

Cumbria Adult Learning

Be inspired!
FREE Qualifications



Cumbria Adult Learning

**Westmorland and
Furness brochure**

2026/27

Unlock Your Potential Shape Your Future

Helping adults across Cumbria
gain the skills, confidence, and qualifications
needed to thrive in work and life.

- Employment-focused learning
- Skills development for all stages of life
- Support for local employers and workforce development



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council

adultlearningcumbria.org

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Term dates 2026/2027

Autumn Term

Start of term:	Wednesday 2 September
Half term:	Monday 26 October to Friday 30 October
End of term:	Friday 18 December

Spring Term

Start of term:	Tuesday 5 January
Half term:	Monday 15 February to Friday 19 February
End of term:	Thursday 25 March

Summer Term

Start of term:	Monday 12 April
Half term:	Monday 31 May to Friday 4 June
End of term:	Friday 16 July

Thinking about improving your skills or moving into work? Our qualification courses are designed to help you grow in confidence and ability, whatever your starting point. We offer English, maths, digital skills, ESOL (English for Speakers of Other Languages), and employability courses, with clear pathways from Entry Level through to Level 1 and Level 2.

You don't need any previous qualifications. You can begin at a level that feels right for you, Pre Entry and Entry Level where you'll focus on building essential skills such as reading, writing, speaking, using numbers, or getting started with computers. These courses are supportive and practical, helping you gain confidence for everyday life.

As you progress to Level 1 and Level 2, you'll develop stronger skills and work towards recognised qualifications. These can open doors to further study, training, or employment. Level 2 qualifications are especially valuable, as many employers look for this standard.

Our courses are designed to give you skills you can use straight away. You might improve your communication, learn how to manage money, use digital devices confidently, or prepare for interviews and job applications. Everything you learn is linked to real-life situations and workplace expectations.

We are here to support you throughout your journey. Our friendly tutors will guide you, help you set goals, and celebrate your progress. Many learners go on to find work, change careers, or support their families more confidently.

Whatever your goal, getting a job, learning something new, or helping others; there's a pathway for you. Take the first step and start building your future today.





**Business-focused Courses
to Support Workforce Excellence**

Cumbria Adult Learning is piloting an exciting new skills programme countywide to support local businesses training employed staff and those looking for employment throughout Westmorland and Furness and Cumberland Council areas.

“Skills Bridge” is a package of free, bespoke, training for businesses, supporting workforce excellence.

We deliver free, accredited, onsite courses for staff. All learners will receive nationally recognised accreditation. Courses include Mental Health & Wellbeing, Health and Safety, Equality & Diversity and Safeguarding. We also offer English, Maths and ICT provision.

For more information please contact by email:
victoria.emmett@westmorlandandfurness.gov.uk
or telephone **07827 282198**



What are learners are saying about our courses

The course far exceeded what I expected, I found the tutor to be extremely helpful and also patient. The videos helped no end, and I have found after going over the spreadsheets again and again that I have been able to take more in. Thank you very much for all your help.

The admin staff were always there to help. I could not have completed the course and successfully passed the exam without the encouragement, knowledge and teaching skills of my tutor.

My tutor was a really great teacher. I felt fully supported throughout the course. Thank you.



The course had a steady pace and the tutor who was patient and didn't rush you, very professional.

Meet your local centres

Penrith

Penrith Adult Learning is based in the heart of Penrith, in the library. We run courses in Penrith and the surrounding towns and villages, including Kirkby Stephen, Appleby and Shap. We offer a wide range of courses in-person and online with something to suit everyone. Whether you want to gain new skills for employment or life, improve your wellbeing, or start a new hobby, we will support you to make the right choice for you.

Our fully qualified and highly experienced tutors recognise that we all learn in our own way and will guide you through every stage. They will work with you to set targets, help you feel more confident in your learning, and make sure that you comfortably achieve your goals at every stage. Learners often say that this is a safe, friendly place where you can enjoy learning with others.

Whether you are wanting to continue learning or begin studying a new subject for the first time, we are here for you.



Barrow

Supporting our learners to achieve their goals is at the heart of Barrow Adult Learning. Our experienced staff and tutors are dedicated to creating warm, inclusive environments with classrooms across Barrow. For those who are working towards employment or career progression, we offer a range of courses including English, maths, digital and workplace-centred qualifications. Students who are looking to develop their personal skills enjoy cooking, art, smartphone and computer basics, English as a Second Language, and our health and wellbeing classes. Barrow Adult Learning is embedded in the Furness community and works in partnership local support organisations. We deliver courses designed around the needs of specific community groups to help the people of Barrow thrive.

Kendal

Welcome to the Kendal Adult Learning Centre where our friendly staff and tutors ensure you are given excellent information, advice and guidance to make good choices about the courses we offer. Come in and have an informal chat with our centre staff and we can guide you through our learning offer. Courses range from English and maths to health and wellbeing, arts and crafts, languages and employability.

You can start with a short, non-accredited course and work your way up to qualification courses which provide you with skills useful both at home and at work. We pride ourselves on creating a supportive, nurturing environment where learners thrive – making new friendships, gaining confidence and using their new skills to progress.





Contact us

Why not contact one of our centres and have an informal chat to find out how we can help?

