

Learning for Life, Work and Wellbeing



Congratulations on completing your course. As well as personal enjoyment, learning provides stepping stones to further achievement. Now may be a good time to think about your future learning and career choices. We have put together some information here which may be helpful.

Now that you have completed your Learning for Work course

You will have developed skills to help get into work and increased wellbeing and confidence. You may have learnt with groups and organisations at local centres or community organisations. You will have gained new skills and confidence. By the end of a course, you may have achieved a certificate relevant to work or further learning.

Further Learning with Adult Learning Service and beyond

We do hope that your course has inspired you. For more information about opportunities for further learning please read this guide, ask your course tutor or visit; www.northamptonshire.gov.uk/adultlearning

Northamptonshire Adult Learning are proud to be rated a good provider by OFSTED (November 2016). In providing high quality education for adult learners, we aim to meet the needs of local communities and individuals to encourage lifelong learning.

Further Opportunities with Adult Learning - Learning for Life

These courses are run at local schools, children's centres, community centres, libraries and other local venues. As a parent and carer, you will learn with your children as a family, or to further develop own skills to support your children at school. Taking a course with us will build your confidence, skills and interest to go on learning. It will enable you as a family to learn with and from each other. You will gain a greater understanding of family relationships with increased confidence to help your children learn and to have more contact with the education system. From a family English, maths or language course, you may choose to progress onto nationally recognised qualifications in English and Maths.

Further Opportunities with Adult Learning - Learning for Wellbeing

Courses aimed at improving your wellbeing. These will give you an opportunity to have some 'time out' and learn something new with like-minded people in your community. When you are ready, you can think about moving on to other courses. Through your course you may have been inspired to explore further learning or professional development opportunities.

Adult Learning Service - Information, Advice and Guidance

While you are on your course you will have received information about what you could do next. Our partnership with the National Careers Service provides you with free advice and guidance in order to support you to take your next steps in learning and work. National Careers Service can help you;

- Assess your skills
- Look for qualifications and training opportunities
- Explore your career ideas
- Develop your CV
- Improve your interview and presentation skills
- Understand the local job market

For more information about how to access Information, Advice and Guidance, visit;

www.northamptonshire.gov.uk/adultlearning

Or contact;

Email communitylearning@firstforwellbeing.co.uk Telephone: 01604 367119

Further opportunities for learning and career development

Further and Higher Education

Moulton College www.moulton.ac.uk 01604 491131

Northampton College www.northamptoncollege.ac.uk 01604 734567

Tresham College www.tresham.ac.uk 0845 658 8990

The University of Northampton <http://www.northampton.ac.uk/> 0300 303 2772

Knuston Hall Residential College www.knustonhall.org.uk/ 01604 362 200

The University of The Third Age <http://www.u3a.org.uk/> 01604 890993

The Open University www.open.ac.uk/ 0300 303 5303

Kettering Borough Training <http://www.kettering.gov.uk/KBT/> 01536 535900 *Study Programme and Apprenticeships supporting development of local businesses and young people*

Online Learning

BBC Webwise - <http://www.bbc.co.uk/webwise/0/>

Everyday finance and maths <http://learningmathsonline.ac.uk/wp/>

Free on-line courses from a range of universities <https://www.futurelearn.com/courses>

BBC Learning online courses <http://www.bbc.co.uk/learning/onlinecourses/>

Aspire Northamptonshire <http://www.aspirenorthants.co.uk/>

Massive Open Online Courses (MOOCs) <http://mooc.org>

Free online courses from top universities worldwide www.edx.org

IT <https://digital.wings.uk.barclays/>

Local Community Learning

South Northants Homes <http://www.southnorthantshomes.co.uk/> 08454 606888

Northamptonshire Partnership Homes <http://www.northamptonpartnershiphomes.org.uk/> 0300 330 7003

Northampton Jesus Centre offers friendship and help to all regardless of their faith, also offer skills classes
<http://jesuscentre.org.uk/northampton-jesus-centre> Email: info@northamptonjesuscentre.org.uk
Phone: 0845 166 8202

Kettering Community Unit <http://www.kcultd.org.uk/> 01536 481989

Talent Match. Supporting Young People aged 18 to 24 into employment <http://www.talentmatchnorthants.org/>
Wellingborough (01933) 275924 and Kettering (01536) 526453

EADS Northampton. The Employment and Disability Service work to help people living with a disability or problems with their mental health to enter into the work place for the first time, or after a break
<https://www.olympuscareservices.co.uk/services/employment-disability-service-eads/>

Business Support Business & IP Centre Northamptonshire delivers a range of supporting activities aimed at anyone considering self-employment, starting a new business or requiring business advice
<https://www3.northamptonshire.gov.uk/councilservices/library-service/business-and-ip-centre/Pages/default.aspx>

Free British Library industry and IP guides for understanding intellectual property (IP) and for researching key industries. These guides highlight useful databases, publications and websites. <https://www.bl.uk/business-and-ip-centre/industry-guides>

Apprenticeship information <https://www.gov.uk/apply-apprenticeship> Apprenticeship helpline
nationalhelpdesk@apprenticeships.gov.uk Telephone: 0800 015 0400 8am to 10pm, 7 days a week

Volunteering information Nene Valley Community Action <http://www.nvca.org.uk/> 01933 396382/01933 313526

Northamptonshire Get Involved Hub

<http://www.northamptonshire.gov.uk/en/councilservices/jobs/volunteering/pages/default.aspx>

Or do-it www.do-it.org.uk to search the online database of positions