



**2024**

**New Year,  
New Courses,  
New Possibilities.**

**Luton**  
Adult Learning

# Luton Adult Learning



It's a great time to learn something new.

# Welcome Back!

New phone for Christmas?

Not sure how to use it?

Sign up for the 'Beginners' Guide  
to Smartphones'

 01582 490033

## Beginners' Guide to Smartphones

Funded by UK Government  
**Luton**  
Adult Learning  
**SKILLS FOR LIFE**  
MULTIPLY

 Bury Park Community Centre  
 Wednesdays 9:30 - 11:30am

 Bring your own smartphone  
 Learn at your own pace  
 Learn how to use it with confidence

**4 week short course**



 Feel safe on your phone  
 Small, friendly class



24/01 - 14/02  
More information:  
 01582490033  
 @info@lutonacl.ac.uk

Is the December over-spend  
now impacting you and your  
household?

Want to get a grip on your  
finances?

Enrol now for 'Managing Your  
Money'

## Managing Your Money

**SKILLS FOR LIFE**  
MULTIPLY  
**Luton**  
Adult Learning  
Funded by UK Government

Make a Budget  
Shopping Conversation  
Improve your English  
Improve your Maths  
ESOL

Enrolling **NOW** for this FREE\* exciting course at **Lewsey Community Centre**

 Tuesdays 1pm - 3pm  
 23rd Jan - 19th Mar  
 01582 490033  
 info@lutonacl.ac.uk

  
MONTHLY EXPENSES  
FOOD   
ELECTRIC   
WATER   
PHONE   
INTERNET

\*Proof of ability required

We have a variety of new courses starting in January in different locations across Luton.

For information about our whole course offer go to:  
[Luton Adult Learning](http://Luton Adult Learning)

[www.lutonacl.ac.uk/find-a-course/](http://www.lutonacl.ac.uk/find-a-course/)

## Luton Adult Learning

New courses ✨  
New possibilities ✨

- ✓ ESOL
- ✓ Maths
- ✓ ESOL + Sewing

at Bury Park Community Centre

Learn how to sew  
Shopping Conversation  
Improve your English  
Improve your maths

Bury Park Community Centre  
161-161B Dunstable Road  
Luton  
LU1 1BW

ENROLLING NOW

ESOL

**Luton**  
Adult Learning

01582 490033  
@info@lutonacl.ac.uk

SKILLS FOR LIFE  
MULTIPAF

Funded by UK Government

## ESOL + Maths

FREE\*  
Enrolling NOW for exciting courses held at Luton Adult Learning

SKILLS FOR LIFE  
MULTIPAF

Luton Adult Learning

Funded by UK Government

Make a Budget  
Shopping Conversation  
Improve your English  
Improve your maths

ESOL

Wednesdays 12:30 - 15:00  
and  
Thursdays 9:30 - 12:00  
Courses in the New Year

Luton Adult Learning,  
Floor 2 Arndale House,  
The Mall,  
Luton,  
LU1 2LJ

@ info@lutonacl.ac.uk  
01582 490033

\*proof of eligibility required

## ESOL + Maths

FREE\*  
Enrolling NOW for exciting courses held at Bury Park Community Centre

SKILLS FOR LIFE  
MULTIPAF

Luton Adult Learning

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Make a Budget  
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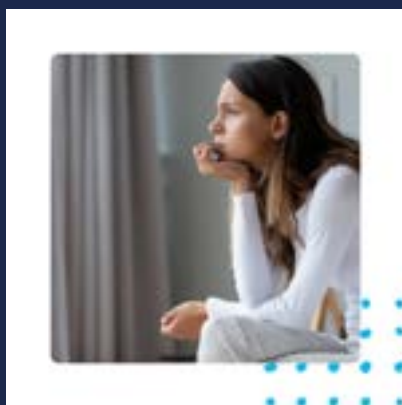
Bury Park  
Community Centre,  
161-161B Dunstable  
Road, Luton,  
LU1 1BW

@ info@lutonacl.ac.uk  
01582 490033

\*proof of eligibility required

# Nervous with numbers?

This New Year, how about setting a new year's resolution to develop a new found confidence with numbers?



## What are the signs of maths anxiety?

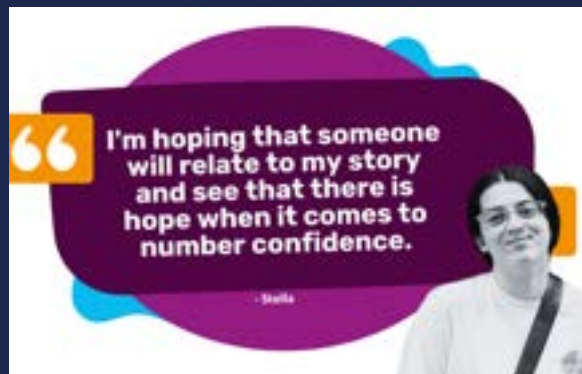
- Feeling panicked or stressed
- Feeling flustered or struggling to concentrate on a calculation
- Increased heart rate
- Sweating and nausea
- Avoiding situations which involve maths

**Maths anxiety** is common and can paralyse us when we need to use numbers.

[Read more](#)



Numeracy Confidence Week (November 2023) aimed to help break down the barriers experienced by many when using numbers.



