

Cumbria Adult Learning

Be inspired!
FREE Qualifications



Cumbria Adult Learning

Cumberland 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**



A New Chapter for Adult Learning at Carlisle Library

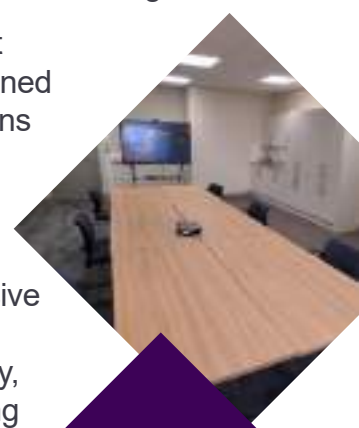
Carlisle Library is entering an exciting new phase as the Adult Learning team returns to deliver a wide range of courses from this central community hub. This move brings learning opportunities right into the heart of the city, making them more accessible and welcoming for residents of all ages and backgrounds.

A key highlight of this development is the introduction of two dedicated, purpose-built classrooms within the library. These modern, fully equipped spaces have been designed to support a variety of learning experiences - from practical skills and creative sessions to digital and employability training. Bright, comfortable and flexible, the classrooms provide an inspiring environment where learners can build confidence and achieve their goals.

Learners will also benefit from the library's wider facilities, including access to extensive book collections, digital resources, quiet study areas, and knowledgeable staff ready to offer support. In addition, a range of partner organisations operate within the library, providing advice, guidance and additional services that complement the adult learning offer.

More than just a place for courses, Carlisle Library is a vibrant community space where people can come together to learn, share ideas and connect. Whether you're looking to develop new skills, explore a hobby, or take the next step in your career, this welcoming environment offers something for everyone.

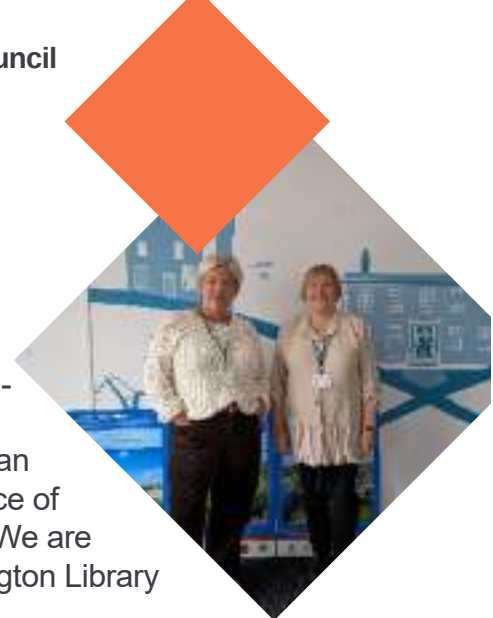
Step into Adult Learning at Carlisle Library and discover the opportunities waiting for you. For more information, contact Tel: **01228 227304 / 01228 227305** Email: **carlisleadultlearning@cumberland.gov.uk**



Meet your local centres

Workington

The Adult Learning team in Workington provide you with a varied and high-quality learning experience. You can gain qualifications in Maths, English and Digital or learn a new skill with a varied range of courses where you can learn to speak a different language, or you can learn how to upcycle a piece of clothing. You can explore your artistic skills or develop your digital skills. We are committed to finding the right course for you. Come and see us in Workington Library and we can discuss which of our contrasting courses are right for you.



Carlisle

Welcome to Carlisle Adult Learning – a friendly, inclusive place where everyone is encouraged to grow, learn, and succeed. Whether you're joining us for the first time or returning to continue your journey, you'll find a warm welcome from both staff and fellow learners. We offer a wide range of courses designed to suit different interests, goals, and experience levels. Our supportive tutors understand that everyone learns differently and will work with you at your own pace, helping to build your confidence along the way. Carlisle Adult Learning promotes a respectful environment where questions are encouraged and achievements are celebrated—big or small. Many of our learners tell us they've made new friends and rediscovered a love of learning. Whatever your goals—gaining new skills, improving wellbeing, or exploring a new interest—we're here to help you take the next step.

