



Course guide

For adults with learning difficulties and disabilities
September 2025 to July 2026



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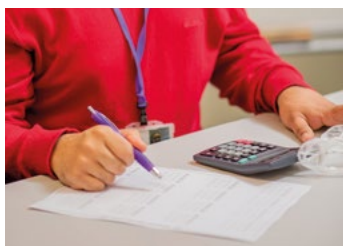
www.hillingdon.gov.uk/adultlearning

All about our courses



Welcome to our course guide for adults aged 19 and over with learning difficulties and/or disabilities.

All our classes are part-time and will help you develop new skills and become more independent.



All courses are fully funded because they improve your communication, maths or digital skills, but you must attend every session.



In our classes you will also develop problem solving, creativity, staying positive, leadership and teamwork skills and explore your rights as a citizen.

Please follow the steps on page 4 to book your place on a course.

Case study: Hiten

Hiten first joined Learn Hillingdon Adult Community Education in 2022. He enjoyed choosing from the wide range of courses available.

He's completed a number of courses that have helped him to improve his focus, time-keeping, confidence and overall wellbeing.

During these courses, he's made many new friends and became a course representative, helping other learners in his class.

He's currently on the Upbeat Music course.

Hiten completed the ALDD Enterprise Project course in 2023 where a clothing and toy bank was set up. He is still volunteering at the bank and is proud of its success, as more than 1,000 clothing items and toys have been donated.

He hopes to continue learning with Learn Hillingdon next year.





Booking your place on a course

We want you to learn a range of skills, so we have organised our courses into different groups.

New learners must contact a centre to arrange a meeting with a member of the team before enrolling.

Returning learners should follow the steps below. Ask your parents/carers for help.

- 1** Please make your course choices from the groups on page 6.
- 2** Find the 'Course Request Form' in the 'Site News' section on:
 moodle.hae-acl.ac.uk (from July to August) or on
 www.hillingdon.gov.uk/aldd-courses
- 3** Put your name and contact details on the form.
- 4** List your preferred courses on the form, favourites first.
- 5** Press 'submit'.

We will contact you to confirm which courses you can enrol on and help you enrol.

We will do our best to place you in your preferred course but remember to choose something different if you studied with us last year.

All courses are termly. You can choose to enrol on different courses through the year or enrol for all three terms of the same course.

Please note that courses will run subject to sufficient enrolments.

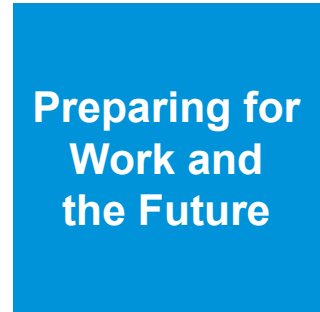
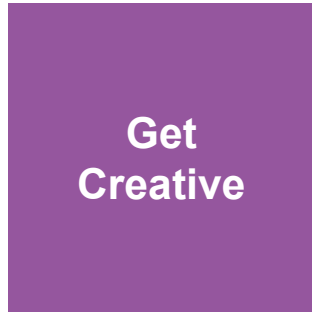
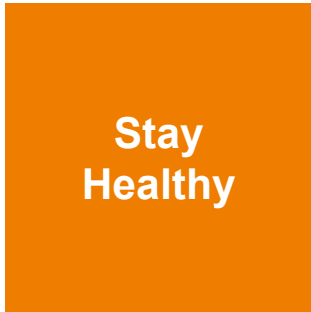




Course choices

When you're on our courses, you will work according to your ability and achieve as much as you are able.

Please choose your preferences from our four course groups:



Stay Healthy

- ▶ Baking for all Occasions
- ▶ Choose Well, Eat Well (healthy eating)
- ▶ Cook from Scratch
- ▶ Creative Wellbeing
- ▶ Get Fit and Stay Well (healthy lifestyles)
- ▶ Healthy Eating Made Simple (term 1)
- ▶ Simple Healthy Breakfasts (term 2)
- ▶ Simple Healthy Lunches (term 3)
- ▶ Move and Groove (seated exercise)
- ▶ Upbeat Music



Get Creative

- ▶ Art Lab (experimental art)
- ▶ Sew to Sell
- ▶ Upcycle Art Sculpture
- ▶ You've Got Talent (build your confidence)



Learn Something New

- ▶ Creative Lens (photography and enterprise)
- ▶ Discover the Digital World (digital skills)
- ▶ English for Independence
- ▶ Look After Your Home
- ▶ Maths for Independence
- ▶ Science in Everyday Life



Preparing for Work and the Future

You may need to have an interview before enrolling on these courses:

- ▶ Cooking for Independence series
- ▶ CV Masterclass
- ▶ Digital Skills for Work
- ▶ Dinner for One (cooking for independence)
- ▶ ALDD Enterprise Project
- ▶ Household Skills
- ▶ Make 'n' Market (make and sell your crafts)
- ▶ Occupational Studies
- ▶ Personal and Social Skills
- ▶ Preparing for Employment
- ▶ Trolley Snacks for Sale (enterprise)
- ▶ Understanding Adulthood
- ▶ Understanding Intimacy and Relationships



You will find more information about each course on our website, including dates, times and course outcomes.

