for a baby.

Location: Across Wiltshire and Swindon

Cost: Free

Length: Two days per week for nine weeks

Parents with prospects

Developing relationships, healthy eating and positive parenting skills.

Location: Across Wiltshire and Swindon

Cost: Free

Length: One day per week for 12 weeks

Fabulous families

Supporting your child with literacy and numeracy, craft activities and developing a healthy and happy home.

Location: Across Wiltshire

Cost: Free

Length: Two hours a week for eight weeks

Skills for life

Don't dismiss maths and English as being too hard. We can show you how to master the skills you need to tackle everyday practical situations with confidence, from helping your child with homework to working out the best deal when shopping.

Everyday English

Supporting you with your writing, reading and spelling so you can represent yourself with confidence.

Location: Across Wiltshire

Cost: Free

Length: Bitesize sessions



Budgeting

Learn how to manage your home finances and make your money go further

Location: Across Wiltshire

Cost: Free

Length: Bitesize sessions



Maths in the real world

Make sense of percentages, fractions and measuring. Apply these to everyday life from DIY and cooking.

Location: Across Wiltshire

Cost: Free

Length: Bitesize sessions

Energy wise

Find out how to reduce your household bills with our handy hints.

Location: Across Wiltshire

Cost: Free

Length: Bitesize sessions

IT skills



Whether you're terrified of technology or want to boost your CV with a world recognised qualification, we have a range of suitable courses.

Get online

For complete beginners, you will learn the basics of using a keyboard and mouse, using the internet safely, and sending and receiving emails.

Location: Across Wiltshire
Cost: Free
Length: One and a half hours a week for five weeks

Stay online

Progress your skills and gain confidence using the internet and emailing.

Location: Across Wiltshire
Cost: Free depending on eligibility
Length: Two hours a week for five weeks

Flexible computer qualifications (EDCL)

Gain a recognised qualification that employers look for. Learn IT skills from spreadsheets to word processing and presentations.

Location: Melksham and Trowbridge
Cost: Free depending on eligibility
Length: Flexible drop-in sessions

Making the most of your tablet/iPad

If you have a tablet or iPad and are not sure how to make the most of it, come along to our free sessions.

Location: Across Wiltshire
Cost: Free
Length: Bitesize sessions



Team programme

Take part in The Learning Curve's Prince's Trust Team programme and gain new skills and confidence. You'll make new friends, go on an adventure challenge week, help the local community and acquire work experience. Boost your CV and celebrate your achievements at an end of course awards ceremony.



Salisbury Prince's Trust Team programme

St Thomas House, Salisbury

January 18th 2016 and May 16th 2016

Trowbridge Prince's Trust Team programme

Trowbridge Town Hall

January 25th 2016 and May 9th 2016

Cost: Free **Length:** Full time for 12 weeks



"Definitely give the Prince's Trust Team programme a go! It has totally transformed my life."

Sophie

What our learners have to say about our courses...



"My pregnancy was hard but the course has helped me learn what I need to know. I have made some great friends and really enjoyed myself."

"I love cooking now, my children really enjoy home cooked healthy food."

"I would encourage anyone to 'Get Online'. The relaxed and supportive atmosphere has enabled me to develop my confidence and knowledge in using the internet."

"I have a more positive outlook and I'm happier so my children are happier. I am also doing something for myself and making my children proud."

"Before starting this course, I found myself stuck in a rut; I had lost all my confidence and self-worth. I have made so many big achievements on the course: I have got my confidence back and I have a new job working with some amazing people. I'm a supervisor now, I never thought I'd get that far."



Name

Contact telephone number

Email

Courses of interest

Were you referred by a member of staff - if so, who?

Return to: The Learning Curve, Unit 3 Challemead Business Park, Melksham SN12 8BU.

Alternatively:

visit www.learningcurve.org.uk telephone 01225 792500 email info@learningcurve.org.uk

or contact Selwood Housing on 01225 715715.