

Section 21 Learning Opportunities and Career Advice

**Learning for Life
and Work**

020 8546 6707

www.kingston.gov.uk/adulteducation

Kingston Adult Education is committed to supporting people who have difficulty using standard education services. Carers have been identified as one of the groups who need support and the aim is to provide new learning opportunities and work with you to develop ideas and initiatives. We already have a number of courses that are specifically designed for carers and are interested in developing this service as part of our community education programme.

- Are you a carer with little opportunity to access learning?
- Want to learn a new skill or develop an existing one?
- Planning on returning to work in the future?
- Want the chance to relax and look after yourself?
- Want to regain your confidence?

Where would suit you?

- At a local centre
- With other carers

What type would you prefer?

- Tasters sessions
- Short courses
- Distance learning
- Daytime
- Evening or weekend

What would you like to learn about?

- Aromatherapy
- Art
- Computer
- Dancing
- Languages
- Work skills
- Stress Management
- Caring skills academic qualification
- Transport
- Information and advice
- Support to attend a college or university course

Phone and tell us what you want and we will see if we can design a course which we can make available for you and like-minded carers.

Training for Work

020 8547 6837

Offers free training courses in Information Technology (IT) and office related skills for people actively seeking or considering seeking employment. Other courses available include preparing a CV, interview techniques and job seeking skills.

Learn Direct

0800 100 900

www.learndirect.co.uk

There are a number of courses that you can study online at your own pace and at a time that suits you. Learn Direct also has hundreds of other courses available through education centres around the country. Grants may be available to help with costs. To find out more, contact them on the number above for free advice and guidance or visit their website.

Learning for Living www.learning-for-living.co.uk

This is an online learning programme designed specifically for carers, by carers. It combines a learning programme with a qualification which can be done anywhere that you have access to the internet.

If you do not have access at home, you could consider using an internet café, the local library, or other community based places which have computers.

Hillcroft Women's College **020 8399 2688**
www.hillcroft.ac.uk

Offers courses for women and specific courses for female carers. The programme includes a chance to learn computer skills and confidence building. A small charge applies.

Kingston Libraries - Information, Learning and Leisure

Kingston libraries offer:

- books, videos, DVDs, music CDs;
- spoken word cassettes and CDs;
- jigsaws, newspapers and magazines;
- computer games for Playstation, Xbox & Gamecube;
- computers for free access to the internet, word processing;
- spreadsheet, presentation and other office software;
- free On-line Language courses;
- reading groups for adults, children, Tamil readers, ImaginAsian and crime readers;

- faxing and photocopying facilities;
 - rhyme time and story time for children;
 - homework clubs;
 - children's craft activities and events in the school holidays;
 - IT Training – one to one tuition or group led
 - ECDL
 - E-Type
 - Get into Work Workshops
 - we sell postage stamps, greeting cards, educational workbooks, memory sticks
- and much more.

Contact your local library to find out more!

Hook and Chessington Library

Hook Road

Telephone: 020 8547 6480

Fax: 020 8547 6483

Email: hook.library@rbk.kingston.gov.uk

Kingston Library

Fairfield Road

Tel: 020 8547 6400

Fax: 020 8547 6401

Email: kingston.library@rbk.kingston.gov.uk

New Malden Library

Kingston Road

Tel: 020 8547 6490

Fax: 020 8547 6495

Email: newmalden.library@rbk.kingston.gov.uk

Old Malden Library

Church Road, Worcester Park

Tel: 020 8547 6467

Fax: 020 8547 6469

Email : oldmalden.library@rbk.kingston.gov.uk

Surbiton Library

Ewell Road

Tel no: 020 8547 6444

Fax no: 020 8547 6449

Email : surbiton.library@rbk.kingston.gov.uk

Tolworth Library

37/39 The Broadway

Tel no: 020 8547 6470

Fax no: 020 8547 6471

Email: tolworth.library@rbk.kingston.gov.uk

Tudor Drive Library

Tudor Drive, Kingston

Tel no: 020 8547 6456

Fax no: 020 8547 6459

Email: tudordrive.library@rbk.kingston.gov.uk

Community Library Service 020 8547 6451

This home delivery service of books (including large print), tapes, videos, DVD's, language and music tapes, wool or jigsaw puzzles, is free to all residents of the borough who find it difficult to visit their local library.

Fax: 020 8547 6454

email:community.library@rbk.kingston.gov.uk

