

# Choices

Courses for Adults with a Learning Difficulty or Disability



2023/2024

Photographs displayed throughout this guide were taken by actual students on various ALD courses.

For further details please contact  
Sallie Partridge on 0121 678 7241



Solihull College  
& University Centre

# Welcome



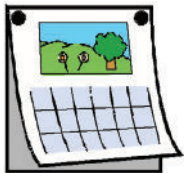
Dear Student

Thank you for your interest in the courses for adults with a learning difficulty. We look forward to welcoming you to Solihull College.

Once you have looked through this brochure please fill in the application form and send it back to us as soon as possible. If you need any help please let us know.

If you are viewing our brochure online, through the 'course search' function of the Solihull College website, please complete the 'Enquire Now' option and we will contact you via e-mail.

Please note that an application does not mean you have a place on the course you have chosen. We will invite you in for an interview on one of the dates below and we can discuss your options together.



**Enrolment dates are:** Thursday 7th September  
Friday 8th September  
Tuesday 12th September  
Wednesday 13th September  
Thursday 14th September

We look forward to meeting you.

**Sallie Partridge & Sally Courtney**

# Initial Application Form



Name \_\_\_\_\_



Date of Birth \_\_\_\_\_

Student ID Number (You will find this on your ID card - if you have one) \_\_\_\_\_



Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone Number \_\_\_\_\_

The courses I would like to do at college are...



	 Morning	LUNCH	 Afternoon
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

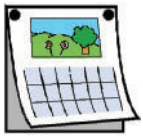
Once we have received your initial application form we will send you an appointment, your timetable will be agreed at this appointment.

This form does not mean that you have a place on these courses

Please post or email this form to [sallie.partridge@solihull.ac.uk](mailto:sallie.partridge@solihull.ac.uk)  
(Postal address on back cover)



# Initial Application Form Continued...



Please indicate which dates you are able to attend for your interview.

Thursday 7th September

Friday 8th September

Tuesday 12th September

Wednesday 13th September

Thursday 14th September



The College can offer eligible students financial assistance for the following:

- Equipment
- Trips
- Travel
- Childcare



If you would like to find out more information about securing support towards these associated costs and the eligibility criteria please contact the Student Finance Team on 0121 678 7018/7019.



You should apply as soon as possible as funds are limited and will be allocated on a first come, first served basis.

You can get application forms and full details about all the funds from the Student Finance Team, in the Student Information Centre at Blossomfield Campus and behind reception at the Woodlands Campus.

# Enrolment



Please complete either the enclosed initial application form and return it to college, or complete our online application process.

Once we have received your initial application form you will be sent an email or a letter confirming your enrolment appointment.

If you have not received an appointment by **Wednesday 30th August** please call us on 0121 678 7241.

**Please note this does not mean that you have a place on the courses that you have applied for, your places will be confirmed at your enrolment appointment.**

Enrolment will only take place if you bring benefit evidence.

If you have any questions please do not hesitate to call us.

**FEEES FOR ALL COURSES MUST  
BE PAID AT ENROLMENT.**

# Term Dates 2023/2024



## Autumn Term

Monday 18th September 2023 to  
Friday 15th December 2023

**Half Term Week Beginning Monday 30th October**



## Spring Term

Monday 8th January 2024 to  
Friday 22nd March 2024

**Half Term Week Beginning Monday 12th February**



## Summer Term

Monday 8th April 2024 to  
Friday 21st June 2024

**Half Term Week Beginning Monday 27th May**



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### Disclaimer

The information in this course guide is correct at time of print, however it is sometimes necessary for the College to change details of the courses offered, dates, times or fees at a later date.





# Developing Independent Living Skills - Level 1

This course will involve classroom based activities, practical activities in a real life home environment and accessing the local community and its facilities using public transport.



This is a two and a half day per week course and learners are expected to attend on all days.