Stay healthy

These courses will help you learn skills and habits to stay well and keep healthy physically and emotionally while improving your communication and maths skills.

Choose one of these courses if you would like to learn how to prepare healthy meals and snacks to keep yourself well:

▶ **Baking for all Occasions**

Develop basic maths skills through baking for seasonal themes and different occasions.

▶ **Choose Well, Eat Well (healthy eating)**

Improve maths skills while making healthier decisions about recipes, ingredients and quantities to use when preparing meals.

▶ **Cook from Scratch**

Develop maths skills while making healthy meals and snacks from scratch.

▶ **Simple Healthy Meals series:**

▶ **Healthy Eating Made Simple (term 1)**

▶ **Simple Healthy Breakfasts (term 2)**

▶ **Simple Healthy Lunches (term 3)**

Develop healthy eating habits and confident decision-making while improving your maths skills.

Choose one of these courses if you would like to get active and maintain healthy physical and mental wellbeing:

▶ **Creative Wellbeing**

Relax and improve your wellbeing while being creative.

▶ **Get Fit and Stay Well (healthy lifestyles)**

Improve your health and fitness through group exercise activities.

▶ **Move and Groove (seated exercise)**

Take part in gentle seated exercises to improve your fitness.

▶ **Upbeat Music**

Express yourself through dance whilst you share your musical tastes with your classmates.



Get creative

Work as a team to create fun individual and joint projects using sustainable resources. You will also enjoy social interactions with your classmates and improve your wellbeing.

You can choose one of these courses:

▶ **Art Lab (experimental art)**

Use different effects to create art pieces.

▶ **Sew to Sell**

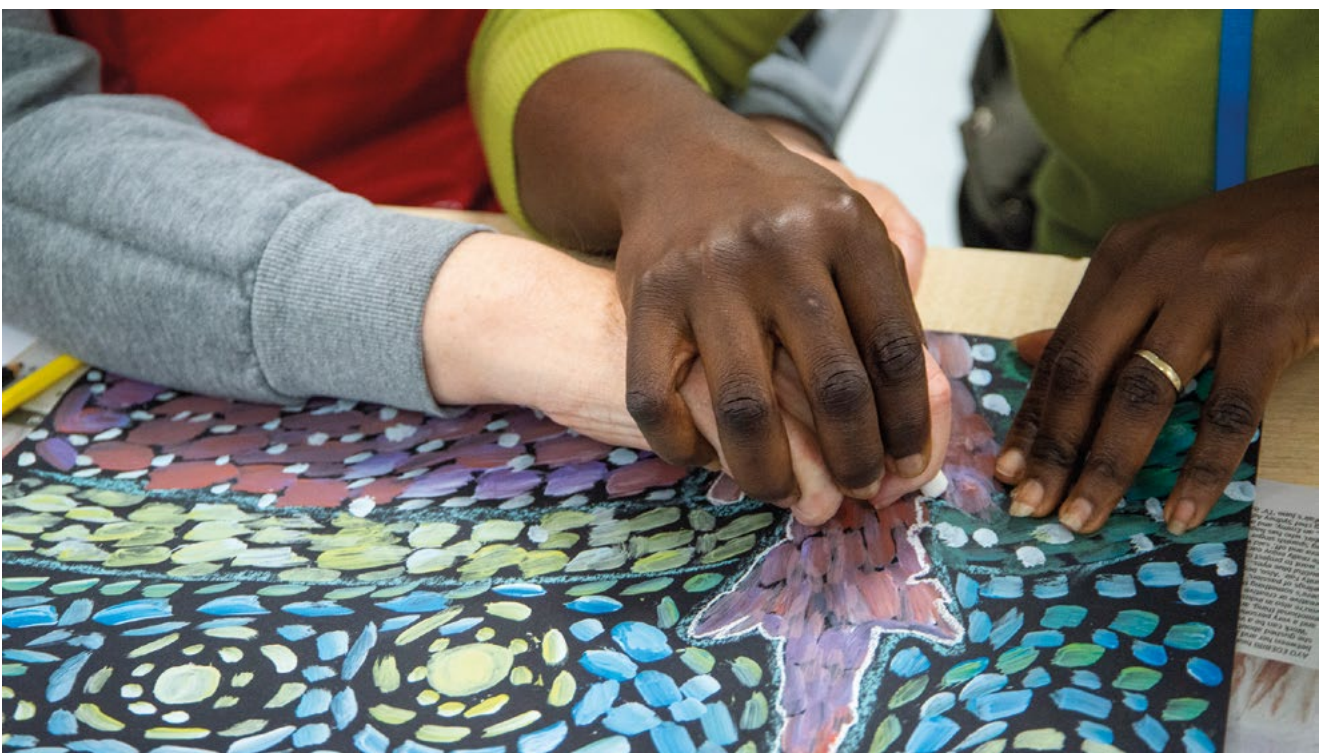
Practice basic sewing skills to produce items which can be sold (with proceeds going to the Mayor's Charity Appeal).

