

FREE ADULT LEARNING COURSES

We're committed to supporting our learners during and after their studies. With ACL, you don't just enrol on a course, you also gain access to a wide range of opportunities that could be free.

Employability & careers

Our courses and apprenticeships will help you develop lifelong skills that will boost your prospects and take you in previously unexplored directions that could result in exciting new career pathways and opportunities.

▶ www.aclessex.com/get-back-into-work

Mental health & wellbeing

We offer the space to explore ways to improve your wellbeing and provide tools to help you navigate everyday life. Our wellbeing courses are there to improve your self-care techniques, boost confidence, and improve your goal setting strategies.

▶ www.aclessex.com/mental-wellbeing

Maths & English

Our free* English and maths courses will help to blow away the cobwebs, improve your confidence and gain a qualification. Our courses start from beginners to GCSEs. Whatever your reason to improve your English or Maths, we can help!

▶ www.aclessex.com/english

▶ www.aclessex.com/maths

*FREE to those who do not currently hold a grade C or 4 (or above) in this subject.

IT/Digital skills

We offer Essential Digital Skills courses that will help you complete tasks on a daily basis, saving you time, energy and reducing potentially stressful situations. Gain knowledge and skills whilst using your computer and devices in a home or work environment. We also offer Microsoft Office and Cyber Security courses to help you improve your career prospects and feel more confident.

▶ www.aclessex.com/digital-skills

Support for all the family

We offer guided workshops focused on keeping children emotionally well, improving carers' or parents' ability to support children's learning and development, and strengthening family relationships.

▶ www.aclessex.com/community-family-learning



"My confidence in myself has grown due to completing an IT and employment course. I look forward to continuing my development with further courses".