

Adult Course Guide

SPRING 2026

Creative Industries/Health & Wellbeing

Digital Skills

Education and Training/Employability

English, Maths & ESOL

Family Learning

Learn Locally, Grow Globally — Join Our Learning Community!



Unlock your Potential with Sefton Community Learning Service!

We are proud to be funded by the Liverpool City Region Combined Authority (LCRCA) to deliver exciting learning opportunities for adults aged 19+ across the region.

Whether you are looking to boost your skills, build confidence, or take the next step in your journey — we've got something for you!

Why Learn with Us?

Inspiring Courses

Explore a wide range of engaging courses designed to help you grow, thrive, and succeed.



Expert Tutors Who Care

Our passionate, qualified tutors bring energy and expertise to every session. They are here to support you every step of the way.



Tailored Support

Need a little extra help? We offer personalised support, resources, and reasonable adjustments for learners with disabilities or additional needs.



We will offer you confidential and impartial Matrix accredited information, advice and guidance (IAG) throughout your learning journey. This includes:

- Impartial advice to identify the right course for you and setting of suitable learning targets
- Advice and support to overcome barriers to learning
- Impartial information, advice and guidance (IAG) about progression opportunities. This includes information of further learning opportunities within our Service or with other learning

providers, or to move onto paid employment or volunteering

- Details of organisations that can provide you with specialist impartial IAG

Financial Help Available



You might be eligible for help with transport and stationery costs if you are:

- Aged 19 or over
- Studying a Level 3 qualification or below
- Experiencing financial hardship (proof of low income may be required)

Just ask your tutor at the start of your course for details!

Our Learning Centre



Step into a modern, welcoming space equipped with:

- Free internet stations and adjustable tables
- Accessible facilities
- An Immersive Interactive room to enhance your learning experience

Spring 2026 Course Fees – Learn More for Less!

GREAT NEWS - many of our courses are completely FREE!

Your first course comes with a small fee of just £10, and if you are ready to keep learning, additional or intermediate-level courses are only £37.50 (unless stated otherwise).

Please note: Returning learners can't re-enrol on courses they have already completed - but there are plenty of new options to try!

Explore Our Courses

ESOL, English & Maths

Build essential skills for everyday life and work.

Courses available from Entry Level to Level 2 - perfect for all learners!

Creative Industries, Health & Wellbeing

Short, inspiring courses to help you:

- Learn something new
- Boost your confidence
- Improve your wellbeing

These are great stepping stones to further learning and qualifications.

Digital Skills

Get confident with technology!

Learn how to use digital tools for life, work, and more - and prepare to progress to a recognised qualification. Free Microsoft Office 365 available on selected courses.

Education & Training

Ready to take your career to the next level?

These courses help you develop the skills employers are looking for, improve your job prospects, and even prepare you for promotion.

Some courses have entry requirements - our friendly Admin. Team is happy to help with any questions.

Family Learning

Fun and practical courses for parents, grandparents, guardians, and carers.

Learn independently or alongside your children (WFL) to support their physical, social, literacy and numeracy development.

Important Info

We have worked hard to make sure this course listing is accurate and up to date.

However, Sefton Community Learning Service reserves the right to revise, change, postpone, or cancel courses if needed.