Westmorland and Furness Centres

- Barrow Adult Learning and the surrounding areas - Tel: **01229 407630 / 01229 407631**
Email: **barrowadultlearning@westmorlandandfurness.gov.uk**
- Kendal Adult Learning and the surrounding areas - Tel: **01539 713257**
Email: **kendaladultlearning@westmorlandandfurness.gov.uk**
- Penrith Adult Learning and the surrounding areas - Tel: **07468 709606**
Email: **penrithadultlearning@westmorlandandfurness.gov.uk**

Cumberland Centres

- Carlisle Adult Learning and the surrounding areas - Tel: **01228 227304 / 01228 227305**
Email: **carlisleadultlearning@cumberland.gov.uk**
- Whitehaven Adult Learning and the surrounding areas - Tel: **01946 506416**
Email: **whitehavenadultlearning@cumberland.gov.uk**
- Workington Adult Learning and the surrounding areas - Tel: **01900 706023**
Email: **workingtonadultlearning@cumberland.gov.uk**

Delivery Partners

- PHX Training
Tel: **01228 810960** (Carlisle) Email: **carlisle@phxtraining.co.uk**
Tel: **01228 810960** (Workington) Email: **workington@phxtraining.co.uk**
Tel: **01229 808095** (Barrow) Email: **barrow@phxtraining.co.uk**
- The Skills Network | Tel: **01757 606648**
- Inspira | Tel: **0345 658 8647** Email: **info@inspira.org.uk**
- Lakes College West Cumbria | Tel: **01946 839300**
Email: **rachelr@lcwc.ac.uk**
- The Construction Skills People Ltd | Tel: **0114 251 1584**
Email: **Joanne.Gillard@skillspeoplegroup.com**





Initial Assessment: Your First Step to Success

Starting a course can feel like a big step, but we're here to make sure you begin in the best possible way.

An initial assessment is a simple, supportive process which helps us understand your current skills, strengths, and goals so we can provide you with the right course and support from day one. It's not a test, it's about helping you succeed.

What happens next?

Once your assessment is complete, we will:

- Discuss your results with you
- Agree your individual learning plan
- Ensure you're enrolled on the right course
- Provide any additional support you may need

Our goal is to help you achieve your full potential.

Our centres are running drop-in sessions on the following dates or contact your local centre for more information (see page 5):

Barrow Library

Date	Times
5 August	10:00 to 14:00
6 August	10:00 to 14:00
12 August	10:00 to 14:00
13 August	10:00 to 14:00
19 August	10:00 to 14:00
20 August	10:00 to 14:00
2 September	10:00 to 14:00
3 September	10:00 to 14:00

Kendal Library

Date	Times
13 August	09:00 to 17:00
14 August	09:00 to 16:30

Penrith Library

Date	Times
6 August	13:30 to 16:30
13 August	13:30 to 16:30
20 August	13:30 to 16:30



Tailored Adult Learning Courses

Discover a new hobby, learn a new language, or take time for yourself with Cumbria Adult Learning. Our arts and crafts, languages, health and wellbeing and non-qualification courses provide a friendly and supportive way to build skills, boost confidence, and enjoy new experiences in your local community.

Although these tailored course listings aren't included in this brochure; courses can be explored and enrolled on through adultlearningcumbria.org, or click on the appropriate QR codes provided alongside each curriculum area where up-to-date information on availability, locations, and delivery methods is provided.

Areas of Learning



Arts and Crafts

Develop creativity and practical skills in a supportive and enjoyable environment. Courses include a range of artistic and craft-based disciplines for all experience levels.



Languages

Explore new cultures and develop communication skills with a variety of language courses suitable for beginners through to more advanced learners.



Greener Curriculum

Learn about sustainability, environmental awareness, and practical ways to support a greener future. These courses encourage eco-friendly practices in everyday life.



Health and Wellbeing

Promote positive mental and physical health through courses designed to build resilience, confidence, and wellbeing. These sessions offer practical tools for leading a balanced lifestyle.



English and Maths $+-\times=$ 123

Improve essential skills for everyday life, work, and further study. Courses range from beginners to accredited qualifications, helping learners build confidence in reading, writing, numeracy, and problem-solving.



English

Maths



Family Learning

Support your child's education while developing your own skills. These courses focus on learning together, helping parents and carers engage in children's learning and development.



Employability

Enhance job prospects with courses focused on CV writing, interview techniques, workplace skills, and sector-specific training. Ideal for those seeking employment, career progression, or a return to work.



Digital Skills

Build confidence in using technology, from basic computer skills to more advanced digital tools and qualifications for the workplace. Courses support everyday tasks such as online communication, job searching, and accessing services.



ESOL (English for Speakers of Other Languages)

Designed for learners whose first language is not English, ESOL courses help improve speaking, listening, reading, and writing skills to support integration, employment, and daily life.



For full details of these tailored learning opportunities, including course dates and enrolment information, please visit the Cumbria Adult Learning website or contact your local Adult Learning Centre (see page 5).



English

For more information about any of our courses listed below and venue details, visit our website by scanning the QR code and search for the course using the course code. There is a wealth of information available at your fingertips.



Why English? An English course can give you the skills you need to get a job or progress within employment. It can also enable you to function more effectively in everyday life, or simply help you achieve personal goals.