Whitehaven

Whether you are returning to learning after a break or you're joining us for the first time, we are here to support you throughout your learning journey!

Our centre is designed to make learning feel comfortable, supported and genuinely enjoyable. From the moment you walk in, you'll find a friendly team ready to welcome you, answer questions and help you achieve your goals. We understand that everyone learns differently, so we create a relaxed environment where you can grow at your own pace, build confidence, and receive encouragement every step of the way.

Our tutors are patient, approachable, and passionate about helping you succeed, whether you're brushing up on skills, exploring something new, or working toward a personal goal.

You'll meet people of all ages and backgrounds, all here for the same reason: to learn in a place that feels safe, positive, and inspiring.

We'd love to see you—drop into Whitehaven Library or call us on 01946 506416 and have a chat with Emma, Ann, or Dave, who are always happy to help you find the right course for you and take the next step towards your future.





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):

Carlisle Library

Date	Times
3 August 2026	10:00 - 13:00
5 August 2026	10:00 - 13:00
10 August 2026	10:00 - 13:00
12 August 2026	10:00 - 13:00
17 August 2026	10:00 - 13:00
19 August 2026	10:00 - 13:00
24 August 2026	10:00 - 13:00
26 August 2026	10:00 - 13:00
2 September 2026	10:00 - 13:00
7 September 2026	10:00 - 13:00
9 September 2026	10:00 - 13:00

Whitehaven Library

Date	Times
4 August 2026	15:00 - 18:00
6 August 2026	10:00 - 16:00
11 August 2026	10:00 - 16:00
13 August 2026	15:00 - 18:00
19 August 2026	10:00 - 16:00
26 August 2026	10:00 - 16:00
3 September 2026	15:00 - 18:00
4 September 2026	10:00 - 15:00
8 September 2026	10:00 - 15:00
10 September 2026	15:00 - 18:00

Workington Library

Date	Times
6 August 2026	10: 00 - 12:00 and 14:00 - 16:00
13 August 2026	10: 00 - 12:00
17 August 2026	10: 00 - 12:00 and 14:00 - 17:00
2 September 2026	14:00 - 17:00
4 September 2026	10: 00 - 12:00
9 September 2026	14:00 - 17:00



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 Level 1	CAR	CAR26S010	Carlisle Library	Tu	08/09/2026	20	09:30	12:00	FREE
Functional Skills English Level 2	CAR	CAR26S012	Pennine Way CDC (Carlisle)	W	09/09/2026	18	09:30	12:30	FREE
GCSE English Language	CAR	CAR26S014	Civic Centre (Carlisle)	Th	10/09/2026	30	09:30	12:30	FREE
Functional Skills English Entry Level 3	CAR	CAR26S013	Civic Centre (Carlisle)	Th	10/09/2026	20	13:30	16:00	FREE
Functional Skills English Level 1	WHI	WHI26S001	Archive Building Whitehaven and Local Studies Centre	Tu	15/09/2026	18	10:00	13:00	FREE
Functional Skills English Level 2	WHI	WHI26S002	Archive Building Whitehaven and Local Studies Centre	Tu	15/09/2026	18	10:00	13:00	FREE
Functional Skills English Entry Level 3	WHI	WHI26S003	Archive Building Whitehaven and Local Studies Centre	Tu	15/09/2026	18	14:00	17:00	FREE
Functional Skills English Level 1	WOR	WOR26S002	Workington Library	W	16/09/2026	18	18:00	21:00	FREE
Functional Skills English Level 1	WOR	WOR26S004	Workington Library	F	18/09/2026	18	09:30	12:30	FREE
Functional Skills English Entry Level 1	CAR	CAR26S015	Civic Centre (Carlisle)	W	06/01/2027	22	13:00	15:30	FREE
Functional Skills English Level 2	CAR	CAR26S016	Carlisle Library	Tu	23/02/2027	18	09:30	12:30	FREE
Functional Skills English Level 2	WHI	WHI26S007	Archive Building Whitehaven and Local Studies Centre	Tu	23/02/2027	18	10:00	13:00	FREE
Functional Skills English Level 1	WHI	WHI26S006	Archive Building Whitehaven and Local Studies Centre	Tu	23/02/2027	18	10:00	13:00	FREE
Functional Skills English Level 1	CAR	CAR26S017	Carlisle Library	Tu	23/02/2027	18	13:00	16:00	FREE
Functional Skills English Entry Level 3	WHI	WHI26S008	Archive Building Whitehaven and Local Studies Centre	Tu	23/02/2027	18	14:00	17:00	FREE
Functional Skills English Level 1	CAR	CAR26S018	Pennine Way CDC (Carlisle)	W	24/02/2027	18	09:30	12:30	FREE
Functional Skills English Level 2	WOR	WOR26S006	Workington Library	W	24/02/2027	18	18:00	21:00	FREE
Functional Skills English Level 1	CAR	CAR26S019	Civic Centre (Carlisle)	Th	25/02/2027	18	13:30	16:30	FREE
Functional Skills English Level 2	WOR	WOR26S008	Workington Library	F	26/02/2027	18	09:30	12:30	FREE