Course Guide

Spring 2026



Sefton Community
Learning Service
Sefton Council

Creative Industries/Health & Wellbeing



Course Title	Start Date	Weeks	Day	Time(s)	Cost
Strum & Sound - Your First Steps with Guitar	05/01/2026	5	Mon	10:00am - 12:00pm	£10.00
To Be or Not to Be - A First Look at Philosophy	05/01/2026	5	Mon	10:00am - 12:00pm	£10.00
Seasonal Card & Paper Craft - Spring Project	05/01/2026	5	Mon	1:00pm - 3:00pm	£10.00
Knitting Traditions: A Beginners Guide to Heritage Yarn Crafts & Entry 3 Progression Award	05/01/2026	10	Mon	12:30pm - 2:30pm	£10.00
Heritage Threads: Exploring Blackwork Embroidery	05/01/2026	10	Mon	6:00pm - 8:00pm	£10.00
Uke & You: A Beginner's Guide to Ukulele	05/01/2026	5	Mon	6:00pm - 8:00pm	£10.00
Beyond the Basics: Spanish for Everyday Conversations	05/01/2026	5	Mon	6:00pm - 8:00pm	£37.50
Introduction to Printmaking & Entry 3 Progression Award	06/01/2026	10	Tue	10:00am - 12:00pm	£10.00
Butterflies and Beyond - Pastel Art for Beginners	06/01/2026	5	Tue	10:00am - 12:00pm	£10.00
Cooking with Culture: Mexican Dishes & Level 2 Food Safety Training	06/01/2026	10	Tue	10:00am - 12:00pm	£10.00
Liverpool Art & Architecture & Entry 3 Award in Local History	06/01/2026	10	Tue	1:00pm - 3:00pm	£10.00
From Fabric to Function - Introduction to Bag Making	07/01/2026	5	Wed	10:00am - 12:00pm	£10.00
Flavour Meets Level 2 Food Safety: A Beginner's Guide to Indian Cooking	07/01/2026	10	Wed	10:00am - 12:00pm	£10.00
Art in Action: Discovering Acrylics for Beginners	07/01/2026	5	Wed	12:30pm - 2:30pm	£10.00

Creative Industries/Health & Wellbeing



Course Title	Start Date	Weeks	Day	Time(s)	Cost
Threads of Tradition: Japanese - Inspired Stitching for Beginners	07/01/2026	5	Wed	1:00pm - 3:00pm	£10.00
Art in Action: Drawing for Beginners	09/01/2026	5	Fri	10:00am - 12:00pm	£10.00
British Folklore Uncovered: A Beginner's Guide for Curious Minds	09/01/2026	5	Fri	10:00am - 12:00pm	£10.00
Piece by Piece: An Introduction to Patchwork and Quilting	09/01/2026	5	Fri	10:00am - 12:00pm	£10.00
The Georgian Kings: Britain Under the House of Hanover	09/01/2026	5	Fri	12:30pm - 2:30pm	£10.00
Thread & Pedal: Your First Steps with a Sewing Machine for Beginners	09/01/2026	5	Fri	1:00pm - 3:00pm	£10.00
Grow Green: Upcycled Herb Garden Projects	15/01/2026	5	Thu	10:00am - 12:00pm	£10.00
Letters in Motions: Calligraphy made Easy	23/02/2026	5	Mon	10:00am - 12:00pm	£10.00
Mindful Meditations: Finding Peace in the Present	23/02/2026	5	Mon	10:00am - 12:00pm	FREE
Uke & You: A Beginner's Guide to Ukulele	23/02/2026	5	Mon	1:00pm - 3:00pm	£10.00
Strum & Sound - Your First Steps with Guitar	23/02/2026	5	Mon	6:00pm - 8:00pm	£10.00
Craft & Pastel Inspired by William Morris	24/02/2026	5	Tue	10:00am - 12:00pm	£10.00
First Strokes: Exploring Watercolours for Beginners	25/02/2026	5	Wed	12:30pm - 2:30pm	£10.00
Mindful Making: Quilling and Paper Crafts for Beginners	26/02/2026	5	Thu	10:00am - 12:00pm	FREE
Knots & Creativity: Macramé for Beginners	26/02/2026	5	Thu	12:30pm - 2:30pm	£10.00
Art in Action: Drawing for Beginners	27/02/2026	5	Fri	10:00am - 12:00pm	£10.00
Unlocking the Past: A Practical Guide to Family History	27/02/2026	5	Fri	10:00am - 12:00pm	£10.00
Hand Sewing Made Simple: A Beginner's Guide for Adults	27/02/2026	5	Fri	10:00am - 12:00pm	£10.00

Creative Industries/Health & Wellbeing



Course Title	Start Date	Weeks	Day	Time(s)	Cost
The Stuarts: Regal Grandeur or Royal Chaos?	27/02/2026	5	Fri	12:30pm - 2:30pm	£10.00
From Paper to Fabric: Tunic Pattern Making for Adults	27/02/2026	5	Fri	1:00pm - 3:00pm	£10.00



"I have really enjoyed the course. Mel is a great teacher and has pushed everyone to achieve more and has great enthusiasm for drawing."