**\*Please apply for a free bus pass prior to starting this course.**

 Days	Activity	Time 
Monday	<p>Classroom based learning:</p> <ul style="list-style-type: none"><li>- English - developing speaking, listening, reading and writing skills.</li><li>- Maths - developing numeracy skills - money / time/ weight / measurements.</li><li>- IT - developing IT skills including basic online safety.</li></ul>	9.30-12.30
Tuesday	<p>Classroom and Community based learning:</p> <ul style="list-style-type: none"><li>- Using public transport.</li><li>- Personal safety.</li><li>- Accessing facilities within the local community.</li><li>- Using math's, English and IT skills in real life settings.</li></ul> <p>Students will access the community on a fortnightly basis. On these days they will need money / bus pass* for travel. They will also need money to buy their lunch while they are out.</p>	10.15-3.15
Wednesday	<p>Kitchen based learning:</p> <ul style="list-style-type: none"><li>- Basic food hygiene and safety</li><li>- Cookery skills</li><li>- House keeping skills</li></ul> <p>Students will be required to pay £3.50 per week for the ingredients that they will buy, prepare and cook for their lunch (including hot and cold drinks).</p>	10.15-3.15







# Developing Independent Living & Working Skills - Level 2

Learners enrolled on this course will be provided with opportunities to develop their independent living skills further through classroom-based activities and practical activities in a real-life home environment. They will continue to access the local community and its facilities using public transport and in addition will develop their skills in relation to the world of work.



This course will involve classroom-based activities, practical activities in a real-life home environment and activities within the local community as below:

 Days	Activity	Time 
Tuesday	<p>Classroom and Community based learning:</p> <ul style="list-style-type: none"> <li>- Personal safety and independence while accessing community facilities</li> <li>- Developing independent travel</li> <li>- Preparing for work - identifying job roles, employability skills and interview skills</li> <li>- Work experience / shadowing opportunities</li> </ul> <p>Students will access the community on a fortnightly basis. On these days they will need money / bus pass* for travel. They will also need money to buy their lunch while they are out.</p>	10.00-3.00
Thursday	<p>Classroom based learning:</p> <ul style="list-style-type: none"> <li>- English - reading and writing skills, application forms and C.V's</li> <li>- Maths - numeracy skills - income, spending and saving / budgeting / time management</li> <li>- IT - learn to use 'Office' applications and the internet safely</li> </ul>	9.30-12.30
Friday	<p>Kitchen based learning:</p> <ul style="list-style-type: none"> <li>- Advanced food hygiene and safety</li> <li>- Cookery skills and meal planning</li> <li>- Home management</li> </ul> <p>Students will be required to pay £3.50 per week for the ingredients that they will buy, prepare and cook for their lunch (including hot and cold drinks).</p>	10.00-3.00

This is a two and a half day per week course and learners are expected to attend on all days.

**\*Please apply for a free bus pass prior to starting this course.**

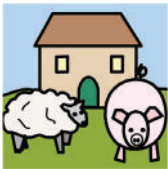


# Animal Care

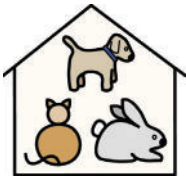
Develop an understanding of working with animals, from insects and reptiles to pets and farm animals. Learners will need to be able to work in a practical setting and subjects that they will cover include:






- Health and Safety
- feeding
- accommodation
- main features and behaviours of different animals
- how to safely handle a range of animals



This course is over two days and students are expected to attend both days.



Please note: Learners will be required to wear a boiler suit (which can be purchased at college), steel toe cap boots and must tie long hair back. Learners are not permitted to wear jewellery, nail polish or false nails. Carers / support staff are required to adhere to the same guidelines as students.

 Days	Time 	Location 
Monday & Thursday	11.00-12.30 and 1.15-3.00	Blossomfield






# Healthy Lifestyles

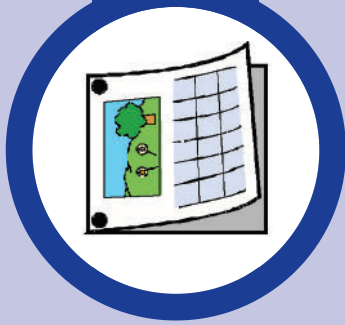
Learn about the changes that you can make to your lifestyle to become healthier. Develop new skills in relation to exercise, diet and mental health. As part of this course, you will be expected to cook healthy meals and take part in physical activities.



- Learners will be cooking on alternate weeks and will be required to shop for and bring their own ingredients and an apron to each of the cookery lessons.
- Learners will be expected to take part in exercise every week.
- £10 fee for the year to cover the cost of cleaning items and a drink during each of the cooking lessons.



 Days	Time 	Location 
Tuesday	10.15-11.45 12.45-3.45	Blossomfield
Thursday	10.15-11.45 12.45-3.45	Blossomfield



# Short Courses to Develop Communication and Independence

Fees to be paid at the start of the year at enrolment.

