

Community *based* 

Adult Learning

Opportunities

In

Glenrothes

*Fife Council and Fife College working in Partnership*

May 2024

## Course Information

### Step In

Delivered in partnership with Fife College, Step In is a practical short course with a range of taster activities to help develop skills and confidence in a supportive and stress-free environment. This course offers the support you might need to get the job you want or the college course that is right for you.

### Skill Up

Delivered in partnership with Fife College, this course will allow you to develop skills, confidence & gain qualifications to help you progress into employment, volunteering or further college courses. The course covers employability skills, communication, numeracy & ICT.

### First Aid Courses

We offer practical certificated First Aid Courses including Emergency First Aid and Paediatric First Aid.

### Scotland's Mental Health First Aid

This 12-hour course will run over 4 sessions and covers the signs and symptoms of common mental health problems, information about the range of possible treatments and ways to access professional help and support. All participants will receive a certificate of attendance and a copy of the SMHFA manual which covers all of the course content.

### Food Hygiene

This course is primarily aimed at adults who are volunteering in a food service and delivery environment. It can also be useful for those wishing to return to work or learning in a food related setting. It is a certificated programme and all learners who complete the course will achieve the REHIS Elementary Food Hygiene qualification.

### 7 Habits of Highly Successful Families

This is an 8-week programme that supports families and allows parents to regain confidence and raise self-esteem in relation to their own family situation. The programme focus is on effective relationships.

### 7 Habits of Highly Effective People

This is an 8-week programme that supports individuals and allows participants to regain confidence and raise self-esteem in relation to their own personal situation. The programme focus is on effective relationships.

## Contact

Please ask for Margot or Mary

01592 583 474

## Course Information

### Ways to Wellbeing

This 8-week programme supports adults to focus on ways to help improve their physical and mental wellbeing. It offers practical advice and self-care techniques while encouraging learners to think more about making positive lifestyle choices. Learners will also make links with local community organisations and groups who promote health and wellbeing.

### Canny Cook

Learn to cook a selection of healthy, low cost meals at this 6 week course and gain a REHIS Elementary Cooking Skills certificate.

### Volunteering

Volunteering can have many benefits, from making a difference to others, learning new skills, meeting new people, gaining confidence, and of course having fun! If you are interested in Volunteering, please contact Auchmuty Learning Centre.

### Lifeskills

A practical 8-week programme that will support learners to develop a range of everyday practical skills required to live an independent life. It will include basic cooking, budgeting and DIY sessions.

### Your Voice – Your Choice

This short 4-week programme is targeted at adults who are looking to take the first steps back into learning or are thinking about getting involved in their local community. This course will provide a safe space where learners can explore opportunities that are available and begin to plan their next steps.

### Building Back

This short course is aimed at individuals who have identified low self-esteem and self-confidence as a barrier to making progress across different areas of their lives. It will focus on practical ways to reduce stress and promote self-belief.

### Family Learning

Various activities take place throughout the year and encourage families to learn and have fun together. For further details check out Our Glenrothes.

## Contact

Please ask for Margot or Mary

01592 583 474

## Introduction to Gaelic

A 6-week beginners' class to Scottish Gaelic in a fun relaxed atmosphere, ideal for those with no Gaelic skills at all or who have been studying alone with Duolingo and other formats.

Contact Kirsty Strachan for more details **Kirsty.Strachan@fife.gov.uk**

## Adult Basic Education Classes

Adult Basic Education (ABE) offers free learning for young people and adults over the age of 16 in Fife, who want to develop their skills in reading, writing, numbers and ICT. Learners can also work towards core skill qualifications in ICT, Communication & Numeracy. National 4 qualifications are available in Literacy & Numeracy.

### It's OK to not like numbers

Join us to rekindle your love for numbers, fight maths anxiety, and learn ways to make peace with "not liking numbers!" Courses are available online and in person at Auchmuty Learning Centre.

## English for Speakers of Other Languages

ESOL (English for Speakers of Other Languages) offers English classes to people living in Fife whose first language is not English. We will help you to learn or improve your English language skills. The hope is this will help you move to further learning, a new or different job and to integrate into community life. For information about classes please contact us.

## Contact

Ellie Pedrazzi – ABE & ESOL Co-ordinator

[ellie.pedrazzi@fife.gov.uk](mailto:ellie.pedrazzi@fife.gov.uk)

0800 783 5161

**Students must meet with a Tutor before attending classes**

## Auchmuty Learning Centre Gardening Project

An informal wellbeing group for people who want to try a bit of gardening. We meet Friday 2pm - 4pm and Tuesday (March to November) 3pm - 4.30pm and have a vegetable patch and a re-wilding area. Our group is small and welcomes adults who want to connect with others but find classroom activities or large groups difficult and want to try or share some gardening activities.





## Welfare Support

### Job Club Drop In

Day	Time	Venue
Monday	12.00pm - 3.00pm	Auchmuty Learning Centre
Tuesday	1.00pm - 3.00pm	Lomond Centre
Wednesday	6.00pm - 8.00pm	Auchmuty Learning Centre
Friday	1.00pm - 4.00pm	Auchmuty Learning Centre

If you need support to find a job, or are looking to start a course, volunteer or get some training, we have people who can help you.