Catherine Delve from Drawing for Beginners

These courses
are a great
stepping stone
to accredited
qualifications!
See pages 8
and 9

Digital Skills



During the first session of the Digital Functional Skills and Digital Award in Progression courses, you will complete a short initial assessment to ensure you are enrolled at the correct course level.

Course Title	Start Date	Weeks	Day	Time(s)	Cost
Entry 3 Computer Basics & Power Point Projects	06/01/2026	10	Tue	10:00am - 12:00pm	FREE
Office Skills Made Simple: Microsoft Office for Beginners	06/01/2026	5	Tue	1:00pm - 3:00pm	FREE
Get Digital! Essential Digital Skills for Life, Work & Beyond (DFSQ Entry 3)	07/01/2026	10	Wed	10:00am - 2:00pm	FREE
Digital Photography Through the Seasons - Winter	08/01/2026	5	Thu	10:00am - 12:00pm	FREE
Digital Organisation: Learn to Manage Files & Folders with Confidence	08/01/2026	5	Thu	10:00am - 12:00pm	FREE
Picture Perfect: Easy Photo Editing for Beginners	08/01/2026	5	Thu	1:00pm - 3:00pm	FREE

Digital Skills



Course Title	Start Date	Weeks	Day	Time(s)	Cost
Getting Started with Spreadsheets: Essential Skills for Everyday Use	08/01/2026	5	Thu	1:00pm - 3:00pm	FREE
Digital Confidence: Computers for Complete Beginners	09/01/2026	5	Fri	10:00am - 12:00pm	FREE
Microsoft Word Made Easy: A Beginner's Journey	09/01/2026	5	Fri	1:00pm - 3:00pm	FREE
Microsoft Office: Next Steps for Confident Users	24/02/2026	5	Tue	1:00pm - 3:00pm	FREE
Getting Started with Windows 11: A Beginner's Guide	26/02/2026	5	Thu	10:00am - 12:00pm	FREE
Digital Photography Through the Seasons - Spring	26/02/2026	5	Thu	10:00am - 12:00pm	FREE
Beyond the Basics: Practical Spreadsheet Skills for Work & Life	26/02/2026	5	Thu	1:00pm - 3:00pm	FREE
Photo Editing: Next Steps for Confident Creators	26/02/2026	5	Thu	1:00pm - 3:00pm	FREE
Internet & Email Essentials: A Beginner's Guide	27/02/2026	5	Fri	10:00am - 12:00pm	FREE
Digital Marketplace Skills: Buy and Sell Online with Confidence	27/02/2026	5	Fri	1:00pm - 3:00pm	FREE



“I have really enjoyed this course. I have gained so much knowledge. Maureen is a fantastic teacher, very patient & competent. On completion of this course, I progressed onto the accredited IT course and have managed to gain employment. I would recommend these courses to anyone who would like to gain confidence and/or progress in their careers.”

Julie Bell from Microsoft Next Steps



Education and Training/Employability



Course Title	Start Date	Weeks	Day	Time(s)	Cost
Level 1 Award in an Introduction to Early Years Setting	05/01/2026	12	Mon	10:00am - 2:30pm	FREE
Level 1 Award in Health & Safety and Level 1 Safeguarding	05/01/2026	10	Mon	6:00pm - 8:00pm	FREE
Level 1 Award in Working in Adult Social Care	07/01/2026	10	Wed	10:00am - 1:00pm	FREE
Level 1 Award in Introduction to Forest School & Level 1 Safeguarding	07/01/2026	10	Wed	10:00am - 1:00pm	FREE
Level 1 Award Customer Service	08/01/2026	10	Thu	10:00am - 12:00pm	FREE
Level 1 Award in Preparing to Work in Schools	08/01/2026	10	Thu	10:00am - 2:30pm	FREE
Understanding Employment, Business and Enterprise - SOQ Award	09/01/2026	5	Fri	10:00am - 12:00pm	FREE
Understanding Safeguarding for Work, Education and Life - SOQ Award	09/01/2026	5	Fri	10:00am - 1:00pm	FREE
Level 2 Award in Food Safety	09/01/2026	5	Fri	10:00am - 1:00pm	FREE
Recycle, Reuse & Level 1 Award in Preventing Plastic Pollution	15/01/2026	6	Thu	12:30pm - 2:30pm	FREE
Level 1 Award in Environmental Sustainability	16/01/2026	5	Fri	12:00pm - 2:30pm	FREE
Level 2 Award in Support Work in Schools and Colleges	03/02/2026	18	Tue	10:00am - 2:00pm	FREE
Level 3 Award in Education & Training	04/02/2026	18	Wed	10:00am - 2:30pm	FREE



“My learning journey with Sefton Community Learning Service has given me the support and confidence to pursue a career that I had not even considered a possibility and has opened the door to more exciting opportunities.” Scan the QR code to hear what Laura had to say about her learning experience.”



