people matters
developing inclusive communities
#inLeedsPeopleMatter

Adult Learning

Autumn 2019

disability confident LEADER

Inspected and rated Good
Care Quality Commission

Adult Learning

Courses for adults aged 19 and over

Courses for adults aged 25 and over with learning difficulties, autism, asperger's' and other hidden disabilities

On all our courses you will work towards targets set with the tutor and keep a journal. These are so you can see how busy you have been and how much you have learnt whilst having fun and making new friends.
It is really important that you attend every session so you enjoy your learning and carry on seeing your friends. If you feel that you would struggle to attend every session then please speak to us to talk about this.

How to join a course

If you are interested in a course and want to find out more you can contact the office.

By telephone 0113 234 6896 or

email info@peoplemattersleeds.co.uk

When you contact us someone will contact you to have a chat about the course you want to do and the support you will need. This can be done over the telephone or you could arrange a face to face meeting

Monday Courses

Heading Out: As a group you will be researching and planning journeys to take you all around West Yorkshire, helping you build confidence and learning how travel independently. With your group of new friends you'll visit new places and share new, fun experiences. This course is LLDD specific for adults aged 25 and over.

Starts: Monday 9th September for 12 weeks

Time: 10.30am - 3.00pm

"I manage to talk to people now that I am more confident. I felt shy before attending." - D

World of Relationships: The course is about developing safe and healthy attitudes towards relationships. You will explore the different areas surrounding a relationship through discussion and fun interactive games and activities. You will be able to share your own experiences in a safe, supportive and confidential environment. The course is for adults age 19 years and over and free if you are in receipt of benefits.

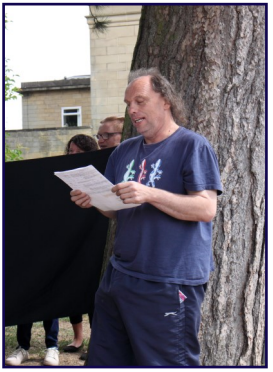
Women's: Monday 9th September for 6 weeks

Time: 3.30pm - 5.30pm

Men's: Monday 4th November for 6 weeks

Time: 3.30pm - 5.30pm

Tuesday Courses



Creative Story Telling: Using film, art, music and photography, you will explore, create and express yourselves through a short story built from your own ideas and imagination.

This course is LLDD specific for adults aged 19+ and over. It is free if you are in receipt of benefits.

1st Course Starts: Tuesday 10th September for 6 weeks

Time: 10.30am - 2.30pm

2nd Starts Course Starts: Tuesday 5th November for 6 weeks

Time: 10.30am - 2.30pm

"The Advice & Guidance service helped me to find a social group, I go there to play pool" - R

Wednesday Courses

Art and Craft: Using a range of mediums such as clay, textiles and paint, this course is all about working with you to create a range of projects such as painting and drawing, sculpture and collage. The course will help you to develop your practical and social skills, make friends and have fun. At the end of the course there will be an exhibition of your work.

This course is LLDD specific for adults aged 25 and over.
There is a £15 course fee towards the cost of materials.

Starts: Wednesday 11th September for 12 weeks

Time: 10.30am - 3.00pm

Thursday Courses

Design Make Display: This course you will be designing and creating your own hand-made crafts such as cushions, bags, candles, jewelry and more. Using techniques such a sewing, modelling and weaving; this course helps to improve your fine motor skills, hand eye coordination and working with tools.

There is a £15 course fee towards the cost of materials.

Starts: Thursday 12th September for 12 weeks

Time: 10.30am - 3.00pm

"It makes me feel special and part of a group with people who understand me" - L

Advice and Guidance Service

People Matters have an Advice & Guidance service which anyone can access.

Advice and guidance provides information which will help you to plan your next steps and help you to decide;

- Which course is right for you
- What to do after a course
- How you can prepare for work
- Support you to go to another service or provider

Laura Joyce is our IAG Coordinator who can meet with you 1:1, or you can speak to a tutor while you are on a course. You can contact Laura on: ***07565 205397*** or ***0113 234 6896*** or email her at i***ag@peoplemattersleeds.co.uk***

Employment Skills Courses

Preparation for Work - Getting ready for work

This course will help you in your search for either paid or unpaid work. In a small group with a tutor and in-class support, you will learn how to write a CV and cover letters, apply for jobs, work in a team, practice interview skills and more.
This course is free if you are in receipt of benefits.
This 12 week course runs over two days a week (Wednesday and Thursday) from 10.30am to 3.30pm.

Starts: Wednesday 11th September for 12 weeks

Time: 10.30am - 3.30pm

Job Club

This is a 6 week course of 3 hours per week to support you in finding paid or unpaid work. You will be part of a small group working with a tutor and in-class support to develop your skills through CV and cover letter writing, applying for jobs and more.

Starts: Friday 13th September for 6 weeks

Time: 10.30am - 1.30pm

nourishing people ...working snacks

Nourishing People is our social enterprise, which sells a range of healthy snacks. Members will learn about buying and selling. They will build employability and transferrable skills like customer service. This course is good for those who want to work in retail for example.

Contact Sinead O'Reilly on 0113 2346896 or by email at Sinead@peoplemattersleeds.co.uk for a full pack of information

The course is offered as a one or two day a week placement. There is a cost to take part. Members need to be able to access adult social care funding or self fund.

What Next?

Please contact the People Matters Office Monday to Friday from 9.30am – 5.30pm, to have a chat about the course you would like to join.

Availability of places can't always be checked over the phone. A contact number must be given (a staff number is fine if you live in a supported living service)

You will need to speak to a member of staff and complete an enrolment form before the course starts. If you would like to, you could do this at our taster session on **Thursday 5th September, 11 - 1pm.**

Because our courses are very popular, book your place as soon as you can. If the course is full, you will be able to start the next one.

How much will it cost?

We ask for a contribution to the cost of materials on some of our courses. Preparation for Work and Job Club have no cost if you are in receipt of Job Seekers Allowance or Universal credit. For further information please see our website.

All our courses are non-accredited which means that you won't get a qualification, but you will get a certificate of achievement.

People Matters are just one provider of adult learning opportunities in the city, you can see more at **http://leedsadultlearning.co.uk**

Call us on 0113 234 6896 or email at info@peoplemattersleeds.co.uk

Other People Matters services:

Adult Social Group; For anyone age 18 years upwards

Teens & Twenties; Social groups for younger people aged between 14 & 25 years

One to One support; Individual support in your home or in the community from age 11 years and up

Volunteering programme for young people and adults

Leeds City College

Leeds City Council

National Lottery Funded

locality the power of community

base British Association for Supported Employment

tenfold The Learning Disability Forum for Leeds

Funded by Skills Funding Agency

2018 SEYH social enterprise yorkshire and the humber AWARD WINNER SOCIAL ENTERPRISE OF THE YEAR

European Union European Social Fund investing in jobs and skills

People Matters (West Yorkshire) C.I.O
Unit 41 Barkston House, Croydon Street, Leeds, LS11 9RT
Telephone; 0113 234 6896
A registered Charity 1170724

peoplemattersleeds.co.uk

PeopleMatterLds

PeopleMattersWestYorkshire