## Stella's dyscalculia story

Stella always had a rocky time with maths. Having been diagnosed with dyscalculia whilst in primary school, she felt "doomed" to fail her GCSEs. She told us all about how she made it through her exams, what helped her build her confidence and skills, and why she's so keen for other people to [read her story](#).

## Luton Adult Learning

offers a variety of workshops and courses designed to help build your number confidence in a fun, supportive way.

[Enquire here:](#)



# Come and join us!

## Here's what our learners say:

'I had a really good experience here, **each day we learned something new**. I have improved my maths skills and **I can now help my little one with maths.**'

'Everyone has a chance to show what they have learnt, it is a **welcome and open environment**. I now feel **confident** in my skills and **capability** to do maths. Luton Adult Learning helps you pave the way for your future.'

'This class has **helped me at home** as I am able to talk with my son in Year 6 about maths using **mathematical language** such as proper/improper fractions. I was paying for a maths tutor but I now feel **I can support my son myself** instead.'

'The teaching was great and I **received a lot of support** during class. I've learnt about metrics, fractions, shapes, angles and graphs.'

'My son in Year 6 was stuck on a homework question which asked about angles around a point. Having **learnt about this topic in class**, I was able to explain the concept to him which he then understood. I **was so happy to learn the knowledge to benefit my son.**'

If you would like to give feedback about your learning experience with Luton Adult Learning, please [click here](#) or email [info@lutonac.ac.uk](mailto:info@lutonac.ac.uk)

Make 2024 the year that you commit to learn some of the essential skills that employers are looking for!



# Practical ICT

**Learn how to:**

- ✓ Deliver engaging PowerPoint presentations
- ✓ Organise and analyse data on Excel spreadsheets
- ✓ Create, edit and format Word documents
- ✓ Manage files on Microsoft Windows
- ✓ **Improve your basic numeracy skills!**

**Courses available at foundation and intermediate level - Mondays and Wednesdays, morning or afternoon**

📞 01582490033  
🏠 2nd Floor Arndale House,  
The Mall, Luton,  
LU1 2LJ

**Luton**  
Adult Learning

**SKILLS FOR LIFE**  
**MULTIPLY**

Funded by UK Government



Find out more:



[info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk)

# New Year, New Year Resolutions? Want to get fit or become fitter?



Don't know where to start?

Need information?

Need motivation?

Find a centre near you!

<https://www.activeluton.co.uk/our-centres>

Check out these organisations that can help you begin.



Get fit/keep fit with a purpose:  
Good Gym is a group of local residents who run, walk, or cycle to help out community projects and older people in Luton

<https://www.goodgym.org/v3/areas/luton>



Luton Wardown ParkRun and ParkWalk is a friendly, free event, on every Saturday.



Meet 8.45am at the bandstand in Wardown Park.

<https://www.parkrun.org.uk/lutonwardown/>



# Spring Term **Hub Events** at Luton Adult Learning, Arndale House

\*Look out for news of Hub Events and confirmed dates

## *What?*

### Healthy Lifestyles

## *When?\**

31.1.24



Find out what's on locally to help you improve your health and have fun at the same time here in The Hub.

### National Apprenticeship Week 5.2.24



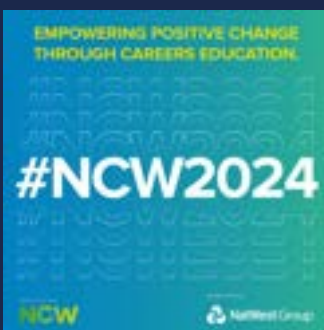
Could an apprenticeship be the right route into fulfilling employment for you? Find out about the opportunities available and how to apply.

### International Women's Day 6.3.24



Celebrate ordinary yet remarkable women with us.