We can give advice on subjects including:

- CV writing, Universal Credit Journals
- Job searches, vacancies
- Filling in application forms and sending emails
- Improving your interview skills.

### Welfare Support

Welfare support is offered for helping you with your benefits, referral to other services or other worries, you can ask for a 1:1 appointment to discuss confidential matters.

### Manage Your Money

A basic 4 week course that looks at ways to improve your budgeting and finding ways to save money.

## Contact

### Welfare Support Workers

Iris Sauer-Derricutt  
Linda Thomson

Karen Golden  
Michelle Stevenson

01592 583 474

[glenrothes.welfare@fife.gov.uk](mailto:glenrothes.welfare@fife.gov.uk)

## What current Learners think

"I have gained more self-esteem and more happiness within myself"

"This is really good, I didn't know I could do all these things here and get help."

"I think the main outcome for me is me feeling worthy as a person to have my own thoughts and opinions without worrying..."

"I have become more confident and happier and able to adapt to new challenges with being at Auchmuty Learning Centre"

"This course has brought me & my child closer together."

"I was lost and now I am learning to be me..."

"This has helped me develop more and learn more about myself"

"Has given me a different outlook and perspective, will try new things."

"I'm cooking lots more food from scratch and keeping to a budget"

"This course has cleared my cluttered mind and put more focus on my life now and future plans."

"I would highly recommend this group to anyone. I found it very enlightening and has helped me to believe more in myself and self worth."

**Fill out this short online form to let us know which courses you are interested in or other learning opportunities you would like us to offer.**



<https://bit.ly/Glen-SignUp>

Auchmuty Learning Centre

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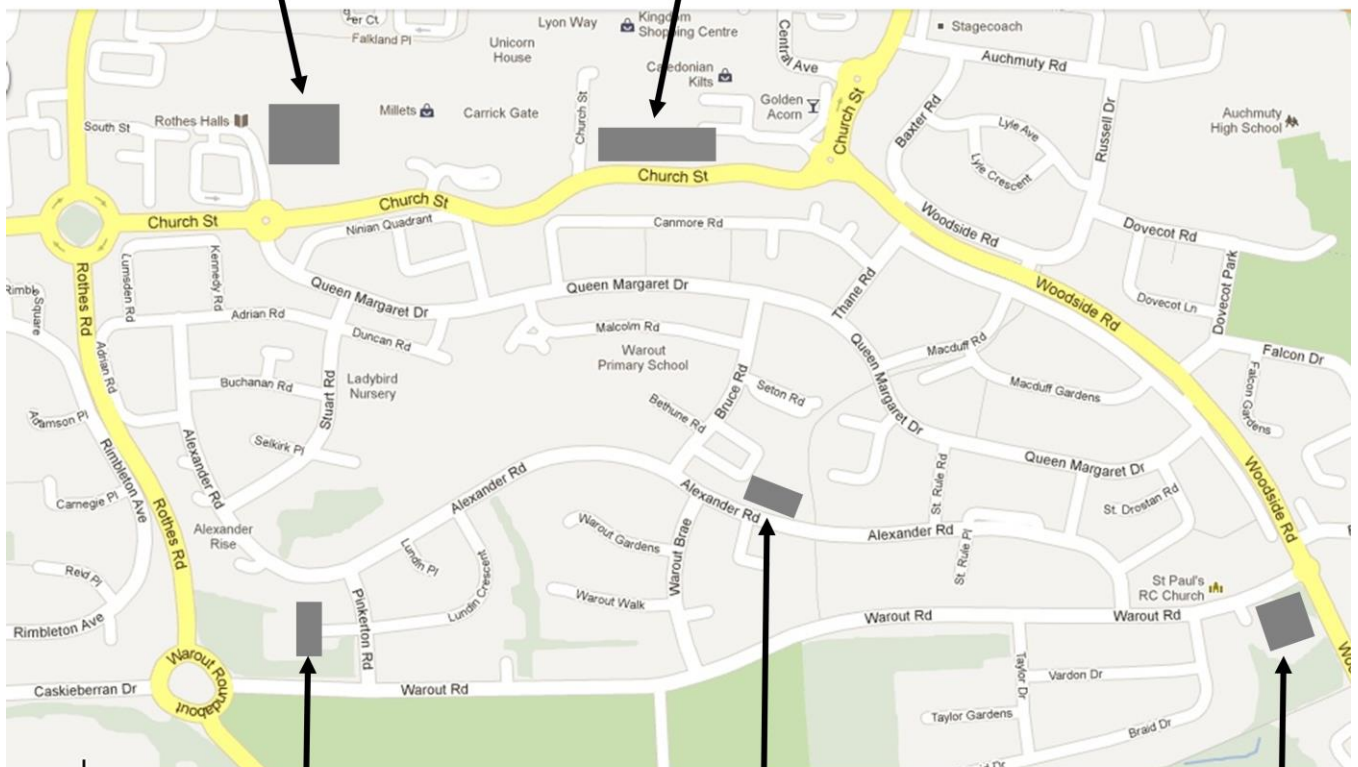
[www.facebook.com/AuchmutyLC](https://www.facebook.com/AuchmutyLC)

[www.facebook.com/ourglenrothes](https://www.facebook.com/ourglenrothes)



Roths Halls

Glenrothes Bus Station



Pinkertons

**Auchmuty  
Learning Centre**

St Paul's  
RC Church

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