

Courses and Workshops for Adults with Learning Disabilities (ALD) January - July 2021



Oxfordshire Adult Learning is proud to continue offering a diverse range of courses, projects and workshops for people with all levels of learning disabilities.

You may wish to learn a new skill, develop existing skills, gain greater independence or meet others who share your interests. We offer a broad and varied choice including: art, cookery, computing, literacy and numeracy, wellbeing and safety.

To discuss your place on the course of your choice and to enrol, please contact our specialist ALD team on: 01235 216 391 or 01235 216 493.

It is not possible to enrol online for these courses.

Due to COVID-19 we have had to reduce our courses this year and most will take place online.

You can be sure of a warm welcome.



We work in partnership with many organisations in the local community to provide learning opportunities and experiences. This year due to COVID-19 we have had to reduce the number of partners we work with.



Courses



Art & Craft

Art & Craft

Spring and Summer terms

These online courses will inspire creativity and develop your artistic skills.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS037P	13/01/2021	10:00	12:00	10	WED	ONLINE	-	£59.00
DCZS012P	14/01/2021	10:00	12:00	10	THU	ONLINE	-	£59.00
DCZS014P	22/04/2021	10:00	12:00	10	THU	ONLINE	-	£59.00
DCZS055P	28/04/2021	10:00	12:00	10	WED	ONLINE	-	£59.00

Ceramics

Ceramics

Spring and Summer terms

Explore ceramic techniques. Develop your skills and confidence or learn new techniques with our lively and friendly group.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCAQ000P	11/01/2021	10:00	12:00	10	MON	Abingdon campus	Oxford	£69.00
DCAQ001P	19/04/2021	10:00	12:00	10	MON	Abingdon campus	Oxford	£69.00

Courses continued



Cookery

Cookery

Spring and Summer terms

Basic practical cookery courses covering meal planning, healthy eating, kitchen safety and food hygiene.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS031P	11/01/2021	13:30	15:00	10	MON	ONLINE	-	£44.00
DCZS008P	12/01/2021	13:30	15:00	10	TUE	ONLINE	-	£44.00
DCZS015P	14/01/2021	13:30	15:00	10	THU	ONLINE	-	£44.00
DCZS047P	19/04/2021	13:30	15:00	10	MON	ONLINE	-	£44.00
DCZS016P	20/04/2021	13:30	15:00	10	TUE	ONLINE	-	£44.00
DCZS013P	22/04/2021	13:00	15:00	10	THU	ONLINE	-	£44.00

Employability Skills

Everyday Life & Employability Skills

Join us with this engaging, personal development course. Full of fun activities and interactive games that cover a whole range of topics such as money management, team work, problem solving and much more, in preparation for the work place and greater independence.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS030P	19/04/2021	13:30	15:00	10	MON	ONLINE	-	£44:00

English for Work & Life

Take part in fun real-life tasks which will help you gain confidence and independence, whilst improving reading, writing, spelling and communication skills needed for everyday work and life.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
TBA	13/01/2021	13:00	14:30	10	WED	ONLINE	-	£23:00

Courses *continued*



Health and Wellbeing

Yoga for Wellbeing

Spring and Summer terms

Simple, safe and effective movements to make you feel more relaxed, ease out tired joints and gently improve mobility.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS010P	11/01/2021	10:30	12:00	10	MON	ONLINE	-	£44.00
DCZS011P	19/04/2021	10:30	12:00	10	MON	ONLINE	-	£44.00

Spring Relaxation Techniques for Wellbeing

Spring and Summer terms

This course will improve wellbeing by learning some relaxation techniques, simple massage techniques, relaxing Aromatherapy oils and basic hand reflexology.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS003P	12/01/2021	13:00	15:00	10	TUE	ONLINE	-	£44.00
DCZS004P	20/04/2021	13:00	15:00	10	TUE	ONLINE	-	£44.00

Courses *continued*

Music

Making Music from Recycling

Learn how to make and play drums, percussion, and stringed instruments, made from everyday recycling and rubbish. Make a musical instrument each week and then learn how to play it. Learn musical and songwriting skills so you can play along with your online classmates to create a piece of music.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
TBA	05/02/2021	10:30	12:00	5	FRI	ONLINE	-	£23.00

Music & Sound Meditation

This course would suit learners who love music and want to learn more about how it is made and created. The course would also suit those who would like to relax more and reduce stress or anxiety. In this course you will explore different types of music and sound and by using your ears you will be able to listen and focus your mind to relax and unwind, via mindfulness meditation.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
TBA	28/01/2021	10:30	12:00	5	THU	ONLINE	-	£23.00

Photography

Creative Photography

Gain inspiration from everyday scenes and objects, using a mobile phone to create beautiful photography and artwork. This course would suit anyone creative who wants to learn some more artistic skills. Learners must have access to a mobile phone.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
TBA	21/01/2021	13:00	14:30	5	THU	ONLINE	-	£23.00