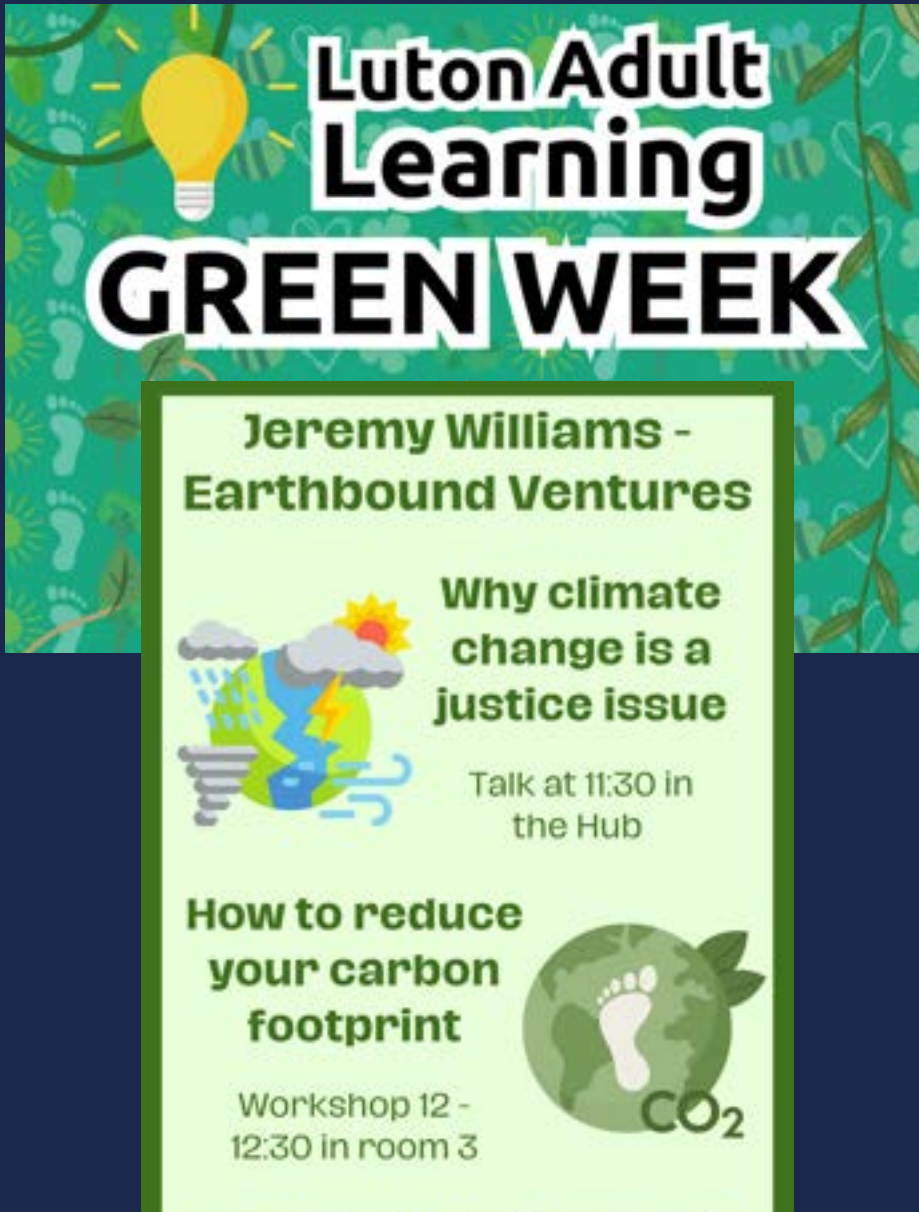
### National Careers Week 4.3.24



Come and be inspired, see what's out there - including what the University of Bedfordshire has to offer (date tbc).



# Previous Hub Events - Highlights: Green Week



Over 200 Luton Adult Learners participated in Green Week!

It was great to welcome representatives from a variety of organisations, helping us to become more aware of the part we can all play in contributing positively towards making the vision of **'Luton 2040'** - a carbon neutral town - a reality!



# Previous Hub Events - Highlights: Green Careers Week



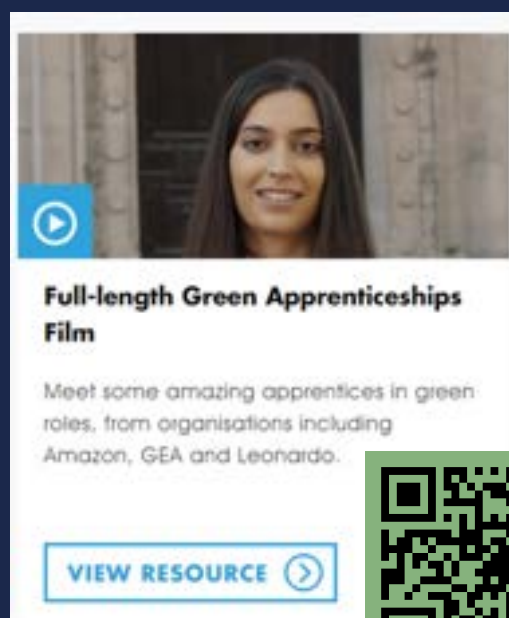
We learnt that there is a growing demand across all jobs for candidates with 'green skills.'

'Green skills' can be **transferable skills** (such as strategic thinking, project management, decision-making, leadership, and effective communication which can be developed through all aspects of life) as well as **technical skills** (such as those required in forestry, ecology, sustainability management and electrification which are acquired through specific training).