▶ **Upcycle Art Sculpture**

Turn recyclable materials like discarded water bottles, food packaging and old magazines into beautiful pieces of artwork.

▶ **You've Got Talent (build your confidence)**

Identify your talent and contribute to a performance on your own or in a group.



Learn something new

Depending on the course you choose, you can prepare for life as an adult and for other courses you will do in future:

► Creative Lens (photography and enterprise)

Produce photographs which can be sold (with proceeds going to the Mayor's Charity Appeal).

► Discover the Digital World (digital skills)

Develop digital skills relevant to everyday life and learning while staying safe online.

► English for Independence

Improve your basic English skills which are relevant for everyday life, volunteering and work.

► Look After Your Home

Prepare to live in your own flat by learning how to complete simple household tasks.

► Maths for Independence

Improve your confidence in using maths in everyday life and work towards becoming more economically active.

► Science in Everyday Life

Increase your awareness of science in everyday life through enjoyable projects.



Preparing for work and the future

In these courses you will develop the skills you need for independent life at home or for work, such as team working, planning, decision making and problem solving.

These courses have entry requirements, and you may need to have an interview before you can enrol.

Choose these courses if you would like to improve your independent living skills:

▶ **Cooking for Independence Series**

▶ **Spoonful of Confidence (term 1)**

▶ **Budget-Friendly Cooking for Everyday Living (term 2)**

▶ **Cooking for Independence – Flavours Without Limits (term 3)**

Cook healthy meals for yourself when living on your own and manage your own budget. *Enrolment by invitation only.*

▶ **Dinner for One (cooking for yourself)**

Prepare healthy everyday meals and learn to store food safely to help you live independently.

▶ **Household Skills**

Identify and practice the skills you need when running a home.

▶ **Understanding Adulthood**

Gain confidence to live a happy and healthy life as you transition into and through adulthood.

▶ **Understanding Intimacy and Relationships**

Consider what healthy and safe intimate relationships look like.





Choose these courses if you would like to prepare for paid or voluntary employment and work towards a qualification.

▶ **CV Masterclass**

Write or review and update your CV.

▶ **Digital Skills for Work**

Develop your digital skills to improve your confidence and abilities for work.

▶ **ALDD Enterprise Project**

Work in a team to set up and manage a clothing and toy bank, and track donated and taken items.

▶ **Make 'n' Market (make and sell your crafts)**

Produce original artwork and look at ways to sell it (with proceeds going to the Mayor's Charity Appeal).

▶ **Preparing for Employment**

Gain a basic introduction to skills that prepare you for voluntary or paid work.

▶ **Trolley Snacks for Sale (enterprise)**

Set up and manage an enterprise project to prepare snacks for sale in our adult learning centre. *Enrolment by invitation only.*

Our courses

Please choose a course that you have not done in the last two years. Most courses are termly and we will help you to enrol again when your course ends.

These courses are fully funded if you attend every session and improve your communication, maths or digital skills.

Monday morning courses

	Venue	Fees
■ CV Masterclass	Civic Centre	£0.00
■ Maths for Independence	Civic Centre	£0.00
■ Sew to Sell	South Ruislip	£0.00

Monday afternoon courses

■ Healthy Eating Made Simple	Civic Centre	£0.00
■ Discover the Digital World	Civic Centre	£0.00
■ Household Skills	South Ruislip	£0.00

Tuesday morning courses

■ Trolley Snacks for Sale (enterprise)	Civic Centre	£0.00
■ Get Fit and Stay Well	South Ruislip	£0.00
■ Understanding Adulthood	Civic Centre	£0.00

Tuesday afternoon courses

■ Art Lab (experimental art)	Civic Centre	£0.00
■ Choose Well, Eat Well (healthy eating)	Civic Centre	£0.00
■ Move and Groove (seated exercise)	South Ruislip	£0.00

