

Adult Learning

PENRITH ADULT LEARNING AUTUMN 2026

Employability and Health & Wellbeing Courses

COURSE TITLE	DATE	DAY	WKS	TIMES	FEE	VENUE
Preparing for Employment	08/09/2026 to 6/10/2026	Tuesday	5	09:15 to 11:45	FREE	Eden Rural Foyer
Building Confidence and Self Esteem with Positive Thinking	08/09/2026 to 20/10/2026	Tuesday	7	12:30 to 14:30	FREE	Eden Rural Foyer
Introducing Mindfulness	10/09/2026	Thursday	1	18:30 to 20:30	FREE	Online
Introducing Mindfulness	15/09/2026	Tuesday	1	10:00 to 12:00	FREE	Online
Introducing Mindfulness	23/9/2026	Wednesday	1	13:00 to 15:00	FREE	Online
Seeking Employment	13/10/2026 to 17/11/2026	Tuesday	5	09:15 to 11:45	FREE	Eden Rural Foyer
Award in the Importance of Resilience and Grit Level 1	03/11/2026 to 15/12/2026	Tuesday	7	12:00 to 15:00	FREE	Eden Rural Foyer
Award in Safeguarding for Work, Education and Life Level 1	24/11/2026 to 09/02/2027	Tuesday	9	09:30 to 11:45	FREE	Eden Rural Foyer

To find out more please contact:

Penrith Adult Learning

Tel: 07468 709606 or

Email: penrithadultlearning@westmorlandandfurness.gov.uk

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adultlearningcumbria.org



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