

CHOICES

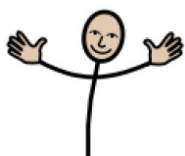
2026
2027

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 dates:



We look forward to meeting you.

Sally Courtney and the ALD team

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 _____










Student's Telephone Number _____

Parent/Carer Telephone Number _____



Email Address _____

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

	 Morning		 Afternoon
 Monday		LUNCH	
 Tuesday			
 Wednesday			
 Thursday			
 Friday			

Do you have an EHCP? Yes / No

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 faculty.office@solihull.ac.uk
(Postal address on back cover)



Initial Application Form Continued



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

	Morning	Afternoon
Monday 6th July	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday 7th July	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday 8th July	<input type="checkbox"/>	<input type="checkbox"/>
Thursday 9th July	<input type="checkbox"/>	<input type="checkbox"/>
September (date TBC)	<input type="checkbox"/>	<input type="checkbox"/>

Please post or email this form to **faculty.office@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 **Tuesday 1st September**, please e mail us at faculty.office@solihull.ac.uk .

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 contact us.

FEEES FOR ALL COURSES MUST BE PAID AT ENROLMENT.

You will not be able to enrol without a proof of payment. If you are unable to pay these fees at enrolment, please speak to a member of the ALD team.

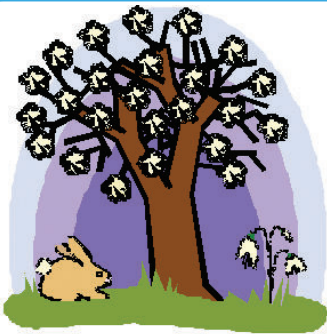


Term Dates



Autumn Term

Monday 21st September 2026 to
Friday 11th December 2026
Half Term Week Beginning Monday 26th October



Spring Term

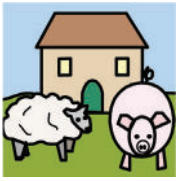
Monday 4th January 2027 to
Thursday 25th March 2027
Half Term Week Beginning Monday 15th February



Summer Term

Monday 12th April 2027 to
Friday 11th June 2027
Half Term Week Beginning Monday 31st May

Animal Health and Welfare



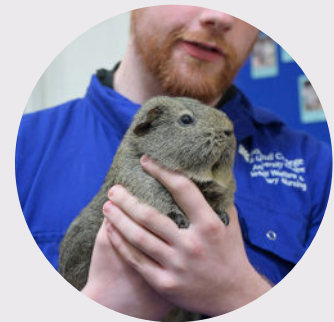
Develop an understanding of working with animals from insects and reptiles to pets and farm animals. Students will need to be able to work in a practical setting.

Subjects

The subjects that they will cover include;

- Health and Safety
- Feeding
- Accommodation
- Enrichment
- Laws relating to keeping animals
- Main features and behaviours of different animals
- How to handle animals safely

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



Please note: Students will be required to wear a boiler suit (which can be purchased at college), steel toe cap boots and must tie long hair back. Students 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 10:45-14:30

Thursday 10:45-14:30



Course Fee: N/A

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** (prepare basic recipes*, using appliances safely)
- **Cleaning and laundry** (tidying, using a washing machine)
- **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:

- **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, personal safety, travel training)
- **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**
- **Digital skills (email, online forms, job searches, AI, supportive technology)**
- **CV writing and interview practice**



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

* Students will prepare and cook their own lunches every Tuesday and will need to pay an additional small fee each week to cover the cost of the ingredients.

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



This course takes place on:

Tuesday 9:30-14:30

Wednesday 9:30-15:00

Thursday 9:30-15:00



Course Fee: £30

Cooking and Home Care



This course helps students develop essential skills for everyday life at home. Students will build confidence in preparing simple meals, keeping their living space clean and looking after their home safely and independently.



What You Will Learn:

Students will prepare their own lunch each week and will be required to bring money in every week to pay for the ingredients that they use.



Students will:

- Prepare simple meals
- Learn kitchen safety and hygiene
- Practice cleaning and tidying routines
- Use cleaning equipment safely
- Develop skills for independent or supported living



Sessions are taught step by step with support adapted to individual needs.



This is a one day per week course.