**\*\*Cooking classes now have a fee for cleaning items and will also cover a drink at break times for each learner.**









## MONDAY

Class	Time	Location	Cost Per Year
<p><b>Technology in Everyday Life</b></p> <p>Learn how to use a computer and a device of your own such as a smart phone, tablet or laptop. Find out how to use the internet and how to stay safe online. Use apps and programmes to produce documents, send e mails, discover virtual reality and get creative.</p>	9.30-12.00	Blossomfield	FREE
<p><b>Cooking for Special Occasions</b></p> <p>Learn about multi-cultural celebrations such as Diwali, Eid and Christmas and then cook a recipe associated with each.</p> <p>Learners will be taught about a special occasion through classroom-based activities. They will then be provided with activities to complete related to each occasion to develop their learning further. These activities will range from basic craft to using computers. Learners will cook a recipe associated with each occasion during the following lesson.</p> <p><i>- Learners will be cooking on alternate weeks and will either be required to shop for ingredients, or to pay a small additional fee for ingredients for these lessons.</i></p>	9.30-12.30	Blossomfield	£20.00









# MONDAY

Class	Time 	Location 	Cost Per Year 
<p><b>Pottery</b> </p> <p>Learn to be creative, make choices and develop fine motor skills, hand eye coordination and communication skills while making different ceramic pieces using clay.</p>	1.00-3.30	Blossomfield	£75.00
<p><b>Residential</b> </p> <p>Develop your independence and improve your confidence while planning and then participating in your own holiday. While in college you will learn about lots of different places around England and you will then plan your own travel, accommodation and all the activities you would like to take part in whilst at your chosen destination. As part of this course, you will also take part in an enterprise project to provide funds to pay towards the residential trip.</p> <p>*Students will be expected to pay an amount towards their holiday, train fare &amp; accommodation* This could be £300-£400.</p>	1.00-3.30	Blossomfield	£100.00 Deposit at enrolment plus balance on booking
<p><b>Basic Food Hygiene</b> </p> <p>Learn how to be hygienic when you are preparing and cooking food. Develop an understanding of kitchen safety and gain skills to get into work within a kitchen environment.</p>	1.00-3.30	Blossomfield	FREE

# TUESDAY



Class	Time	Location	Cost Per Year
<p><b>Baking</b> </p> <p>Learn how to bake both sweet and savoury treats using a range of ingredients. Develop confidence, independence, communication and literacy skills in the kitchen.</p> <p>- Learners will be cooking on alternate weeks and will be required to shop for and bring their ingredients and an apron to each of the cookery lessons.</p>	9.30-12.30	Blossomfield	£20.00
<p><b>Art and Craft</b> </p> <p>Have fun using a variety of art materials, develop independence, confidence and the ability to make choices whilst exploring a range of materials, techniques and processes.</p>	10.00-12.15	Blossomfield	£75.00
<p><b>My Life</b> </p> <p>Learn how to develop relationships, to communicate your feelings and to look after your physical and mental health as you mindfully document your life. Create a journal based around personal stories and current news events using a variety of art and craft techniques to explore, reflect and display your work.</p>	1.00-3.15	Blossomfield	£30.00
<p><b>Enterprise Skills</b> </p> <p>This course will provide you with the opportunity to be part of a work-based team to produce a product or service. You will develop team working skills, work ready skills and communication skills. The money made at the end of the year will be donated to a charity of your choice.</p>	1.00-4.00	Blossomfield	£10.00




# TUESDAY



Class	Time	Location	Cost Per Year
<p data-bbox="363 1350 437 1420"></p> <p data-bbox="363 1451 408 2022"><b>Cooking from Around the World</b></p> <p data-bbox="440 801 512 2022">Learn about different countries and places around the world. Create recipes from different cultures and cook with ingredients you may not have encountered before.</p> <ul data-bbox="536 786 692 2022" style="list-style-type: none"><li>- Learners will be taught about different countries through classroom-based activities and will then prepare and cook a recipe related to the country during the following lesson.</li><li>- Learners will be cooking on alternate weeks and will be required to shop for and bring their ingredients and an apron to each of the cookery lessons.</li></ul>	1.00-4.00	Blossomfield	£20.00