Face to face courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Functional Skills English Entry Level 2	BAR	BAR26S010	Barrow Library	Tu	08/09/2026	18	09:15	12:15	FREE
Functional Skills English Entry Level 3	BAR	BAR26S011	Barrow Library	Tu	08/09/2026	18	09:15	12:15	FREE
Functional Skills English Level 1	BAR	BAR26S012	Hindpool Community Centre (Barrow)	W	09/09/2026	18	09:15	12:15	FREE
Functional Skills English Level 2	BAR	BAR26S013	Hindpool Community Centre (Barrow)	W	09/09/2026	18	09:15	12:15	FREE
Functional Skills English Level 1	KEN	KEN26S004	Kendal Cancer Care	F	02/10/2026	13	10:00	14:30	FREE
Functional Skills English Entry Level 2	BAR	BAR26S016	Barrow Library	Tu	23/02/2027	18	09:15	12:15	FREE
Functional Skills English Entry Level 3	BAR	BAR26S017	Barrow Library	Tu	23/02/2027	18	09:15	12:15	FREE
Functional Skills English Level 1	BAR	BAR26S018	Hindpool Community Centre (Barrow)	W	24/02/2027	18	09:15	12:15	FREE
Functional Skills English Level 2	BAR	BAR26S019	Hindpool Community Centre (Barrow)	W	24/02/2027	18	09:15	12:15	FREE
Functional Skills English Level 2	KEN	KEN26S005	Kendal Cancer Care	F	26/03/2027	13	10:00	14:30	FREE



Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Functional Skills English Level 2	BAR	BAR26S009	Online Delivery	Tu	08/09/2026	18	09:00	12:00	FREE
English Step Up to Entry 3	PEN	PEN26T029	Online Delivery	Th	06/08/2026	6	09:30	12:00	FREE
Functional Skills English Level 2	WOR	WOR26S001	Online Delivery	Tu	15/09/2026	18	18:00	21:00	FREE
GCSE English Language	BAR	BAR26S014	Online Delivery	W	16/09/2026	32	18:00	21:00	FREE
Functional Skills English Level 2	WHI	WHI26S004	Online Delivery	W	16/09/2026	18	18:00	21:00	FREE
Functional Skills English Level 1	WOR	WOR26S003	Online Delivery	Th	17/09/2026	18	18:00	21:00	FREE
Functional Skills English Level 2	WHI	WHI26S005	Online Delivery	Th	17/09/2026	18	18:00	21:00	FREE
Functional Skills English Level 2	BAR	BAR26S015	Online Delivery	Tu	23/02/2027	18	09:00	12:00	FREE
Functional Skills English Level 1	WOR	WOR26S005	Online Delivery	Tu	23/02/2027	18	18:00	21:00	FREE
Functional Skills English Level 1	WHI	WHI26S009	Online Delivery	W	24/02/2027	18	18:00	21:00	FREE
Functional Skills English Level 2	WOR	WOR26S007	Online Delivery	Th	25/02/2027	18	18:00	21:00	FREE
Functional Skills English Level 1	WHI	WHI26S010	Online Delivery	Th	25/02/2027	18	18:00	21:00	FREE

Our learner who recently completed their English course said: *"I really enjoyed this course. It helped me build my confidence and improve my skills. The tutor was supportive and explained things clearly. I feel more confident in my learning and personal development because of this course."*



Do you want to speak to someone about a course?

Why not contact your Centre today, see page 5 for contact details.

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Maths

For more information about any of our courses listed below and venue details, visit our website by scanning the QR code and search for the course using the course code. There is a wealth of information available at your fingertips.



Why Maths ? A maths course can give you the skills you need to get a job or progress within employment. It can also enable you to function more effectively in everyday life, or simply help you achieve personal goals.



Face to face courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Functional Skills Maths Entry Level 2	BAR	BAR26S001	Barrow Library	Th	10/09/2026	18	09:15	12:15	FREE
Functional Skills Maths Entry Level 3	BAR	BAR26S002	Barrow Library	Th	10/09/2026	18	09:15	12:15	FREE
Functional Skills Maths Level 1	BAR	BAR26S003	Barrow Library	Th	10/09/2026	18	13:00	16:00	FREE
Functional Skills Maths Level 2	BAR	BAR26S004	Barrow Library	Th	10/09/2026	18	13:00	16:00	FREE
GCSE Maths	PEN	PEN26S001	To Be Confirmed (Penrith)*	Tu	15/09/2026	30	12:00	15:00	FREE
Functional Skills Maths Entry Level 3	PEN	PEN26S006	To Be Confirmed (Penrith)*	W	16/09/2026	18	09:30	12:30	FREE
Functional Skills Maths Level 1	PEN	PEN26S004	To Be Confirmed (Penrith)*	W	16/09/2026	18	13:00	16:00	FREE
Functional Skills Maths Level 2	PEN	PEN26S005	To Be Confirmed (Penrith)*	W	16/09/2026	18	13:00	16:00	FREE
Functional Skills Maths Level 1	KEN	KEN26S003	Kendal Library	M	21/09/2026	18	15:00	18:00	FREE
Functional Skills Maths Entry Level 3	PEN	PEN26S009	To Be Confirmed (Penrith)*	W	24/02/2027	18	09:30	12:30	FREE
Functional Skills Maths Level 1	PEN	PEN26S007	To Be Confirmed (Penrith)*	W	24/02/2027	18	13:00	16:00	FREE
Functional Skills Maths Level 2	PEN	PEN26S008	To Be Confirmed (Penrith)*	W	24/02/2027	18	13:00	16:00	FREE
Functional Skills Maths Entry Level 3	BAR	BAR26S006	Barrow Library	Th	25/02/2027	18	09:15	12:15	FREE
Functional Skills Maths Entry Level 2	BAR	BAR26S005	Barrow Library	Th	25/02/2027	18	09:15	12:15	FREE
Functional Skills Maths Level 1	BAR	BAR26S007	Barrow Library	Th	25/02/2027	18	13:00	16:00	FREE
Functional Skills Maths Level 2	BAR	BAR26S008	Barrow Library	Th	25/02/2027	18	13:00	16:00	FREE



Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Functional Skills Maths Level 1	KEN	KEN26S001	Online Delivery	Tu	08/09/2026	18	18:00	21:00	FREE
Functional Skills Maths Level 2	KEN	KEN26S002	Online Delivery	W	09/09/2026	18	18:00	21:00	FREE
GCSE Maths	PEN	PEN26S002	Online Delivery	Tu	15/09/2026	30	18:00	21:00	FREE
GCSE Maths	PEN	PEN26S003	Online Delivery	W	16/09/2026	30	18:00	21:00	FREE
Functional Skills Maths Level 1	WHI	WHI26S013	Online Delivery	W	16/09/2026	18	18:00	21:00	FREE
Functional Skills Maths Level 2	WHI	WHI26S015	Online Delivery	Th	17/09/2026	18	18:00	21:00	FREE
Functional Skills Maths Level 2	WHI	WHI26S018	Online Delivery	W	24/02/2027	18	18:00	21:00	FREE
Functional Skills Maths Level 1	WHI	WHI26S020	Online Delivery	Th	25/02/2027	18	09:30	12:30	FREE

Our learner who recently completed their maths course said: *"Passed Level 2 maths, brilliant! Hoping to do GCSE Maths next."*



Do you want to speak to someone about a course?

Why not contact your Centre today, see page 5 for contact details.



ESOL

For more information about any of our courses listed below and venue details, visit our website by scanning the QR code and search for the course using the course code. There is a wealth of information available at your fingertips.



Why ESOL? An ESOL course can give you the skills you need to get a job or progress within employment. It can also enable you to function more effectively in everyday life, or simply help you achieve personal goals.



Face to face courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
ESOL Skills for Life Award in Reading Entry Level 1	BAR	BAR26S022	Barrow Library	M, Tu, Th	07/09/2026	8	09:30	12:00	FREE
ESOL Skills for Life Award in Reading Entry Level 2	BAR	BAR26S043	Barrow Library	Tu, W	08/09/2026	14	12:45	15:15	FREE
ESOL Skills for Life Award in Reading Entry Level 1	PEN	PEN26S014	Haydock Centre (Penrith)	Tu, W, Th	08/09/2026	14	13:30	15:00	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 2	KEN	KEN26S029	Stricklandgate House (Kendal)	W, Th	09/09/2026	22	09:15	12:00	FREE
ESOL Skills for Life Award in Writing Entry Level 1	KEN	KEN26S030	Stricklandgate House (Kendal)	W, Th	09/09/2026	20	12:30	14:45	FREE
ESOL Skills for Life Award in Reading Entry Level 3	BAR	BAR26S044	Salvation Army (Barrow)	W, Th, F	09/09/2026	8	12:45	15:15	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 3	KEN	KEN26S031	Kendal Cancer Care	Th	10/09/2026	22	09:15	14:45	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 2	BAR	BAR26S046	Bram Longstaffe (Barrow)	F	11/09/2026	24	09:30	15:00	FREE
ESOL Skills for Life Award in Writing Entry Level 2	PEN	PEN26S015	Haydock Centre (Penrith)	Tu	15/09/2026	30	09:30	12:30	FREE
ESOL Skills for Life Award in Writing Entry Level 3	PEN	PEN26S016	Haydock Centre (Penrith)	Tu	15/09/2026	30	09:30	12:30	FREE
ESOL Skills for Life Award in Reading Entry Level 2	PEN	PEN26S017	BlueJam Arts (Penrith)	W	16/09/2026	30	12:30	14:30	FREE
ESOL Skills for Life Award in Reading Entry Level 3	PEN	PEN26S018	BlueJam Arts (Penrith)	W	16/09/2026	30	12:30	14:30	FREE
ESOL Skills for Life Award in Writing Entry Level 1	BAR	BAR26S047	Barrow Library	M, Tu, Th	09/11/2026	12	09:30	12:00	FREE
ESOL Skills for Life Award in Writing Entry Level 3	BAR	BAR26S048	Salvation Army (Barrow)	W, Th, F	11/11/2026	12	12:45	15:15	FREE
ESOL Skills for Life Award in Writing Entry Level 2	BAR	BAR26S049	Barrow Library	Tu, W	05/01/2027	18	12:45	15:15	FREE
ESOL Skills for Life Award in Reading Entry Level 2	KEN	KEN26S032	Stricklandgate House (Kendal)	W, Th	24/02/2027	15	12:30	14:45	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 3	BAR	BAR26S050	Salvation Army (Barrow)	W, Th, F	24/02/2027	16	12:45	15:15	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 1	BAR	BAR26S051	Barrow Library	M, Tu, Th	01/03/2027	16	09:30	12:00	FREE
ESOL Skills for Life Award in Writing Entry Level 1	PEN	PEN26S019	Haydock Centre (Penrith)	Tu, W, Th	02/03/2027	15	13:30	15:00	FREE
ESOL Skills for Life Award in Writing Entry Level 2	KEN	KEN26S033	Stricklandgate House (Kendal)	W, Th	10/03/2027	16	09:15	12:00	FREE
ESOL Skills for Life Award in Writing Entry Level 3	KEN	KEN26S034	Kendal Cancer Care	Th	11/03/2027	16	09:15	14:45	FREE