Online courses

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
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	BAR	BAR26S009	Online Delivery	Tu	08/09/2026	18	09:00	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

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
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
GCSE Maths	CAR	CAR26S001	Carlisle Library	W	09/09/2026	30	10:00	13:00	FREE
Functional Skills Maths Entry Level 3	CAR	CAR26S002	Carlisle Library	M	14/09/2026	18	09:30	12:30	FREE
Functional Skills Maths Level 1	CAR	CAR26S003	Carlisle Library	M	14/09/2026	18	13:00	16:00	FREE
Functional Skills Maths Level 1	WHI	WHI26S011	Millom Hub	Tu	15/09/2026	18	09:30	12:30	FREE
Functional Skills Maths Level 1	WOR	WOR26S009	Workington Library	Tu	15/09/2026	18	18:00	21:00	FREE
Functional Skills Maths Level 2	WHI	WHI26S012	Whitehaven Harbour Youth Project	W	16/09/2026	18	09:30	12:30	FREE
Functional Skills Maths Entry Level 3	WOR	WOR26S010	Workington Library	Th	17/09/2026	18	09:15	12:15	FREE
Functional Skills Maths Level 1	WHI	WHI26S014	Whitehaven Harbour Youth Project	Th	17/09/2026	18	09:30	12:30	FREE
Functional Skills Maths Level 2	CAR	CAR26S004	Carlisle Library	Th	17/09/2026	18	10:00	13:00	FREE
Functional Skills Maths Level 1	WOR	WOR26S011	Workington Library	Th	17/09/2026	18	12:30	15:30	FREE
Functional Skills Maths Entry Level 3	CAR	CAR26S006	Civic Centre (Carlisle)	Th	07/01/2027	22	13:00	15:30	FREE
Functional Skills Maths Level 1	CAR	CAR26S007	Carlisle Library	M	22/02/2027	18	09:30	12:30	FREE
Functional Skills Maths Level 2	CAR	CAR26S008	Carlisle Library	M	22/02/2027	18	09:30	12:30	FREE
Functional Skills Maths Level 2	WHI	WHI26S016	Millom Hub	Tu	23/02/2027	18	09:30	12:30	FREE
Functional Skills Maths Level 2	WOR	WOR26S012	Workington Library	Tu	23/02/2027	18	18:00	21:00	FREE
Functional Skills Maths Level 1	WHI	WHI26S017	Whitehaven Harbour Youth Project	W	24/02/2027	18	09:30	12:30	FREE
Functional Skills Maths Level 1	WOR	WOR26S013	Workington Library	Th	25/02/2027	18	09:15	12:15	FREE
Functional Skills Maths Level 2	WHI	WHI26S019	Whitehaven Harbour Youth Project	Th	25/02/2027	18	09:30	12:30	FREE
Functional Skills Maths Level 2	CAR	CAR26S009	Carlisle Library	Th	25/02/2027	18	10:00	13:00	FREE
Functional Skills Maths Level 2	WOR	WOR26S014	Workington Library	Th	25/02/2027	18	12:30	15:30	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