English, Maths & ESOL



Introductory and Functional Skills English, maths, and ESOL courses are available on various days and times. An Initial Assessment is required prior to attending a course. To book an appointment contact 0151 934 4546.

Course Title	Start Date	Weeks	Day	Time(s)	Cost
Introduction to Creative Writing	06/01/2026	6	Tue	1:00pm - 3:00pm	FREE
Level 1 Award in Managing Personal Finance (based in Sefton@Work Southport)	12/01/2026	4	Mon	10:00am - 2:00pm	FREE
Develop and use Metric Units of Measure	13/01/2026	3	Tue	12:00pm - 3:00pm	FREE
Introduction to Functional Skills English Level 2 (Assessment required)	14/01/2026	5	Wed	9:30am - 2:30pm	FREE
Introduction to Functional Skills Maths Level 2 (Assessment required)	15/01/2026	5	Thu	9:30am - 2:00pm	FREE
Pre-Access to Higher Education Level 2 Certificate	19/01/2026	20	Fri	9:30am - 12:30pm	FREE
Using Graphs, Charts and Tables for Work and Life	03/02/2026	3	Tue	12:00pm - 3:00pm	FREE
Level 1 Award in Managing Personal Finance (based in Sefton@Work Southport)	23/02/2026	4	Mon	10:00am - 2:30pm	FREE
Creative Writing for Mental Health	24/02/2026	5	Tue	12:30pm - 3:00pm	FREE



"I initially joined Maths and English courses to refresh my skills, get out of the house, and meet new people. Through these experiences, my confidence began to grow. I discovered a passion for candles and aromatherapy, which led me to join a dedicated course in that area. Attending these courses not only helped me build new friendships but also empowered me to support others in their sessions and learning. I now feel more confident and capable, both socially and academically."

Holly Bennett 2024-2025



Family Learning



FL - Aimed at parents/carers, to develop their personal skills and to enable them to support children with their development. WFL courses: Aimed to encourage adults and children (age 4-13), to learn together.

Course Title	Start Date	Weeks	Day	Time(s)	Cost
FL - Fake-Away Meals for the Family	06/01/2026	5	Tue	1:00pm - 3:00pm	FREE
WFL Peep - Books and Beyond Toddler to Pre-School Early Literacy Development	12/01/2026	5	Mon	10:00am - 11:30am	FREE
WFL - Explore Sefton Coast Wildlife Through Art and Crafts	13/01/2026	5	Tue	3:45pm - 5:15pm	FREE
FL - Trash to Treasure Craft Ideas to Support Child Development	14/01/2026	5	Wed	10:00am - 12:30pm	FREE
FL - Level 1 Award Using Craft Activities with Children and Young People	14/01/2026	5	Wed	10:00am - 12:30pm	FREE
FL - Entry 3 Award Support Children in Family Learning	20/01/2026	6	Tue	9:30am - 12:00pm	FREE
WFL - Valentine Cup Cakes	10/02/2026	1	Tue	3:30pm - 5:00pm	FREE
WFL - Half Term Crafts	17/02/2026	1	Tue	10:00am - 12:00pm	FREE
WFL - Making Spring Wreaths	18/02/2026	1	Wed	10:00am - 12:00pm	FREE
WFL - Growing Herbs and Flowers	18/02/2026	1	Wed	1:00pm - 3:00pm	FREE
WFL Peep - Food for Life (Age 6 months - 4 years)	23/02/2026	5	Mon	10:00am - 11:30am	FREE
FL - Cook Healthy Meals for Your Family	24/02/2026	5	Tue	1:00pm - 3:00pm	FREE
WFL - Decorating Garden Pots and Jars	24/02/2026	5	Tue	3:45pm - 5:15pm	FREE
FL - Level 1 Award Supporting Learning at Home Through Play	27/02/2026	5	Fri	9:30am - 12:00pm	FREE
WFL - Story Time (Age 6 months - 4 years)	04/03/2026	5	Wed	10:00am - 11:30am	FREE
WFL - Story Time (Age 6 months - 4 years)	04/03/2026	5	Wed	12.45pm - 2:15pm	FREE
WFL - Half Term Paper Crafts	20/03/2026	1	Fri	10:00am - 12:00pm	FREE

