

# Choices

Courses for Adults with a Learning Difficulty or Disability



2024/2025

For further details please contact  
Sallie Partridge on 0121 678 7241



Solihull College  
& University Centre

# Welcome

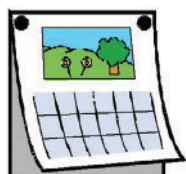


Dear Student

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:** Wednesday 4th September  
Thursday 5th September  
Tuesday 10th September  
Wednesday 11th September  
Thursday 12th September

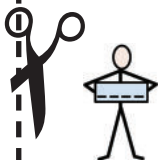
We look forward to meeting you.

**Sallie Partridge & Sally Courtney**

## 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.

# Initial Application Form



Name \_\_\_\_\_

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

National Insurance Number (NI) \_\_\_\_\_

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



Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

Email Address \_\_\_\_\_

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


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**  
(Postal address on back cover)

# Initial Application Form Continued...



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

	AM	PM
Wednesday 4th September	<input type="checkbox"/>	<input type="checkbox"/>
Thursday 5th September	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday 10th September	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday 11th September	<input type="checkbox"/>	<input type="checkbox"/>
Thursday 12th September	<input type="checkbox"/>	<input type="checkbox"/>





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 **Monday 2 September**~ 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.

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

# Course Contents



Developing Independent Living Skills ..... 7



Developing Independent Living &  
Working Skills..... 8



Animal Care ..... 9

Healthy Lifestyles ..... 10

Short Courses to Develop  
Communication and Independence ..... 11

## Term Dates 2024/2025



### Autumn Term

Monday 16th September 2024 to

Friday 20th December 2024

Half Term Week Beginning Monday 28th October



### Spring Term

Monday 6th January 2025 to

Friday 11th April 2025

Half Term Week Beginning Monday 17th February



### Summer Term

Monday 28th April 2025 to

Friday 13th June 2025

Half Term Week Beginning Monday 26th May



# Developing Independent Living Skills - Level 1



This is a two 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.**

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.

## Activities

Classroom based learning:

- English - developing speaking, listening, reading and writing skills.
- Maths - developing numeracy skills - money / time / weight / measurements.
- IT - developing IT skills including basic online safety.

Classroom and Community based learning:

- Using public transport.
- Personal safety.
- Accessing facilities within the local community.
- Using maths, English and IT skills in real life settings.

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.

Kitchen based learning:

- Basic food hygiene and safety
- Cookery skills
- Housekeeping skills

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).



**This course takes place on:**

Tuesday 10:15 - 3:15  
Wednesday 10:00 - 3:00



## Developing Independent Living & Working Skills - Level 2



This is a two 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.**

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:

### Activities

Classroom and Community based learning:

- Personal safety and independence while accessing community facilities
- Developing independent travel
- Preparing for work - identifying job roles, employability skills and interview skills
- Work experience / shadowing opportunities

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.

Classroom based learning:

- English - reading and writing skills, application forms and CVs
- Maths - numeracy skills - income, spending and saving / budgeting / time management
- IT - learn to use 'Office' applications and the internet safely

Kitchen based learning:

- Advanced food hygiene and safety
- Cookery skills and meal planning
- Home management

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).



**This course takes place on:**

Tuesday 10:00 - 3:00  
Friday 10:00 - 3:00



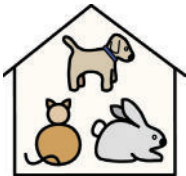
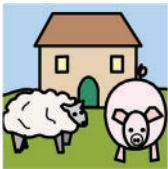


# Animal Care

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.



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



**This course takes place on:**

Wednesday 11:00 - 3:00

Thursday 11:00 - 3:00



# 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.

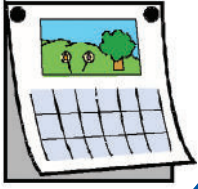


This is a one day per week course.



This course takes place on:

Thursday 10:30 - 3:00



# 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.**

## Baking



This course takes place on:  
Tuesday 9:30 - 12:30

Learn how to bake both sweet and savoury treats using a range of ingredients. Develop confidence, independence, communication and literacy skills in the kitchen.

*- Learners will be required to shop for and bring their ingredients and an apron to each of the cookery lessons.*

## Basic Food Hygiene and Employability Skills



This course takes place on:  
Monday 1:00 - 4:00

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.

## Beauty and Personal Care



This course takes place on:  
Friday 9:30 - 11:45

New Course

Welcome to our Inclusive Beauty and Self-Care course designed specifically for adults with learning difficulties. This course has been designed so learners can explore and enhance their beauty and self-care routines. This course aims to foster self-confidence and well-being.

