

CHOICES

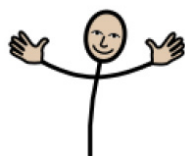
2025
2026

Courses for Adults with a Learning Difficulty or Disability



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 date:



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) _____

123

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...

1. _____

2. _____

3. _____

4. _____

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)



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

Finance



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 1st 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.

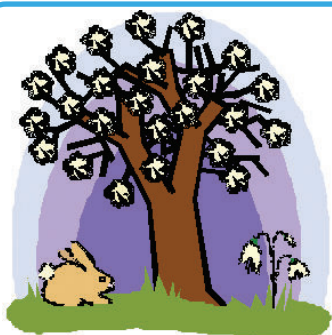


Term Dates



Autumn Term

Monday 22nd September 2025 to
Friday 19th December 2025
Half Term Week Beginning Monday 27th October



Spring Term

Monday 5th January 2026 to
Thursday 26th March 2026
Half Term Week Beginning Monday 16th February



Summer Term

Monday 13th April 2026 to
Friday 12th June 2026
Half Term Week Beginning Monday 25th May

Pathway to Independence and Work



This course is designed for younger learners to help them prepare for adult life in the home, out in the community and in the world of work.



What You Will Learn:

Home and Daily Living Skills

To build confidence in managing personal routines and living spaces:

- **Personal hygiene** (washing, grooming, dressing)
- **Meal planning and cooking** (basic recipes, using kitchen appliances safely)
- **Cleaning and laundry** (tidying, using a washing machine, organising)
- **Money management** (budgeting, using cash/cards, understanding value)
- **Time management** (using a calendar, setting reminders, daily routines)

Social and Emotional Skills

To build confidence and relationships through team building and a residential:

- **Understanding emotions and coping strategies**
- **Building friendships and social boundaries**
- **Conflict resolution and communication**
- **Confidence and self-esteem building**
- **Following instructions** (verbal and written)
- **Problem-solving and decision-making**

Community and Travel Skills

To help navigate and participate in the wider world:

- **Using public transport** (reading timetables, buying tickets, safety)
- **Accessing community services** (libraries, leisure centres, shops)
- **Understanding public behaviour and safety**

Work and Preparation for Further Learning

To support future goals:

- **Exploring interests and strengths**
- **Understanding workplace expectations**
- **Basic digital skills** (email, online forms, job searches)
- **CV writing and interview practice**



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



This course takes place on:

Tuesday 10:00-15:15

Wednesday 9:00-15:15

Thursday 9:00-15:15

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



This friendly and supportive course is designed for adults with learning difficulties who want to explore work opportunities, gain independence, and build skills for everyday life and employment.

What You Will Learn:

- **Basic digital skills** (email, online forms, CV writing, job searches)
- **Interview skills**
- **Communication Skills** – speaking clearly, listening well, and working with others.
- **Teamwork & Problem Solving** – learning how to collaborate and find solutions.
- **Timekeeping & Organisation** – understanding routines, planning tasks, and managing time.
- **Workplace Behaviour** – exploring expectations, dress codes, and positive attitudes.
- **Health & Safety Awareness** – staying safe and understanding basic workplace rules.
- **Confidence Building** – celebrating strengths and learning how to ask for help when needed.



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



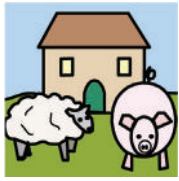
This course takes place on:

Wednesday 9:00-15:15

Thursday 9:00-15:15

*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.

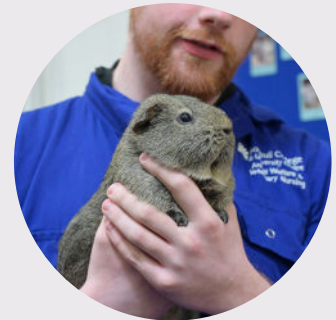


Subjects

The 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.



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



This course takes place on:

Monday 10:30-15:15

Thursday 10:30-15:15

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.



This is a one day per week course.

Activities

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



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.**

AI as your helper



This course takes place on:
Tuesday 9:00-11:45

Explore how AI can simplify your daily tasks!

Baking



This course takes place on:
Monday 9:00-11:45

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



This course takes place on:
Tuesday 9:00-11:45

Learn safe and hygienic food preparation skills, build kitchen safety knowledge and gain practical experience for working in a kitchen environment.

Caring for Your Pet



This course takes place on:
Monday 12:30-15:15

Learn how to care for a variety of animals, from feeding to grooming and handling. *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 and Craft for Special Occasions



This course takes place on:
Thursday 9:00-15:15

Explore multicultural celebrations through research and craft and cook traditional dishes linked to each celebration. *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.*

Enterprise



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

This course will provide you with an opportunity to work as part of a team to produce a product or service.

Everyday Cooking



This course takes place on:
Monday 12:30-15:15

Discover how to cook delicious meals, understand where your food comes from and make sustainable choices in the kitchen. 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.

Fashion and Beauty



This course takes place on:
Friday 9:00-15:15

Boost your creativity and confidence and learn how to present yourself well, while exploring the exciting world of fashion and makeup.

Fine Art



This course takes place on:
Wednesday 12:30-15:15

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



This course takes place on:
Wednesday 9:00-11:45

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.*

Healthy Lifestyles



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

Learn about the changes that you can make to your lifestyle to become healthier. Sessions include healthy cooking and sports/exercise. *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.*

Home Skills



This course takes place on:
Wednesday 10:15-15:15

Learn to cook and build independence in the home with practical skills for everyday life. *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.*

My Life - Feelings and Friendships



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

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.