Family Learning



Course Title	Start Date	Weeks	Day	Time(s)	Cost
WFL - Easter Crafts	31/03/2026	1	Tue	10:00am - 12:00pm	FREE
WFL - Easter Crafts	31/03/2026	1	Tue	1:00pm - 3:00pm	FREE
WFL - Easter Paper Crafts	01/04/2026	1	Wed	10:00am - 12:00pm	FREE
WFL - Easter Baking	01/04/2026	1	Wed	1:00pm - 3:00pm	FREE
WFL - Easter Crafts Flower & Nature Print Painting	10/04/2026	1	Fri	10:00am - 12:00pm	FREE

“The learning experience for adults and our children is like no other. They do not learn the skills at school. This course is fantastic for learning these practical skills.”

Making Christmas Treats (WFL) - Learner Comment

“This course has given me more confidence and skills to help my grandson with his school learning.”

Improve Literacy Skills to Support Child - Learner Comment

These courses are a great stepping stone to accredited qualifications! See pages 8 and 9

Join us and build the career you deserve!

We have sessional tutor vacancies available with interviews held throughout the year

SCAN HERE



We are a Children's University Learning Destination for Family Learning Programmes.



**Don't miss out.
Come along
to one of our
enrolment days...**

2nd Dec

10:00am - 4:00pm

6th Dec

10:00am - 2:00pm

READY TO JOIN? HERE'S HOW...

Enrol by phone: 0151 934 4546
Monday to Thursday 9:00 - 16:30
Friday 9:00 - 15:30

Enrol in Person:
Monday to Thursday 9:00 - 16:30
Friday 9:00 - 15:30

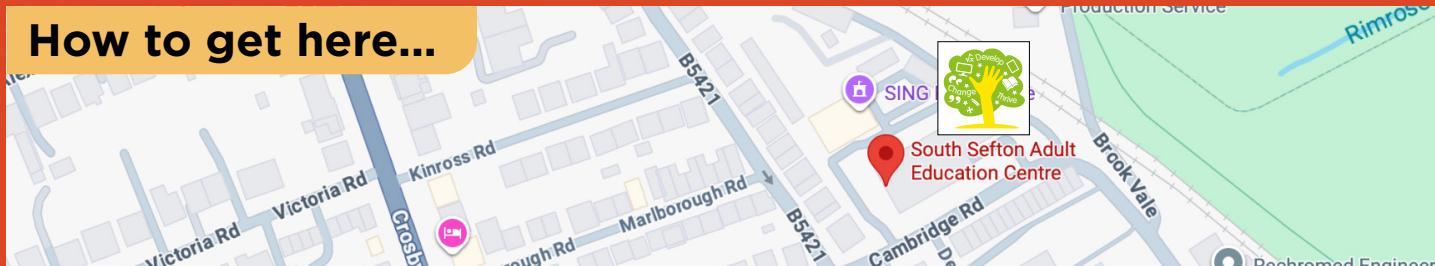
**Before you start your course, you
will need to attend 53 Cambridge
Road, L21 1EZ to complete an**

**enrolment form 7 days prior to class
start date and provide:**

- Details of previously achieved qualifications (if applicable)
- Proof of address i.e. Driving License or recent utility bill
- If you are entitled to fee remission, proof of benefit or income
- Course Fee, to be paid at enrolment

Classes fill up quickly. Don't miss out, enrol today!

How to get here...



Sefton Community Learning Centre, 53 Cambridge Road, Seaforth L21 1EZ

Local Bus - Number 53 bus stops outside and opposite the centre **Car parking** - Free car park for the use of visitors to the centre