



# KIRKLEES SUCCESS CENTRE

## FREE ADULT LEARNING COURSES STARTING JANUARY 2023



Interested in volunteering in schools? Or would you like to take a course to increase your skills? Please see our new timetable below.

<b>Reading Friends Training</b> FL2223017	<p>Would you like to share your love of reading with children in Kirklees schools and help to increase their reading ability? Our course will give you the skills and knowledge to volunteer in local schools. Volunteers wanted in schools across Kirklees.</p> <p>Please email to register your interest and we will let you know where more courses will be this term across Huddersfield and Dewsbury/Batley.</p>	<b>Courses starting soon across schools in Kirklees including Shelley College</b> - Thursday 12 <sup>th</sup> January and 19 <sup>th</sup> January
<b>Social Conversations</b> FL2223030	<p>For learners with low level spoken/conversational English to build confidence and practice their English speaking skills to help them with everyday situations. Our friendly tutor will give lots of practice in a fun and informal environment.</p>	<b>Starts at Boothroyd Primary Academy</b> - Wednesday 18 <sup>th</sup> January 9.30-11.15am
<b>How Schools Work</b> FL2223034	<p>This course is ideal for anyone who is interested in volunteering or working in a school setting. It covers different aspects of education including: the role of a school, the national curriculum, what to consider when working in a school, behaviour management in schools and how additional learning needs are met.</p>	<b>Course starting at Millbridge Primary School soon</b> - email us to register your interest
<b>Knitting for Wellbeing</b> FL2223024	<p>Did you know knitting is good for your mental health and wellbeing? From beginners to improvers, join our friendly class where you can learn the basics or more advanced techniques. Everyone welcome, materials provided.</p>	<b>Starts at Heckmondwike Primary school</b> - Thursday 12 <sup>th</sup> January 1-3.15pm



<p><b>Focussing on Phonics</b> FL2223031</p>	<p>Phonics can be baffling if we haven't learnt to read this way. This course will enable learners to understand how and why phonics is taught in school and develop strategies to support children at home and in school. Ideal for parents or for anyone thinking of working or volunteering in a school.</p>	<p><b>4 week course starting at Carlton J&amp;I School, Batley</b> - Tuesday 24<sup>th</sup> January 9-12pm</p>
<p><b>Steps to Success</b> FL2223005</p>	<p>Need help to increase your confidence, self-esteem or motivation? Join our friendly tutor on this popular course to look at the way we think, explore our comfort zones and to feel more able to cope with the issues and barriers in our lives.</p>	<p><b>Starts at the Recovery College in Mirfield</b> - Wednesday 1<sup>st</sup> February 1 – 3.30pm</p>
<p><b>Weight Off Your Mind workshop</b> FL2223025</p>	<p>Would you like to have more control over your eating? We will look at situations where we might give in to our cravings and why we turn to food. Join us on this free 2 hour workshop that will give you lots of strategies you can use to have a positive mindset around food and make healthier eating choices.</p>	<p><b>Online course</b> - Tuesday 17<sup>th</sup> January 6.30 – 8.30pm</p>

Email: [Success.centres@kirklees.gov.uk](mailto:Success.centres@kirklees.gov.uk)

Phone: 01484 234153

# COURSES DELIVERED BY KIRKLEES SUCCESS CENTRE IN PARTNERSHIP WITH THE RECOVERY COLLEGE

ENROL BY VISITING THE RECOVERY COLLEGE WEBSITE

<https://www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/>



<p><b>Dare to Dream</b> FL2223014</p>	<p>Would you love to change career? Start a new business? Go back to study? Or dream of doing something that feels out of reach with too many obstacles in the way? Then join our tutor who can help you make a plan to make it achievable.</p>	<p><b>Course starting at the Recovery College</b> - Friday 24<sup>th</sup> April 10-1pm</p>
<p><b>Peer Mentoring for Health and Wellbeing</b> FL2223015</p>	<p>This 5 week practical course aims to provide you with the skills, knowledge and confidence to be an effective mentor. It will cover: • What a mentor is and does • Essential skills • Important policies and procedures • Goal and objective setting</p>	<p><b>Starts at the Recovery College in Mirfield</b> - Friday 13<sup>th</sup> January 10-1pm</p>
<p><b>Write Time for Wellbeing</b> FL2223012</p>	<p>Suitable for anyone, no experience needed. Take some time out for you and learn activities you can do anytime which can help when you are feeling stressed and overwhelmed.</p>	<p><b>Starts at Community Links (CLEAR) in Huddersfield Town Centre</b> - Monday 16<sup>th</sup> January 2023 10-1pm</p>
<p><b>Knitting for Wellbeing</b> FL2223033</p>	<p>Did you know knitting is good for your mental health and wellbeing? From beginners to improvers, join our friendly class where you can learn the basics or more advanced techniques. Everyone welcome, materials provided.</p>	<p><b>Starts at the Recovery College in Mirfield</b> - Wednesday 15<sup>th</sup> March 10.30am – 12.30pm</p>

# MATHS COURSES

Maths skills are essential in everyday life and at work. Our free courses are informal and are a great starting point if you are considering further education and you don't have any formal qualifications. Our courses can also support you to be more in control of your household finances or to help your children with their homework. Want to do a maths course but unsure which course is right for you? Get in touch today for an informal chat.

email: [success.centres@kirklees.gov.uk](mailto:success.centres@kirklees.gov.uk) or phone 01484234153

<p><b>Your Maths, Their Maths, Our Maths</b> FLMPY2223010</p>	<p>Do you struggle to help your children with their maths homework? Wish you could refresh your maths knowledge and understand the teaching methods used in school currently? Join us on this 5 week course to learn at your own pace and bring your primary school maths knowledge up to date, no prior maths knowledge needed.</p>	<p><b>Online</b> - Starts Wednesday 11<sup>th</sup> January 6.30 – 8.30pm</p> <p>Daytime course also coming soon, register your interest by emailing <a href="mailto:success.centres@kirklees.gov.uk">success.centres@kirklees.gov.uk</a></p>
<p><b>Everyday Maths</b> DEWSBURY - FLMPY2223008 HUDDS - FLMPY2223007</p>	<p>This 6 week course will help you to build confidence in everyday maths and finance, as you start to understand more about how to budget and understand saving and borrowing. It will teach basic maths skills including working with fractions and percentages, ratio and proportion that you may use in every day situations</p>	<p><b>Dewsbury Library</b> - Starts Thursday 12<sup>th</sup> January 10.00 – 12.00</p> <p><b>Kirklees Success Centre Classroom, John Smith Stadium, Huddersfield</b> - Starts Wednesday 18.1.23 10.30 – 12.30</p>
<p><b>Maths Mates</b> FL2223032</p>	<p>This 4 week course prepares volunteers who would like to support primary aged pupils in the classroom with their enjoyment and progress in maths.</p>	<p><b>Westmoor Primary School</b> - Starts Tuesday 17<sup>th</sup> January 9-11.30am</p>



Courses delivered by our team of friendly tutors from Kirklees Success Centre. We provide free adult learning courses for any Kirklees resident aged 19+ at community venues, schools, online and from our classroom at the John Smith Stadium in Huddersfield.

For more information about any of our courses, please email [success.centres@kirklees.gov.uk](mailto:success.centres@kirklees.gov.uk) or phone 01484 234153 or scan the QR code to enrol on a course and you will be sent a welcome pack from our team.

For courses at the Recovery College, please telephone 07717 867911