Do you want to speak to someone about a course?

Why not contact your Centre today, see page 5 for contact details.



Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
ESOL Skills for Life Award in Writing Level 1	BAR	BAR26S045	Online Delivery	F	11/09/2026	36	09:00	11:30	FREE
ESOL Skills for Life Award in Reading Level 2	WHI	WHI26S046	Online Delivery	Tu	15/09/2026	20	09:00	12:00	FREE
ESOL Skills for Life Award in Speaking and Listening Level 1	WHI	WHI26S047	Online Delivery	Tu	15/09/2026	37	13:00	16:00	FREE
ESOL Skills For Life Award in Reading Level 1	WOR	WOR26S026	Online Delivery	W	23/09/2026	20	09:00	12:00	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 3	WOR	WOR26S025	Online Delivery	W	23/09/2026	36	13:00	16:00	FREE
ESOL Skills for Life Award in Writing Entry Level 3	WOR	WOR26S027	Online Delivery	Th	24/09/2026	30	09:00	12:00	FREE
ESOL Skills for Life Award in Reading Entry Level 3	WOR	WOR26S028	Online Delivery	Th	24/09/2026	20	13:00	16:00	FREE



Digital Skills

For more information about any of our courses listed below and venue details, visit our website by scanning the QR code and search for the course using the course code. There is a wealth of information available at your fingertips.



Why Digital Skills? Are you feeling left behind with the latest technology and need help with your device? Are you looking to learn new Digital skills for everyday life and work? We offer a wide variety of workshops and courses to help you learn the basics, re-train or upskill, as well as accredited courses to gain a qualification..



Face to face courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Basic IT Skills Workshop	KEN	KEN26T002	Kendal Library	M	07/09/2026	2	09:30	12:30	FREE
Beginners Computers	KEN	KEN26T001	Kendal Library	M	07/09/2026	10	13:00	15:00	FREE
Digital Skills for Improvers	PEN	PEN26T005	Penrith Library	Tu	08/09/2026	8	09:30	12:00	FREE
Getting Started with NHS Apps	PEN	PEN26T004	Penrith Methodist Church	Tu	08/09/2026	1	13:00	16:00	FREE
Beginners Computers	BAR	BAR26T001	Barrow Library	W	09/09/2026	6	09:30	12:00	FREE
Word for Beginners	BAR	BAR26T002	Barrow Library	W	09/09/2026	3	13:00	15:00	FREE
Award in Digital and IT Skills Level 2	PEN	PEN26S010	Penrith Library	W	09/09/2026	19	09:30	12:00	FREE
Award in Digital and IT Skills Level 2	KEN	KEN26S007	Kendal Library	Th	10/09/2026	15	09:30	12:45	FREE
Android Smartphone for Beginners	BAR	BAR26T003	Hindpool Community Centre (Barrow)	Th	10/09/2026	3	10:00	12:00	FREE
Essential Digital Skills Entry Level 3	BAR	BAR26S020	Barrow Library	F	11/09/2026	18	10:00	12:30	FREE
How to be Safe & Smart Online	PEN	PEN26T002	Penrith Library	F	11/09/2026	3	10:00	12:00	FREE
Android Smartphone for Beginners	PEN	PEN26T003	Penrith Methodist Church	Tu	15/09/2026	3	13:00	15:15	FREE
Android Smartphone for Beginners	KEN	KEN26T005	Kendal Library	Th	17/09/2026	3	13:15	15:15	FREE
Essential Digital Skills Entry Level 3	KEN	KEN26S008	Kendal Library	M	21/09/2026	15	09:30	12:30	FREE
Word for Improvers	BAR	BAR26T004	Barrow Library	W	30/09/2026	3	13:00	15:00	FREE
Android Smartphone for Improvers	BAR	BAR26T005	Hindpool Community Centre (Barrow)	Th	01/10/2026	3	10:00	12:00	FREE
iPad for Beginners	PEN	PEN26T007	Penrith Library	F	02/10/2026	3	10:00	12:00	FREE
iPhone for Beginners	PEN	PEN26T008	Penrith Methodist Church	Tu	06/10/2026	3	13:00	15:00	FREE
Essential Digital Skills Level 1	PEN	PEN26S011	Penrith Library	W	07/10/2026	15	12:00	15:00	FREE
Android Smartphone for Improvers	KEN	KEN26T008	Kendal Library	Th	08/10/2026	3	13:15	15:15	FREE