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 2	CAR	CAR26S037	Carlisle Library	Tu, Th	08/09/2026	8	10:00	14:00	FREE
ESOL Skills for Life Award in Reading Entry Level 3	CAR	CAR26S038	Tourist Information Centre (Carlisle)	W	09/09/2026	14	09:30	13:30	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 1	CAR	CAR26S039	Tourist Information Centre (Carlisle)	W	09/09/2026	37	13:30	16:30	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 3	CAR	CAR26S040	Carlisle Library	F	11/09/2026	37	09:30	12:30	FREE
ESOL Skills for Life Award in Reading Entry Level 1	CAR	CAR26S041	Carlisle Library	F	11/09/2026	14	13:30	16:30	FREE
ESOL Skills for Life Award in Writing Entry Level 1	WHI	WHI26S042	Whitehaven Library	M	14/09/2026	30	09:15	12:15	FREE
ESOL Skills for Life Award in Reading Entry Level 2	WHI	WHI26S043	Archive Building Whitehaven and Local Studies Centre	M	14/09/2026	20	09:15	12:15	FREE
ESOL Skills for Life Award in Writing Entry Level 2	WOR	WOR26S022	Workington and District Amateur Musical Society (WADAMS)	M	14/09/2026	30	09:30	12:30	FREE
ESOL Skills for Life Award in Writing Entry Level 2	WHI	WHI26S044	Archive Building Whitehaven and Local Studies Centre	M	14/09/2026	30	13:00	16:00	FREE
ESOL Skills for Life Award in Reading Entry Level 3	WHI	WHI26S045	Archive Building Whitehaven and Local Studies Centre	Tu	15/09/2026	20	09:15	12:15	FREE
ESOL Skills for Life Award in Reading Entry Level 1	WHI	WHI26S048	Whitehaven Library	W	16/09/2026	20	09:15	12:15	FREE

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
ESOL Skills for Life Award in Writing Entry Level 1	WOR	WOR26S023	Workington and District Amateur Musical Society (WADAMS)	W	16/09/2026	30	09:30	12:30	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 1	WHI	WHI26S049	Whitehaven Library	Th	17/09/2026	37	09:15	12:15	FREE
ESOL Skills for Life Award in Writing Entry Level 3	WHI	WHI26S050	Whitehaven Harbour Youth Project	Th	17/09/2026	30	09:15	12:15	FREE
ESOL Skills for Life Award in Reading Entry Level 1	WOR	WOR26S024	Workington and District Amateur Musical Society (WADAMS)	Th	17/09/2026	30	10:00	12:00	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 1	CAR	CAR26S042	Civic Centre (Carlisle)	Tu, Th	06/10/2026	15	09:00	12:00	FREE
ESOL Skills for Life Award in Writing Entry Level 2	CAR	CAR26S043	Carlisle Library	Tu, Th	10/11/2026	12	10:00	14:00	FREE
ESOL Skills for Life Award in Writing Level 1	CAR	CAR26S044	Civic Centre (Carlisle)	Th	26/11/2026	25	12:30	15:30	FREE
ESOL Skills for Life Award in Writing Entry Level 3	CAR	CAR26S045	Tourist Information Centre (Carlisle)	W	06/01/2027	24	09:30	12:30	FREE
ESOL Skills for Life Award in Writing Entry Level 1	CAR	CAR26S046	Carlisle Library	F	08/01/2027	23	13:30	16:30	FREE
ESOL Skills for Life Award in Reading Entry Level 2	CAR	CAR26S047	Civic Centre (Carlisle)	Tu, Th	09/02/2027	8	09:00	12:00	FREE
ESOL Skills for Life Award in Speaking and Listening Entry Level 2	CAR	CAR26S048	Carlisle Library	Tu, Th	23/02/2027	15	10:00	14:00	FREE



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

Contact your local centre to find out more information on the ESOL courses we run.