Wednesday morning courses

	Venue	Fees
■ Dinner for One (cooking for yourself)	Civic Centre	£0.00
■ Upcycle Art Sculpture	Civic Centre	£0.00
■ Preparing for Employment	South Ruislip	£0.00

Wednesday afternoon courses

■ English for Independence	Civic Centre	£0.00
■ Look After Your Home	South Ruislip	£0.00
■ Make 'n' Market (make and sell your crafts)	Civic Centre	£0.00

Thursday morning courses

■ Baking for All Occasions	Civic Centre	£0.00
■ Digital Skills for Work	South Ruislip	£0.00
■ Understanding Intimacy and Relationships	Civic Centre	£0.00

Thursday afternoon courses

■ Creative Wellbeing	Civic Centre	£0.00
■ Creative Lens (photography and enterprise)	South Ruislip	£0.00
■ You've Got Talent!	Civic Centre	£0.00

Friday morning courses

■ Cook From Scratch	Civic Centre	£0.00
■ Science in Everyday Life	South Ruislip	£0.00

Friday afternoon courses

■ ALDD Enterprise Project	Civic Centre	£0.00
■ Upbeat Music	South Ruislip	£0.00
■ Cooking for Independence series	Civic Centre	£0.00

For venues, see page 18. This information was correct at time of print.

Class rules



You should **attend every class**. Please contact us if you cannot attend your class for any reason, for instance if you are sick.

Do not book holidays in term time. Two weeks' absence could mean you lose your place on the course.



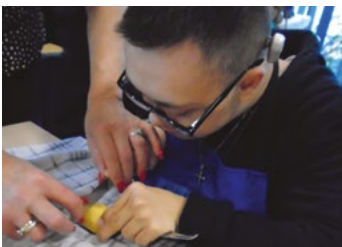
Please come on time; we don't want you to miss anything.



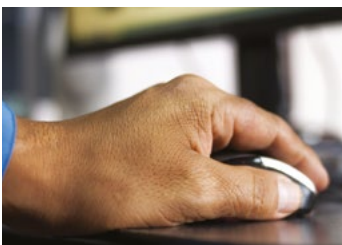
On your first day, we will take your photograph and give you a badge with your name on it. **Please wear your badge whenever you come to our centres,** so we can see it's you. If you have a support worker with you, they should also wear their badge. This helps to keep everyone safe.



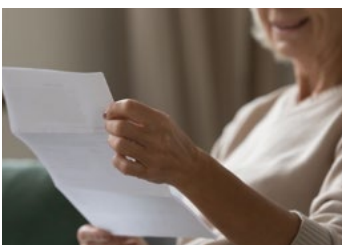
Be polite and considerate, and respect everyone in class.



Take part in the activities your teacher gives you to the best of your ability. As we get to know you, we will provide support where you need it.



We will continue to use online learning for classwork and homework this year so **please ask your parent and carers to help you practise** using Moodle at home.



Support workers are expected to follow our ***Guidelines for Parents, Carers and Support Workers***. Please request a copy.



The service will not tolerate any form of bullying or harassment. Behaviour that is inappropriate or unprofessional towards staff or learners, or that is detrimental to learning will not be tolerated and will be addressed immediately. If the council deems the behaviour warrants exclusion, this will take place with no refund of fees.

Staying safe

Here are some tips to keep yourself safe.



Be kind to people and expect them to be nice to you. If they are being mean or bullying you, walk away and ask someone for help.



Don't talk to strangers in person or online, for example on Facebook. If someone is mean to you – even on social media, stop talking to them and tell someone you trust.



Take good care of your money. No one should take your money from you or ask you to spend it on them.



Take good care of your phone and don't tell strangers where you live or give your keys to anyone.



We want you to enjoy your time here and feel safe. If you don't feel safe for any reason, please tell us.

Term dates

Autumn term

Term starts	Monday 15 September 2025
October half term	Monday 27 October to Friday 31 October 2025
Term ends	Friday 12 December 2025

Spring term

Term starts	Monday 5 January 2026
February half term	Monday 16 to Friday 20 February 2026
Term ends	Friday 27 March 2026

Summer term

Term starts	Tuesday 13 April 2026
May half term	Monday 25 to Friday 29 May 2026
Term ends	Friday 10 July 2026

Your course might end before the published term end dates, please check with your teacher.

Locations

Learn Hillingdon - Civic Centre

High Street, Uxbridge, UB8 1UW
civiccentre@hae-acl.ac.uk
01895 556455

Learn Hillingdon - Harlington

Harlington Community School, Pinkwell Lane, Hayes, UB3 1PB
harlington@hae-acl.ac.uk
01895 556252

Learn Hillingdon - South Ruislip

Victoria Road, Ruislip, HA4 0JE
southruislip@hae-acl.ac.uk
01895 556248