# WEDNESDAY

Class	Time 	Location 	Cost Per Year 
<p><b>Introduction to Digital Photography</b></p> <p>Get to know your own camera. Learn how to take photographs from different angles. This course will help you to build your photography skills through the use of lighting, colour and shadow to create interesting photographs.</p> <p>- Learners need a camera, 8GB SD card and a memory stick.</p>	10.00-12.15	Blossomfield	FREE
<p><b>Floristry</b></p> <p>Design and create a variety of seasonal decorations and arrangements. This will allow learners to develop communication, maths, English and fine motor skills.</p> <p>- Learners will need to supply their own flowers for each lesson.</p>	10.00-12.15 — or — 1.00-3.15	Blossomfield	£45.00
<p><b>Developing Confidence through Drama</b></p> <p>Make new friends and work together to perform in front of an audience while learning lots of different acting techniques and skills. This course will help you to build confidence, inspire your imagination, improve communication skills and provide lots of opportunities to explore your emotions while having fun!</p>	1.00-3.15	Blossomfield	FREE
<p><b>Voices (Choir)</b></p> <p>Voices is a singing group where you can make new friends and perform. Through learning songs, you will develop confidence in using your voice in many ways. You will develop communication skills by listening to each other and learning new songs. Your speaking will improve as you practice making different sounds. You will also learn to work together as a team and make decisions about what songs you would like to sing. The songs we will learn will include different styles including pop, folk, showtunes and music from around the world.</p>	10.00-12.15	Blossomfield	FREE












Class	Time	Location	Cost Per Year
<p><b>Domestic Animals and Wildlife</b></p> <p>Explore and monitor the local wildlife, discover and learn about different species of birds and create your own wildlife food and housing. Work with domestic animals such as rabbits, guinea pigs and livestock as well as exotic species such as meerkats, lizards and snakes to learn some of the basic principles of animal husbandry.</p> <p><i>- Learners will be required to wear a boiler suit (which can be purchased at college), steel toe cap boots and must tie long hair back. Learners are not permitted to wear jewellery, nail polish or false nails. Carers / support staff are required to adhere to the same guidelines as students.</i></p>	1.00-3.15	Blossomfield	FREE






# THURSDAY

Class	Time 	Location 	Cost Per Year 
<p><b>Cooking for Everyday Living</b> </p> <p>Develop the skills and confidence required to cook basic foods independently. Start by learning how to boil an egg and progress to cook a variety of hot and cold meals and desserts. Learn how to follow a recipe, to cook on a budget and to reduce food waste while also learning how to use a range of kitchen equipment safely and hygienically.</p> <p><i>- Learners will either be required to shop for and bring their own ingredients or to pay a small additional fee for ingredients for these lessons.</i></p>	9.30-12.30	Blossomfield	£20.00
<p><b>Caring for Myself and My Community</b></p> <p>Learn how to look after yourself from basic first aid to relaxation and wellbeing. Explore your relationships, identify your strengths and develop your personal areas of challenge. Learn about your local community, identify different activities that are available to you and learn how to access them. Use your strengths to help others in your community through a range of volunteering activities within college.</p>	1.00-3.15	Blossomfield	FREE
<p><b>Sustainable Art</b> </p> <p>Learn about sustainability and why it is important. Source items from our environment and turn them into decorative pieces using a range of art and craft techniques.</p>	1.00-3.15	Blossomfield	£40.00



# FRIDAY

Class	Time	Location	Cost Per Year
<p><b>What's in the News</b></p>  <p>Learn more about current news events and gain an understanding of what is happening in the world. Develop your reading, writing and geographical skills while looking at newspapers, magazines, TV news and weather reports and understand more about the role of social media.</p> <p>- Learners will need a good level of literacy and communication skills and must be willing to contribute to class discussions to apply for this course.</p>	10.00-12.15	Blossomfield	FREE
<p><b>Dance Fit</b></p>  <p>Combine exercise and dance in this small group session to help improve your overall fitness.</p>	1.00-2.00	Blossomfield	FREE
<p><b>Caring for your Pet</b></p>  <p>Learn how to care for a variety of animals from feeding to grooming and handling. We have a wide range of animals including rabbits, lizards, chickens and donkeys for you to work with.</p> <p>- Learners will be required to wear a boiler suit (which can be purchased at college), steel toe cap boots and must tie long hair back. Learners are not permitted to wear jewellery, nail polish or false nails. Carers / support staff are required to adhere to the same guidelines as students.</p>	1.00-3.15	Blossomfield	FREE



# Choices

Courses for Adults with a  
Learning Difficulty or Disability

Solihull College, Blossomfield Road, Solihull B91 1SB.

Email: [sallie.partridge@solihull.ac.uk](mailto:sallie.partridge@solihull.ac.uk)

[www.solihull.ac.uk](http://www.solihull.ac.uk)

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