Workshops



Animal Care with the Blue Cross

Animal Care Workshop

Join us at the Blue Cross Animal Sanctuary, Burford for this workshop. You will have the opportunity to visit the animals, develop your knowledge of animal care in general and learn about the work of the Blue Cross.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCXN001P	04/05/2021	10:00	12:00	1	TUE	Blue Cross Centre, Burford	Burford	FREE

Oxford University Museums Workshops

Art of Advertising

Explore this virtual exhibition which captures nearly 200 years of daily life through eye-catching adverts and posters. The Great Western Library is home to thousands of adverts which have been saved. You will be able to design your own advert.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS071P	12/01/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Classification Characters

Join us live online from the Oxford University Museum of Natural History. Learn why and how we classify animals and how we name them scientifically to help us make sense of the natural world. During this interactive workshop you get a chance to look at a variety of animal specimens and learn how to draw animal cartoons of features that common groups of animals share. Have a pen and paper ready!

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS077P	11/05/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Oxford University Museums Workshops *continued*

Dinosaur Doodles and other Cretaceous Cartoon Critters

Join us online, live via Microsoft Teams from the Oxford Museum of Natural History as Cartoonist and museum educator, Chris Jarvis, shows us fossils from the museum collections and how they help us understand dinosaurs. Have a go at drawing your own cartoon dinosaurs. Have a pen/ pencil and paper ready to take part.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS073P	26/01/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Easter Extravaganza

Online, live from the Oxford Museum of Natural History. Discover where the idea of Easter eggs, chicks and the Easter Bunny come from. Learn to draw your own cartoon Easter card. Have a pen/ crayons and paper ready

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS075P	30/03/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Making Silhouette Pictures

Join us online and take inspiration from lovely Greek Ceramics to create your own pieces of art.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS074P	02/02/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Mediterranean Embroidery

Take a virtual look at stunning Mediterranean embroideries in the galleries of the Ashmolean. Be inspired by the vibrant colours and shapes to create your own design.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS072P	19/01/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Tales of Reynard the Fox

Join us online from the New Western Library to take a look at the virtual exhibition. Discover the fables of Reynard the Fox who kept people, in the Middle Ages, laughing with his tricks.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS076P	02/03/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Oxford University Museums Workshops *continued*

Pre-Raphaelite Drawings

Take a virtual trip around the Pre-Raphaelite Drawings Exhibition at the Ashmolean and experience some of the highlights. Create your own drawings, inspired by the museum exhibits.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS078P	27/04/2021	10:30	12:00	1	TUE	ONLINE	-	FREE

Football Skills Workshop with Oxford United

Football Skills Workshop

Come and develop your football skills with Oxford United Football Club Community Coaches.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCXM051P	19/05/2021	10:30	11:30	1	WED	Blackbird Leys Leisure Centre	Oxford	£7.00

Workshops with Oxfordshire Fire & Resue Service

Everyday First Aid

Join us at the Oxford Fire Station for this basic First Aid workshop which will cover First Aid kits, the recovery position, CPR, using a defibrillator and making 999 calls.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCZS030P	19/04/2021	13:30	15:00	10	MON	Rewley Road, Fire Station	Oxford	FREE

Everyday General Safety

Visit the Rewley Road Fire Station for this friendly interactive workshop. Build or refresh your practical safety knowledge using life-like staged training settings.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCXR001P	29/06/2021	10:00	12:00	1	TUE	Rewley Road, Fire Station	Oxford	FREE

Fire Safety & Station Visit

An exciting opportunity to visit a working Fire Station. Take a close look at the inside of the station and some of the equipment/fire engine and meet fire fighters. Refresh or build your knowledge of fire safety in everyday life.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCXR004P	27/04/2021	10:00	12:00	1	TUE	Rewley Road, Fire Station	Oxford	FREE

Workshops Rail Safety with Great Western Railway

Practical Rail Safety

Spring and Summer terms

Join us at the Oxford Rail Station and build or refresh your knowledge of all aspects of rail safety whether it be keeping safe near rail tracks or using train services.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCXM035P	26/01/2021	10:00	12:00	1	TUE	Oxford Train Station	Oxford	FREE
DCXM076P	23/03/2021	10:00	12:00	1	TUE	Oxford Train Station	Oxford	FREE
DCXP013P	22/06/2021	10:00	12:00	1	TUE	Oxford Train Station	Oxford	FREE

Practical Rail Safety & Train Travel Programme

Build on or refresh your knowledge of all aspects of rail safety and train travel for greater independence with this two day programme.

CODE	START DATE	START TIME	END TIME	WEEKS	DAY	VENUE	TOWN	FEE
DCXP016P	05/05/2021	10:00	12:00	2	WED	Oxford Train Station	Oxford	FREE



Keep in touch with the team for up-to-date information on the programme on:
01235 216 391 or **01235 216 493**.

Where courses are not online, we have taken steps to make the events COVID-19 secure and would expect participants to maintain social distancing.

We welcome your feedback and views on all our courses - feel free to call us!