## Business Admin



This course takes place on:  
Thursday 9:30 - 12:30

New Course

Welcome to the "Foundations of Business Administration" course, specially designed for adults with diverse learning needs. This programme allows learners to develop essential business skills, build confidence, and gain a comprehensive understanding of fundamental business concepts.

## Calendar Events



This course takes place on:  
Thursday 10:15 - 12:30

New  
Course

Learners engage in hands-on activities while learning how to recognize various types of events and mark important dates. The course includes using digital tools and paper-based methods.

## Caring for Myself and My Community



This course takes place on:  
Thursday 1:00 - 3:15

Discover essential self-care practices, ranging from basic first aid to relaxation and well-being. Explore your local community, identify available activities beyond college, and learn how to access them. Additionally, develop communication and teamworking skills while contributing to your community through various volunteering activities within the college.

## Caring for Your Pet



This course takes place on:  
Tuesday 10:00 - 12:15

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.

*- 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.*

## Cooking from Around the World



This course takes place on:  
Tuesday 1:00 - 4:00

Learn about different countries and places around the world. Create recipes from different cultures and cook with ingredients you may not have encountered before.

- 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.*
- 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.*

## Cooking for Everyday Living



This course takes place on:  
Thursday 9:30 - 12:30

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.

*- 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.*



## Cooking for Special Occasions



This course takes place on:  
Monday 9:30 - 12:30

Learn about multi-cultural celebrations such as Diwali, Eid and Christmas and then cook a recipe associated with each.

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.

- 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.

## Dance Fit



This course takes place on:  
Friday 1:00 - 2:00

Combine exercise and dance in this small group session to help improve your overall fitness.

## Exploring Fashion



This course takes place on:  
Friday 12:45 - 3:00

New Course

Welcome to "Exploring Fashion," a course designed to engage and inspire adults with diverse learning needs in the exciting world of fashion. This program allows learners to express themselves creatively, build confidence, and explore the fascinating realms of personal style, clothing design, and the fashion industry.

## Fine Art



This course takes place on:  
Wednesday 12:30 - 2:45

New Course

Welcome to our Expressive Fine Art course tailored specifically for adults with learning difficulties. This course is designed to unlock the creative potential within each participant, fostering self-expression and artistic exploration. Through a supportive and adaptive learning environment, we aim to provide a transformative experience that celebrates individual strengths and unique perspectives.

## Floristry

Design and create a variety of seasonal decorations and arrangements. This will allow learners to develop communication, maths, English and fine motor skills.

- Learners will need to supply their own flowers for each lesson.



This course takes place on:  
Wednesday 10:00 - 12:15 or  
Wednesday 1:00 - 3:15

## My Life



This course takes place on:

Tuesday 1:00 - 3:15

Students will engage in discussions, role-playing activities, and creative projects to explore different emotions, develop empathy, and improve communication skills. The course provides a safe and supportive environment for sharing personal experiences and learning how to navigate social relationships. By fostering self-awareness and social skills, "My Life" aims to empower students to build meaningful and lasting friendships.

## Pottery



This course takes place on:

Monday 1:00 - 3:30

Learn to be creative, make choices and develop fine motor skills, hand eye coordination and communication skills while making different ceramic pieces using clay.

## Residential



This course takes place on:

Monday 1:00 - 3:30

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.

\*Students will be expected to pay an amount towards their holiday, train fare & accommodation\*  
This could be £300-£400.

## Sport & Fitness



This course takes place on:

Wednesday 10:30 - 12:00

New  
Course

This course focuses on developing physical fitness, teamwork, and social skills through a variety of fun and engaging activities. From learning the basics of different sports to understanding the importance of healthy living, each session is designed to promote confidence and well-being.

## Technology in Everyday Life



This course takes place on:

Monday 9:30 - 12:00

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.

## Understanding Our World



This course takes place on:  
Thursday 1:00 - 3:15

New  
Course

Welcome to "Exploring Our World," a geography course designed specifically for adults with learning difficulties. This course offers the opportunity for learners to gain a deeper understanding of the world around them.

## Voices



This course takes place on:  
Thursday 10:30 - 3:00

New  
Course

This inclusive and supportive program aims to create a musical community where participants can explore the joy of singing, build confidence, and experience the power of collective harmony. The course offers a unique opportunity for personal growth and social connection through the universal language of music.

## What's in the News



This course takes place on:  
Tuesday 10:15 - 12:30

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.

*- 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.*

## Wildlife and Animal Sustainability



This course takes place on:  
Thursday 1:00 - 3:15

New  
Course

Learn how to promote sustainability and shape the environment. Discover methods for sustainable practices related to pets and wildlife.



# 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)

For further details please contact  
Sallie Partridge or Sally Courtney  
on 0121 678 7241



Solihull College  
& University Centre