

Raising Aspirations	Growing Skills: Seeds, Plants & Progress	To enable adult learners to develop basic gardening skills and knowledge while increasing confidence, wellbeing, and participation in their local community through practical growing activities.	Growing plants, growing confidence, growing communities.
	Journaling for Learning & Reflection	To enable adult learners to develop journalling skills that support reflection, personal development, wellbeing, and lifelong learning.	Reflect, Learn, Grow: One Page at a Time.
	Nutrition Made easy	To enable adult learners to develop the knowledge, confidence, and practical skills needed to make healthier food choices and support their overall health and wellbeing.	Eat Well, Feel Well, Live Well.
	English Through Stories (parents & carers)	To support parents and carers in developing English language, literacy, and communication skills through the use of stories, while increasing confidence in supporting learning at home.	Every Story Builds Confidence, Every Reader Builds Success.
	Confident You	To support adult learners in developing confidence, self-belief, resilience, and practical skills that enable them to participate more positively in their personal, social, and working lives.	Believe in Yourself, Achieve Your Potential.
	Communicate	To enable adult learners to develop practical communication skills that improve confidence, relationships, participation in the community, and opportunities for personal and professional growth.	Connect, Communicate, Confidence.
	Makaton Level 1	To introduce learners to the key principles of Makaton and develop confidence in using basic signs and symbols to support communication and inclusion.	Communicating Together, Including Everyone.

	Read together (parents & carers)	To support parents and carers in developing confidence, literacy skills, and practical strategies for reading together and fostering a positive reading culture at home.	Read Together, Learn Together, Grow Together.
	Creative Writing	To enable adult learners to develop creative writing skills, build confidence in self-expression, and explore a variety of writing styles and techniques.	Every Story Matters: Find Your Voice, Share Your World.
	Family food for thought (parents & carers)	To support parents and carers in developing the knowledge, confidence, and practical skills needed to provide healthy, affordable meals and encourage positive food habits within their families.	Good Food, Great Families, Healthy Futures.
	A problem shared (parents & carers)	To support parents and carers in developing confidence, resilience, problem-solving skills, and support networks that help them manage everyday family and life challenges.	Together We Can: Sharing Challenges, Finding Solutions, Building Confidence.
	Fluent for Work & Life	To support adult learners in developing the communication and language skills needed to participate confidently in everyday life, community settings, and the workplace.	Speak Clearly. Connect Confidently. Succeed Everywhere.
	Creative Learning at Home (parents & carers)	To enable adult learners to develop confidence, creativity, and independent learning skills through engaging home-based learning activities and projects.	Learn, Create, Grow: Bringing Learning Home.

	Positive Mindset for Everyday Life	To support adult learners in developing a positive mindset, building resilience, and adopting practical strategies that promote wellbeing, confidence, and personal growth.	Think Positive, Grow Strong, Live Well.
	Art for Confidence	To support adult learners in building confidence, self-esteem, and wellbeing through creative art activities and positive self-expression.	Create, Express, Believe.
	Healthy Living & Wellbeing	To support adult learners in developing practical knowledge and skills that promote healthier lifestyles, improved wellbeing, and increased confidence in managing their physical and mental health.	Small Steps, Positive Changes, Healthier Lives.
	Digital for Daily Living	To support adult learners in developing the digital skills, confidence, and knowledge needed to participate safely and independently in modern everyday life.	Connect, Click, and Confidently Live.
	Money, Work & Home	To support adult learners in developing the practical knowledge, confidence, and skills needed to manage money effectively, improve employability, and maintain a positive home environment.	Strong Foundations for Money, Work and Home.
	Everyday Life Skills	To support adult learners in developing practical life skills that promote independence, confidence, wellbeing, and active participation in their community.	Building Confidence for Everyday Living.