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Getting Started with NHS Apps	BAR	BAR26T006	Hindpool Community Centre (Barrow)	Th	22/10/2026	2	10:00	12:00	FREE
Computers for the Absolute Beginner - An Introduction to IT	PEN	PEN26T001	Penrith Library	Tu	03/11/2026	7	09:30	12:00	FREE
Android Smartphone for Improvers	PEN	PEN26T010	Penrith Methodist Church	Tu	03/11/2026	3	13:00	15:00	FREE
Digital Skills for Improvers	BAR	BAR26T015	Barrow Library	W	04/11/2026	9	09:30	12:00	FREE
Excel for Beginners	BAR	BAR26T008	Barrow Library	W	04/11/2026	3	13:00	15:00	FREE
Android Smartphone for Beginners	KEN	KEN26T009	Penrith Methodist Church	W	04/11/2026	3	14:00	16:00	FREE
Introduction to AI	KEN	KEN26T010	Kendal Library	Th	05/11/2026	3	13:15	15:15	FREE
How to be Safe & Smart online	BAR	BAR26T009	Hindpool Community Centre (Barrow)	Th	12/11/2026	3	10:00	12:00	FREE
How to Buy and Sell Online	KEN	KEN26T011	Kendal Library	M	23/11/2026	3	13:00	15:00	FREE
iPhone for Improvers	PEN	PEN26T014	Penrith Methodist Church	Tu	24/11/2026	3	13:00	15:00	FREE
Excel for Improvers	BAR	BAR26T010	Barrow Library	W	25/11/2026	3	13:00	15:00	FREE
Android Smartphone for Improvers	KEN	KEN26T012	To Be Confirmed (Kendal)*	W	25/11/2026	3	14:00	16:00	FREE
Android Smartphone for Beginners	BAR	BAR26T011	Hindpool Community Centre (Barrow)	Th	03/12/2026	3	10:00	12:00	FREE
Getting Started with NHS Apps	PEN	PEN26T018	Penrith Methodist Church	Tu	15/12/2026	1	13:00	16:00	FREE
Essential Digital Skills Entry Level 3	BAR	BAR26S021	Barrow Library	W	20/01/2027	18	10:00	12:30	FREE
Essential Digital Skills Entry Level 3	KEN	KEN26S010	Kendal Library	Th	21/01/2027	15	09:30	12:30	FREE
Essential Digital Skills Entry Level 1	KEN	KEN26S011	Kendal Library	M	08/02/2027	15	09:30	12:30	FREE
Essential Digital Skills Level 1	BAR	BAR26S023	Barrow Library	F	26/02/2027	17	10:00	12:30	FREE
Award in Digital and IT Skills Level 2	PEN	PEN26S012	Penrith Library	W	10/03/2027	16	12:30	15:30	FREE
Essential Digital Skills Level 1	PEN	PEN26S013	Penrith Library	W	17/03/2027	15	09:30	12:30	FREE



Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Digital and IT Skills Level 2	KEN	KEN26S006	Online Delivery	W	02/09/2026	15	18:00	21:15	FREE
Introduction to AI	KEN	KEN26T003	Online Delivery	Th	10/09/2026	3	18:00	20:00	FREE
Word for Beginners	KEN	KEN26T004	Online Delivery	W	16/09/2026	3	14:00	16:00	FREE
How to Buy and Sell Online	KEN	KEN26T006	Online Delivery	Th	01/10/2026	3	18:00	20:00	FREE
Excel for Beginners	PEN	PEN26T009	Online Delivery	Tu	06/10/2026	3	10:00	12:00	FREE
Word for Improvers	KEN	KEN26T007	Online Delivery	W	07/10/2026	3	14:00	16:00	FREE
Excel for Improvers	PEN	PEN26T011	Online Delivery	Tu	03/11/2026	3	10:00	12:00	FREE
Essential Digital Skills Entry Level 1	KEN	KEN26S009	Online Delivery	W	06/01/2027	15	18:00	21:00	FREE
Essential Digital Skills Level 1	WOR	WOR26S016	Online Delivery	W	20/01/2027	16	10:00	13:00	FREE

Do you want to speak to someone about a course?
Why not contact your Centre today, see page 5 for contact details.





Employability

For more information about any of our courses listed below and venue details, visit our website by scanning the QR code and search for the course using the course code. There is a wealth of information available at your fingertips.



Why Employability? An adult learning employability course helps you get better at things employers really value, like talking well with others, working in teams, and solving problems. It makes it easier for you to find a good job.