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





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
Essential Digital Skills Level 1	WHI	WHI26S029	Archive Building Whitehaven and Local Studies Centre	M	14/09/2026	15	13:00	16:00	FREE
Basic IT Skills Workshop	WHI	WHI26T001	Archive Building Whitehaven and Local Studies Centre	M	14/09/2026	1	09:15	12:15	FREE
Award in Digital and IT Skills Level 2	WHI	WHI26S030	Whitehaven Library	Tu	15/09/2026	16	09:30	12:30	FREE
Essential Digital Skills Level 1	CAR	CAR26S020	Pennine Way CDC (Carlisle)	Tu	15/09/2026	15	13:30	16:30	FREE
Computers for the Absolute Beginner - An Introduction to IT	CAR	CAR26T001	Pennine Way CDC (Carlisle)	Tu	15/09/2026	8	10:00	12:00	FREE
Essential Digital Skills Entry Level 3	WOR	WOR26S015	Workington Library	W	16/09/2026	16	09:30	12:30	FREE
Basic IT Skills Workshop	CAR	CAR26T002	Carlisle Library	W	16/09/2026	2	09:30	12:30	FREE
Computers for the Absolute Beginner - An Introduction to IT	CAR	CAR26T004	Upperby CDC (Carlisle)	Th	17/09/2026	8	10:00	12:00	FREE
Computers for the Absolute Beginner - An Introduction to IT	WHI	WHI26T002	Whitehaven Library	Th	17/09/2026	8	10:00	12:00	FREE
Excel for Beginners	CAR	CAR26T003	Upperby CDC (Carlisle)	Th	17/09/2026	2	13:00	15:00	FREE
Android Smartphone for Beginners	WOR	WOR26T001	Workington Library	F	18/09/2026	3	13:00	15:00	FREE
Essential Digital Skills Entry Level 3	WHI	WHI26S031	Archive Building Whitehaven and Local Studies Centre	M	21/09/2026	15	09:15	12:15	FREE
Computers for the Absolute Beginner - An Introduction to IT	WOR	WOR26T002	Workington Library	W	23/09/2026	8	13:00	15:00	FREE
Word for Beginners	WOR	WOR26T003	Workington Library	Th	24/09/2026	2	18:00	21:00	FREE
Computers for the Absolute Beginner - An Introduction to IT	WHI	WHI26T003	Millom Hub	Tu	29/09/2026	8	10:00	12:00	FREE
Essential Digital Skills Entry Level 3	CAR	CAR26S021	Carlisle Library	W	30/09/2026	15	09:30	12:30	FREE
Word for Beginners	CAR	CAR26T005	Upperby CDC (Carlisle)	Th	01/10/2026	2	13:00	15:00	FREE
Word for Improvers	WOR	WOR26T004	Workington Library	Th	08/10/2026	2	18:00	21:00	FREE
Android Smartphone for Beginners	CAR	CAR26T006	Carlisle Library	F	09/10/2026	3	10:00	12:00	FREE
Android Smartphone for Improvers	WOR	WOR26T005	Workington Library	F	09/10/2026	3	13:00	15:00	FREE
Award in Digital and IT Skills Level 2	CAR	CAR26S022	Upperby CDC (Carlisle)	Th	15/10/2026	16	13:00	16:00	FREE
Introduction to AI	CAR	CAR26T007	Carlisle Library	F	16/10/2026	2	12:30	15:30	FREE
Excel for Beginners	WOR	WOR26T006	Workington Library	Th	05/11/2026	2	18:00	21:00	FREE
Android Smartphone for Improvers	CAR	CAR26T008	Carlisle Library	F	06/11/2026	3	10:00	12:00	FREE
Introduction to AI	WOR	WOR26T007	Workington Library	F	06/11/2026	3	13:00	15:00	FREE
Beginners Computers	CAR	CAR26T009	Pennine Way CDC (Carlisle)	Tu	17/11/2026	11	10:00	12:00	FREE