Find out more at the Green Careers Hub:



Find out about green apprenticeships:



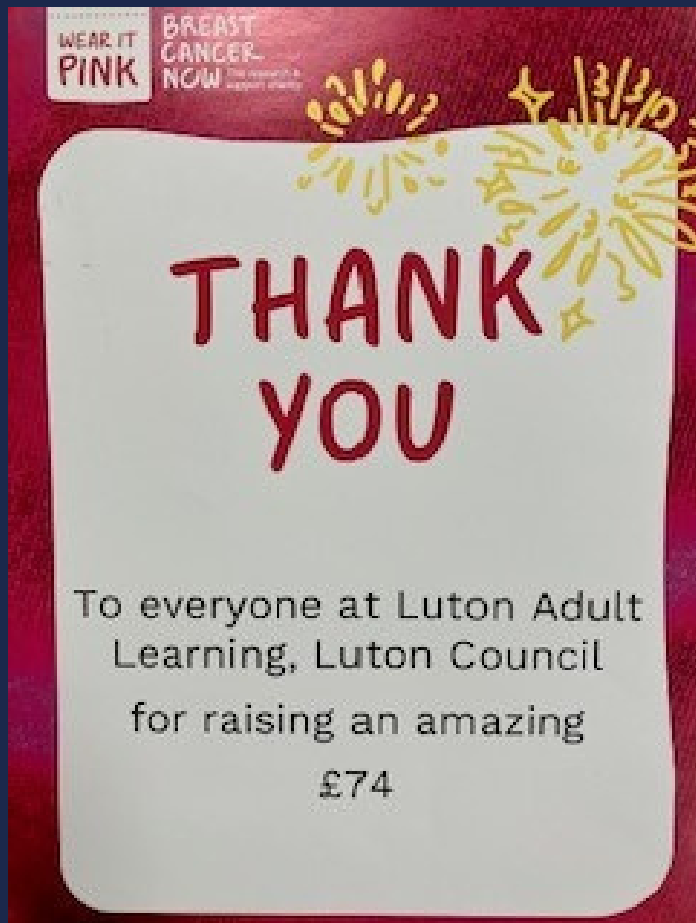
Take the quiz:



Watch the Green Apprenticeships Film

# Luton Adult Learning is a supportive community.

Thank you to everyone who supported the Wear it Pink Day. Primarily an awareness raising event, we did manage to raise some money for the charity and have finally received our certificate.



Look out for forthcoming events by checking our website and Facebook pages regularly

## **What's it like to learn with Luton Adult Learning ?**

Ahead of National Apprenticeship Week (5 - 12 Feb 2024) we've chosen to highlight the experience of one of our learners, Meriel Ascott, undertaking an apprenticeship.



### **Why did you decide to do an apprenticeship?**

I wanted a complete career change. I believed I had lots of transferable skills from the various job roles over many years but when I looked at job descriptions I didn't have the evidence that I could meet many of the essential criteria so I didn't feel comfortable applying. I also didn't really quite know where to start with my new career idea! When I saw the apprenticeship advert, I realised this route would solve this problem. I would get all the training I needed whilst working in a real job. What a great opportunity!

### **Please tell us your experience so far as an apprentice**

So far, I have loved my time as apprentice. I am really enjoying being in a friendly team and extremely supportive learning environment. Already I feel I have achieved a lot personally and enjoy the sense of success that brings. My work is interesting and varied and I am enjoying being a learner again. I have found I have been able to fit in my diploma (Business Administration Level 3) into the working week, facilitating a healthy work-life balance.

### **What are the advantages of doing an apprenticeship over other education or training programmes?**

All the training is free! And it's far ranging in the council because it's such a big organisation. There are so many opportunities to explore within and beyond your immediate area. Whilst training, you are working in a real job and so you can see how the training is so relevant and perfectly fits with your job role. An apprenticeship builds your confidence and links you into the working world and job market. It can set you up well for the future. To prove it, I recently secured a graded post within Luton Adult Learning as an Engagement and Project Support Officer. I will be supported to complete my apprenticeship whilst working in this newly created role. I am excited about the future and extremely grateful for all the opportunities with which this apprenticeship has provided me.

**To find out more about the apprenticeship standards that LAL offer go to:**

Luton Adult Learning

[www.lutonacl.ac.uk/apprenticeships/](http://www.lutonacl.ac.uk/apprenticeships/)



## Website refresh

There has been a lot of work happening behind the scenes to update and refresh the website. Do take a look, there is a wealth of information on it.

And remember to regularly check out our online jobs, volunteering and training opportunities noticeboard, Padlet, which has also been refreshed.



## Get in touch:



01582 490033



[info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk)



<https://www.lutonacl.ac.uk>