Face to face courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Health and Care Entry Level 3	BAR	BAR26S052	The Bridge (Barrow)	M	07/09/2026	24	12:45	15:15	FREE
Preparing for Employment	PEN	PEN26T032	Eden Foyer (Penrith)	Tu	08/09/2026	5	09:15	11:45	FREE
Introduction to Food Safety	KEN	KEN26T027	Kendal Library	W	09/09/2026	4	12:30	14:30	FREE
Award in Equality and Diversity Entry Level 3	BAR	BAR26S055	The Bridge (Barrow)	W	09/09/2026	4	12:30	15:00	FREE
Introduction to Food Safety	BAR	BAR26T022	Lakeland House (Barrow)	Th	10/09/2026	4	10:00	12:00	FREE
Award in Food Safety in Catering Level 2	KEN	KEN26S013	Kendal Library	W	07/10/2026	5	12:30	14:30	FREE
Seeking Employment	PEN	PEN26T041	Eden Foyer (Penrith)	Tu	13/10/2026	5	09:15	11:45	FREE
Award in Health and Safety Level 1	KEN	KEN26S014	Kendal Library	Tu	03/11/2026	5	10:00	12:00	FREE
Award in Equality and Diversity Entry Level 3	KEN	KEN26S015	Kendal Library	Tu	03/11/2026	6	12:30	14:30	FREE
Introduction to Food Safety	BAR	BAR26T023	Lakeland House (Barrow)	Th	12/11/2026	4	10:00	12:00	FREE
Award in British Values Entry Level 3	BAR	BAR26S056	Cookes Studios (Barrow)	M	16/11/2026	8	09:30	12:00	FREE
Supporting Yourself into Employment	KEN	KEN26T028	Kendal Library	W	18/11/2026	3	12:30	14:30	FREE
Award in Safeguarding for Work, Education and Life Level 1	PEN	PEN26S023	Eden Foyer (Penrith)	Tu	24/11/2026	9	09:30	11:45	FREE
Award in Citizenship Level 1	KEN	KEN26S017	Kendal Library	W	06/01/2027	10	12:30	14:30	FREE
Award in Health and Safety Level 1	BAR	BAR26S058	The Bridge (Barrow)	W	06/01/2027	4	12:30	15:00	FREE
Award in Health and Care Level 1	PEN	PEN26S024	Eden Foyer (Penrith)	Tu	23/02/2027	18	09:15	11:45	FREE
Award in Equality and Diversity Entry Level 3	BAR	BAR26S061	The Bridge (Barrow)	W	24/02/2027	4	12:30	15:30	FREE
Award in Safeguarding for Work, Education and Life Level 1	KEN	KEN26S022	Kendal Library	W	14/04/2027	10	12:30	14:30	FREE
Award in Safeguarding for Work, Education and Life Level 1	BAR	BAR26S062	The Bridge (Barrow)	M	19/04/2027	8	12:45	15:15	FREE
Award in Equality and Diversity Entry Level 3	KEN	KEN26S023	Kendal Library	Tu	08/06/2027	6	10:00	12:00	FREE
Award in Food Safety in Catering Level 2	PEN	PEN26S025	Eden Foyer (Penrith)	Tu	08/06/2027	6	12:30	14:30	FREE
Award in Health and Safety Level 1	BAR	BAR26S065	The Bridge (Barrow)	W	23/06/2027	4	12:30	15:00	FREE

Our learner who recently completed their employability course said: *"A good course to do, will enable me to have more job opportunities."*



Do you want to speak to someone about a course?

Why not contact your Centre today, see page 5 for contact details.



Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Safeguarding for Work, Education and Life Level 1	KEN	KEN26S012	Online Delivery	Th	17/09/2026	10	18:00	20:00	FREE
Award in Health and Safety Level 1	KEN	KEN26S018	Online Delivery	Th	07/01/2027	5	18:00	20:00	FREE
Award in Safeguarding for Work, Education and Life Level 1	CAR	CAR26S050	Online Delivery	W	13/01/2027	6	13:00	16:00	FREE
Award in Food Safety in Catering Level 2	KEN	KEN26S019	Online Delivery	Th	11/02/2027	5	14:00	16:00	FREE
Award in Infection Control & Prevention Level 1	KEN	KEN26S020	Online Delivery	Th	25/02/2027	4	18:00	20:30	FREE



Greener Curriculum

For more information about any of our courses listed below and venue details, visit our website by scanning the QR code and search for the course using the course code. There is a wealth of information available at your fingertips.



Why Greener? A greener adult learning course helps you understand how to live and work in an eco-friendlier way, reducing your impact on the environment and making the world a better place for everyone.



Face to face courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Environmental Sustainability Level 1	KEN	KEN26S025	Kendal Library	F	18/09/2026	10	10:00	12:00	FREE
Award in Preventing Plastic Pollution Level 1	KEN	KEN26S026	Kendal Library	F	08/01/2027	10	10:00	12:00	FREE
Award in Environmental Sustainability Level 2	KEN	KEN26S028	Kendal Library	F	16/04/2027	10	10:00	12:00	FREE



Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Environmental Sustainability Level 2	WHI	WHI26S035	Online Delivery	M	28/09/2026	10	18:30	20:30	FREE
Award in Environmental Sustainability Level 2	WHI	WHI26S036	Online Delivery	M	11/01/2027	10	18:30	20:30	FREE
Award in Environmental Sustainability Level 1	KEN	KEN26S027	Online Delivery	Th	15/04/2027	10	18:00	20:00	FREE
Award in Environmental Sustainability Level 2	WHI	WHI26S037	Online Delivery	M	19/04/2027	10	18:30	20:30	FREE

Our learner who recently completed their Greener curriculum course said: *"I'm delighted that courses are being run that highlight sustainability issues around clothing."*

Do you want to speak to someone about a course?

Why not contact your Centre today, see page 5 for contact details.





Health and Wellbeing

For more information about any of our courses listed below and venue details, visit our website by scanning the QR code and search for the course using the course code. There is a wealth of information available at your fingertips.



Why Health and Wellbeing? An adult learning health and wellbeing course teaches you how to stay physically and mentally healthy, so you can feel happier and handle stress better in your everyday life.