Course Title	Centre Code	Course Code	Venue	Day	Start	Wks	From	To	Fee
Beginners Computers	CAR	CAR26T010	Upperby CDC (Carlisle)	Th	19/11/2026	11	10:00	12:00	FREE
Beginners Computers	WHI	WHI26T004	Whitehaven Library	Th	19/11/2026	11	10:00	12:00	FREE
Excel for Improvers	WOR	WOR26T008	Workington Library	Th	19/11/2026	2	18:00	21:00	FREE
Excel for Beginners	WOR	WOR26T009	Workington Library	W	25/11/2026	2	13:00	16:00	FREE
Word Taster	WOR	WOR26T010	Workington Library	F	27/11/2026	1	13:00	16:00	FREE
Beginners Computers	WHI	WHI26T005	Millom Hub	Tu	01/12/2026	11	10:00	12:00	FREE
Word for Beginners	WOR	WOR26T011	Workington Library	F	04/12/2026	3	13:00	15:00	FREE
Excel for Improvers	WOR	WOR26T012	Workington Library	W	09/12/2026	2	13:00	16:00	FREE
Essential Digital Skills Level 1	WOR	WOR26S017	Workington Library	Th	14/01/2027	15	18:00	21:00	FREE
Award in Digital and IT Skills Level 2	WHI	WHI26S032	Archive Building Whitehaven and Local Studies Centre	M	17/01/2027	16	13:00	16:00	FREE
Essential Digital Skills Level 1	WHI	WHI26S033	Archive Building Whitehaven and Local Studies Centre	M	25/01/2027	15	09:15	12:15	FREE
Essential Digital Skills Entry Level 3	WHI	WHI26S034	Whitehaven Library	Tu	04/02/2027	15	09:30	12:30	FREE
Essential Digital Skills Level 1	CAR	CAR26S023	Carlisle Library	W	24/02/2027	15	09:30	12:30	FREE
Essential Digital Skills Level 1	WOR	WOR26S018	Workington Library	W	24/02/2027	16	09:30	12:30	FREE
Essential Digital Skills Entry Level 3	CAR	CAR26S025	Pennine Way CDC (Carlisle)	Tu	09/03/2027	15	09:30	12:30	FREE
Award in Digital and IT Skills Level 2	CAR	CAR26S024	Pennine Way CDC (Carlisle)	Tu	09/03/2027	15	13:30	16:30	FREE
Essential Digital Skills Entry Level 3	CAR	CAR26S026	Upperby CDC (Carlisle)	Th	11/03/2027	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 Understanding Employment, Business and Enterprise Level 1	CAR	CAR26S049	Civic Centre (Carlisle)	W	16/09/2026	8	13:00	15:30	FREE
Supporting Over 50s into Employment Age for Positive Change 50+	WHI	WHI26T052	Archive Building Whitehaven and Local Studies Centre	Tu	01/12/2026	3	13:00	16:00	FREE



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

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



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
Beginners Art: Trash to Treasure Creations	CAR	CAR26T044	Upperby CDC (Carlisle)	Th	17/09/2026	12	18:30	20:30	FREE
Upcycling to Create a Christmas Wreath	WOR	WOR26T025	Workington Library	Tu	08/12/2026	1	18:00	20:30	FREE
Upcycling to Create a Christmas Wreath	WOR	WOR26T026	To Be Confirmed (Workington)*	W	09/12/2026	1	13:00	15:30	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

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 Mental Health and Wellbeing Level 2	WHI	WHI26S021	Archive Building Whitehaven and Local Studies Centre	Tu	15/09/2026	10	13:00	16:00	FREE
Award in Mental Health and Wellbeing Level 1	WHI	WHI26S022	Millom Hub	Tu	29/09/2026	4	13:00	15:30	FREE
Award in Healthy Living Level 1	CAR	CAR26S027	Civic Centre (Carlisle)	F	09/10/2026	8	09:30	12:00	FREE
Award in Mental Health and Wellbeing Level 2	WHI	WHI26S023	Millom Hub	Tu	03/11/2026	12	13:00	15:30	FREE
Award Importance of Resilience and Grit Level 1	CAR	CAR26S029	Civic Centre (Carlisle)	W	04/11/2026	7	09:30	12:00	FREE

Our learner who recently completed their Health and Wellbeing course said: *"Really enjoyed the course well worth it. I can't wait to start the Level 2 course. A big thank you to Adult Learning. Having done work in mental health in the past helping and talking with people the course was great for myself gaining a greater understanding of mental health, so better advice can be given to people that need the help."*

MENTAL

HEALTH



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 norėtumėte 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