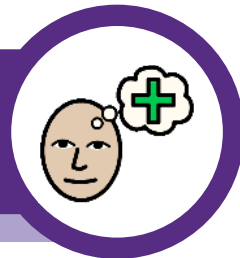


This course takes place on:
Wednesday 9:30-14:30



Course Fee: £30

Personal Development



This course builds essential life skills to support your physical health, mental wellbeing, personal safety and relationships.



This course is divided into three areas for personal development.

Physical health and personal safety

Students will learn how to look after their bodies through healthy eating, exercise, personal hygiene and basic first aid as well as how to stay safe at home and in the wider community.



Relationships

Students will explore how to build and maintain positive relationships, including friendships, family connections and understanding appropriate behaviour and boundaries.



Mental health and wellbeing

Students will learn ways to recognise and manage their feelings, build confidence and develop simple strategies to support their mental health and overall wellbeing.



This is a 1 ½ day per week course and learners are expected to attend on all days.



This course takes place on:

Wednesday 9:30-15:00

Thursday 9:30-12:45



Course Fee: N/A

Budget and Batch Cooking



This practical and supportive course is designed for adults who live independently or have limited support at home and want to build confidence in cooking their own meals.



Activities

Each week students will learn how to prepare simple healthy and affordable dishes using easy-to-follow recipes. Students will develop important skills such as planning meals, shopping on a budget, safe food handling and using kitchen equipment. During each session, they will cook a meal to take home. They will prepare two portions — one for their evening meal and one to store in their freezer. This will help them to build a supply of ready-made and healthy meals that they can simply defrost and reheat another day.

The course focuses on:

- Cooking simple and tasty meals
- Saving money by planning and batch cooking
- Building confidence and independence in the kitchen
- Learning safe and hygienic cooking practices



This is a hands-on, friendly class where students will be supported to work at their own pace to gain skills they can use every day. Cooking will take place weekly and students will either be required to shop for and bring their own ingredients or to pay a small additional fee for ingredients for these lessons.



This is a one day per week course.



This course takes place on:
Thursday 9:30-15:00



Course Fee: £30

Healthy Lifestyles: Food & Exercise



Students will learn about the changes that they can make to their lifestyle to become healthier. They will 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.

- Students 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.
- Students will be expected to take part in physical exercise / sport every week.




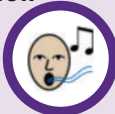



This course takes place on:
Friday 9:30-15:00

Course Fee: £30





Short Courses to Develop Communication and Independence




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

MONDAY			
Class	Description	Time	Cost Per Year
Seasons and Celebrations Cookery 	Students will learn about the changing seasons and key celebrations throughout the year and will then learn to prepare simple, delicious recipes inspired by these. They will work with fresh, seasonal ingredients and build confidence in everyday cooking skills. Cooking will take place on a fortnightly basis and students will either be required to shop for and bring their own ingredients or to pay a small additional fee for ingredients for these lessons.	9:30-12:45	£30
Fashion and Textiles 	Discover the exciting world of fashion and textiles in this fun and supportive course, where students will learn sewing machine skills, batik, tie-dye, appliqué, and fabric printing while working at their own pace. Students will complete a range of projects throughout the year ranging from designing and making an outfit to sewing a cushion.	9:30-12:45	£45
Harmony In Diversity Choir 	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.	11:15-12:45	N/A
Confidence through Drama 	This course gives students the opportunity to work together, to build new friendships and to take part in performing for an audience in a supportive and encouraging environment. Students will explore a range of acting techniques and creative activities, helping to build confidence, communication skills, and self-expression.	13:30-15:00	N/A
Sewing 	Students will build confidence in sewing while creating their own handmade projects step by step. They will learn in a supportive and friendly environment with clear guidance to help them to succeed.	13:30-15:00	£30
Planning a Residential 	This course is for adults with learning difficulties who do not require 1:1 support and want to build confidence and independence at home and in the wider community. Students will work together to plan a residential trip, learning skills such as organising travel, managing money, packing, and staying safe. Students will organise fundraising activities to help with the costs and will then take part in the trip and practise their enhanced skills in a real-life setting. ** Students will be expected to pay an amount towards their holiday to cover travel, food and accommodation costs. This could exceed £300 **	13:30-15:00	£50 at enrolment and a further £50 at the start of the course which will be used to pay the residential trip deposit.