Face to face courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	KEN	KEN26S036	Kendal Library	Tu	08/09/2026	5	10:00	12:00	FREE
Award in Healthy Living Level 1	KEN	KEN26S035	Kendal Library	W	09/09/2026	10	10:00	12:00	FREE
Award in Introduction to Safeguarding Entry Level 3	BAR	BAR26S025	The Bridge (Barrow)	W	14/10/2026	4	12:30	15:00	FREE
Award in the Importance of Resilience and Grit Level 1	PEN	PEN26S020	Eden Foyer (Penrith)	Tu	03/11/2026	7	12:00	15:00	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	KEN	KEN26S038	To Be Confirmed (Kendal)*	W	04/11/2026	5	09:30	11:30	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	KEN	KEN26S039	Victoria Hall (Grange)	W	04/11/2026	5	12:30	14:30	FREE
Importance of Resilience and Grit Entry Level 3	BAR	BAR26S026	The Bridge (Barrow)	W	18/11/2026	8	09:30	12:00	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	BAR	BAR26S028	The Bridge (Barrow)	W	25/11/2026	4	12:30	15:00	FREE
Award in Healthy Living Level 1	KEN	KEN26S040	Kendal Library	Tu	05/01/2027	10	10:00	12:00	FREE
Award in Healthy Living Level 1	KEN	KEN26S041	To Be Confirmed (Kendal)*	W	06/01/2027	10	09:30	11:30	FREE
Award in Healthy Living Level 1	KEN	KEN26S042	Victoria Hall (Grange)	W	06/01/2027	10	12:30	14:30	FREE
Award Importance of Resilience and Grit Entry Level 3	KEN	KEN26S043	Kendal Library	F	08/01/2027	10	12:30	14:30	FREE
Award in Mental Health and Wellbeing Level 1	PEN	PEN26S021	Eden Foyer (Penrith)	Tu	12/01/2027	5	12:30	14:30	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	BAR	BAR26S031	The Bridge (Barrow)	W	03/02/2027	4	09:30	12:00	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	KEN	KEN26S044	Kendal Library	Tu	23/02/2027	5	12:30	14:30	FREE
Award in Mental Health and Wellbeing Level 2	PEN	PEN26S022	Eden Foyer (Penrith)	Tu	23/02/2027	12	12:30	15:00	FREE
Award in Mental Health and Wellbeing Level 1	BAR	BAR26S034	The Bridge (Barrow)	W	17/03/2027	4	09:30	12:00	FREE
Award in Mental Health and Wellbeing Level 1	KEN	KEN26S045	Kendal Library	Tu	13/04/2027	6	10:00	12:00	FREE
Award in Mental Health and Wellbeing Level 1	KEN	KEN26S046	To Be Confirmed (Kendal)*	W	14/04/2027	5	09:30	11:30	FREE
Award in Introduction to Safeguarding Entry Level 3	BAR	BAR26S036	The Bridge (Barrow)	W	14/04/2027	4	12:30	15:00	FREE
Award in Mental Health and Wellbeing Level 1	KEN	KEN26S047	Victoria Hall (Grange)	W	14/04/2027	5	12:30	14:30	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	BAR	BAR26S039	Lakeland House (Barrow)	Th	06/05/2027	5	10:00	12:00	FREE

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	BAR	BAR26S041	The Bridge (Barrow)	W	19/05/2027	4	12:30	15:00	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	KEN	KEN26S049	Kendal Library	Tu	08/06/2027	5	12:30	14:30	FREE
Award in Healthy Living for Wellbeing & Mental Health Entry Level 3	BAR	BAR26S042	Lakeland House (Barrow)	Th	06/07/2027	4	09:30	12:00	FREE

Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Award in Personal Health and Wellbeing Level 1	KEN	KEN26S037	Online Delivery	Th	17/09/2026	12	14:00	16:30	FREE
Award in Mental Health and Wellbeing Level 1	WOR	WOR26S019	Online Delivery	W	23/09/2026	5	10:00	12:00	FREE
Award in Mental Health and Wellbeing Level 2	WOR	WOR26S020	Online Delivery	W	04/11/2026	10	09:30	12:30	FREE
Award in Mental Health and Wellbeing Level 2	CAR	CAR26S033	Online Delivery	Tu	23/02/2027	10	18:00	21:00	FREE
Award in Healthy Living Level 1	KEN	KEN26S048	Online Delivery	Th	15/04/2027	10	12:30	14:30	FREE

For more courses which aren't featured in this brochure please visit <https://adultlearningcumbria.org/search-courses-0>



Translation Service

If you require this document in another format (e.g. CD, Braille or large type) or in another language, please telephone: **0300 373 3300**.

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে 0300 373 3300 নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，
请致电 0300 373 3300

Jeigu norétumėte gauti šią informaciją savo kalba,
skambinkite telefonu 0300 373 3300

W celu uzyskania informacji w Państwa języku proszę
zatelefonować pod numer 0300 373 3300

Se quiser aceder a esta informação na sua língua,
telefone para o 0300 373 3300

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen
0300 373 3300 numaralı telefonu arayınız

للوصول إلى هذه المعلومات بلغتك، يرجى
الاتصال 0300 373 3300