My World in Colour & Flavour



This course takes place on:
Wednesday 9:00-15:15

Discover countries and cultures through research and creative crafts and try out global recipes using new and exciting ingredients. *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.*

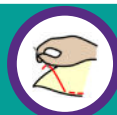
Pottery



This course takes place on:
Monday 12:30-15:15

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

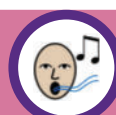
Sewing



This course takes place on:
Monday 12:30-15:15

Learn to sew with confidence and create your own handmade projects from start to finish.

Voices Choir



This course takes place on:
Monday 9:00-11:45

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.

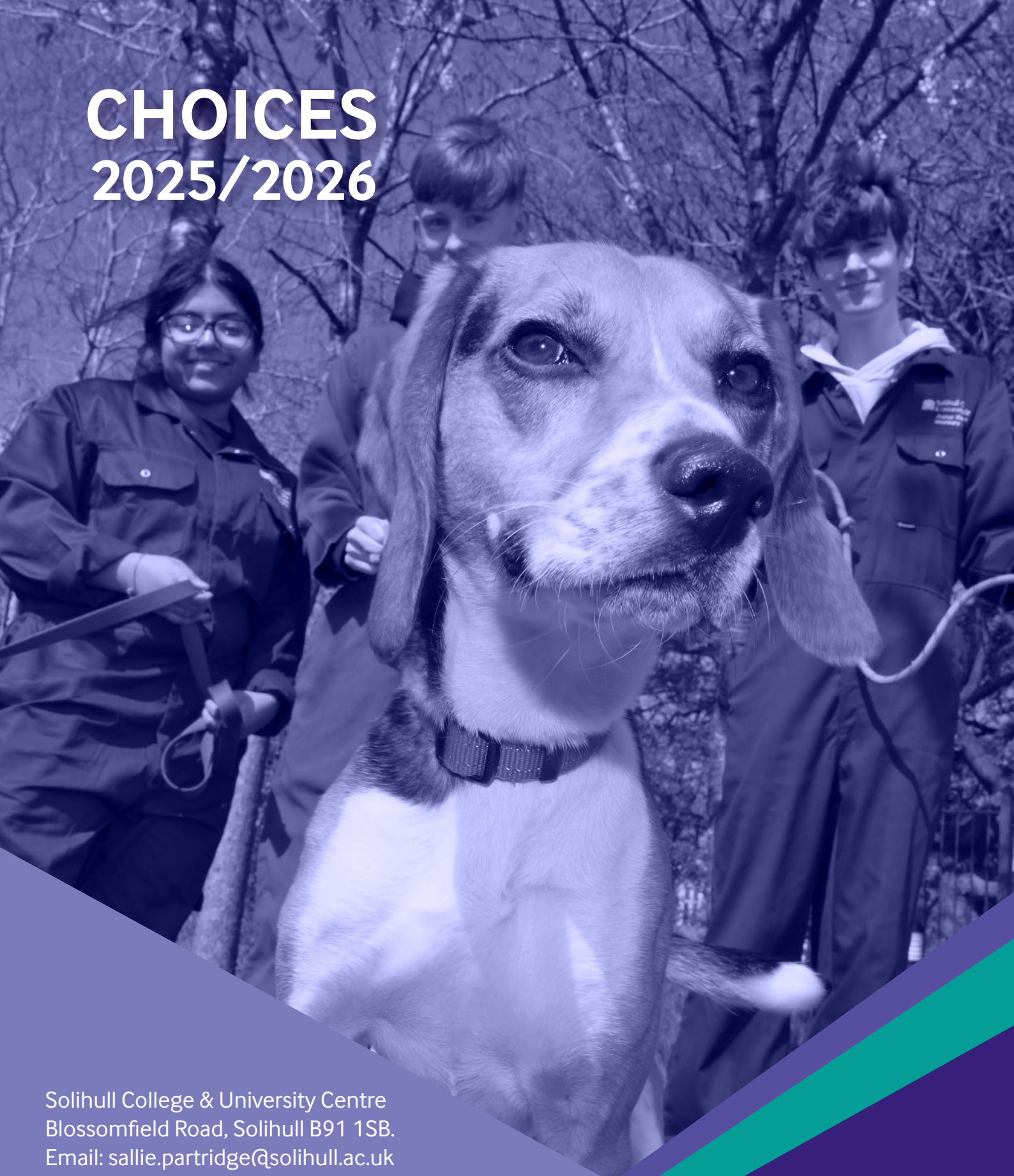
Course Fees

The following courses have a materials fee attached to them.

Please pay this fee at enrolment.

Pottery	£75
Fine Art.....	£75
My Life	£30
My World in Colour and Flavour	£50
Cooking and Crafts for Special Occasions.....	£50
Pathway to Independence and Work.....	£25
Home Skills	£25
Healthy Lifestyles	£25
Everyday Cooking.....	£25
Baking.....	£25
Sewing.....	£20
Enterprise	£20
Fashion and Beauty.....	£30
Floristry	£45

CHOICES 2025/2026



Solihull College & University Centre
Blossomfield Road, Solihull B91 1SB.
Email: sallie.partridge@solihull.ac.uk
www.solihull.ac.uk

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



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