TUESDAY

Class	Description	Time	Cost Per Year
Nature and Wildlife 	This course helps students explore and enjoy common British wildlife through a mix of classroom activities and hands-on experiences. It will look at interesting topics such as animals and their habitats, trees, the seasons, weather, food chains and how we can help protect the environment. Students will take part in practical activities both indoors and outside around the college grounds, so a good level of mobility is needed to fully enjoy and take part in the course.	9:30-12:45	N/A
Community Champions 	This course gives students the opportunity to work together as a team to create the ALD newsletter, celebrating student achievements and sharing news from across the wider college community. Students will develop skills in meeting deadlines, designing layouts, taking photographs and carrying out simple interviews to produce engaging content for parents, carers and other students. Basic computer skills are required to take part in this course.	9:30-12:45	N/A
My Journey 	This course supports adults with learning disabilities to develop self-awareness, confidence, emotional wellbeing and positive relationships. Through creative activities, discussions and practical tasks, students will explore their feelings, strengths, interests, friendships and life experiences. The course encourages students to celebrate who they are, build communication skills and develop strategies for navigating everyday social situations. Students will create personal projects that reflect their achievements, aspirations and unique life stories.	13:30-15:00	£30
Enterprise Skills 	This course gives students the opportunity to work together as a team to create and deliver a product or service. Students will be supported throughout to build confidence and develop important skills, including teamwork, communication, creativity and skills for the workplace. There are no materials fees for this course however students will be required to make a small donation at the start of the course to buy the materials they need for their first project / activity. At the end of the year, any money raised will be donated to a local charity, enabling students to contribute positively to their community.	13:30-15:00	N/A



WEDNESDAY

Class	Description	Time	Cost Per Year
Floristry 	Students will unleash their creativity in this engaging floristry course, designing and crafting beautiful seasonal pieces, from festive Christmas wreaths to charming Easter baskets, using both fresh and dried flowers. Set in a friendly and supportive environment, the course focuses on hands-on, step-by-step activities that help students build confidence while enhancing their communication, maths, English, and fine motor skills. Students will take home each of their handmade creations to enjoy or give as gifts and will document their progress in a personal scrapbook. Students will need to bring their own flowers to use in their designs.	9:30-12:45	£45

THURSDAY

Class	Description	Time	Cost Per Year
Sustainable Art and Sculpture 	This course is designed for adults with learning difficulties who do not require any previous art experience. Using recycled, natural and eco-friendly materials such as reclaimed canvases, tea and coffee, handmade paper, Plasta, and upcycled objects, students will build confidence, develop creative skills, and produce inspiring artworks that celebrate sustainability and self-expression.	9:30-12:45	£45
Art for Wellbeing 	This course is designed for adults with learning disabilities and uses accessible creative activities to promote relaxation, self-expression, confidence and emotional wellbeing. Through guided art projects such as collage, drawing, painting, pebble art and printmaking, participants will explore mindfulness techniques and create meaningful artworks in a supportive and inclusive environment.	13:30-15:00	£30
Our World: Cultures and Celebrations 	This course takes students on a journey through different countries, cultures, celebrations and seasonal events from across the globe. Each week, they will explore a new country while discovering important festivals, traditions, holidays and calendar events that take place throughout the year. Through art, music, geography and hands-on activities, participants will develop their knowledge of the wider world and different cultures. The course promotes curiosity, cultural awareness and an understanding of global communities in a fun and accessible way.	13:30-15:00	£30

FRIDAY

Class	Description	Time	Cost Per Year
Cooking From Around The World 	Explore different countries and cultures through fun, engaging classroom activities and simple research. Students will then have the chance to try making recipes from around the world, using new and exciting ingredients in a supportive environment. Cooking will take place on a fortnightly basis and students will either be required to shop for and bring their own ingredients or to pay a small additional fee for ingredients for these lessons.	9:30-12:45	£30
Beauty and Self Care 	This course supports students in learning how to look after their health and personal hygiene in a friendly and accessible way. Students will explore topics such as skincare, hair and nail care and make-up, helping to build confidence and independence. There will also be the opportunity to create simple, natural beauty products through fun, practical activities designed to be enjoyable and easy to follow.	9:30-12:45	£45

CHOICES 2026/2027



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

For further details, please contact
faculty.office@solihull.ac.uk



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