

ADULT LEARNING

Digital Skills			Qualifications			Courses for Parents and Carers		
Newbattle Community Campus	Mon 30 th Aug x 10 weeks	10.00 - 11.30	Mental Health and Wellbeing - Online	Taster sessions Wed 25 th Aug & 1st Sept Full course 15 th Sept x 30 weeks	18.45 - 20.45	Dealing with Challenging Behaviour - Online	Tues 7 th Sept x 5 weeks	19:00 - 20:30
Penicuik / Online	Mon 30 th Aug x 10 weeks	13.00 - 14.30	Communication Skills in Customer Service – Online	Tues 14 th Sept x 12 weeks	09.30 - 11.30	Social Media for Parents and Carers – Online	Wed 1 st Aug x 2 weeks	18:00 - 19:30
Lasswade Centre / Online	Tues 31 st Aug x 10 weeks	10.00 - 11.30	Working in Early Learning and Childcare - Online	Tues 31 st Aug x 16 weeks	12:30 - 14:30	Sleep Workshops for Parents/Carers – Online	Wed 18 th Aug	19:00 - 20:30
Dalkeith /Online	Tues 31 st Aug x 10 weeks	13.00 - 14.30	Higher English – Lasswade High School	Thurs 26 th Aug x 32 weeks	18.00 - 21.00	Sleep Workshops for Adults - Online	Wed 22 nd Sep Wed 20 th Oct Wed 17 th Nov	19:00 - 20:30
Health and Wellbeing			First Steps to Employment			Talk Learn Do - Online	Mon 4 th Oct Mon 11 th Oct	12:30 - 13:30
Mindfulness for Relaxation – Online	Wed 15 th Sept x 8 weeks	09:30 - 11:00	Higher Human Biology – St David’s High School	Wed 1 st Sept x 32 weeks	18.00 - 21.00	Shop Cook Eat 4 Less - Online	Wed 27 th Oct x 6 weeks	12:30 - 14:00
Grow and Learn in Nature – Gardening Group Dalkeith	Fri 3 rd Sept x 8 weeks	10.30 - 12.00	Dalkeith	Thurs 2 nd Sept x 2 weeks Followed by ‘Next Steps’ 8 week course	10.00 - 12.45	Raising Teens with Confidence - Online	Mon 30 th Aug x 6 weeks	19.00 - 20.30
Introduction to Counselling Skills								
Newbattle Community Campus	Tues 31 st Aug x 8 weeks	18:00 - 20:00	Raising Children with Confidence - Danderhall					
			Wed 22 nd Sept x 6 weeks					
			09.15 - 11.30					

For bookings: [Communities and Lifelong Learning - Midlothian Events | Eventbrite](#)

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Customer Service Award – Communication	Would you like to improve your communication skills and increase your confidence in working with others? This free, 12 week course will help you to develop practical customer service skills and knowledge plus enable you to gain a SQA qualification worth 6 SCQF credit points.
Counselling Skills	This course will provide you with a broad overview of counselling skills. It is a good taster course for those considering embarking on further learning in counselling but looking for some understanding before committing fully to an academic course.
Dealing with Challenging Behaviour	This course is for parents of children 5 years of age and under which will consider the challenges parents face, strategies and techniques for dealing with challenging behaviour. The course is open to everyone.
Digital Skills	These courses are designed so that you can work at your own pace and focus on the skills you want to develop. These may include using a range of computer programmes, email, online safety, social media, online banking and online shopping.
First Steps/Next Steps to Employment	Are you looking to do something new? A new job, college course or something else? Not sure what skills you have to offer? Concerned about working with new people? This course will help you to identify your skills and next steps.
Grow and Learn in Nature	How to make your outdoors space more nature friendly. Developing your skills in biodiversity, plant care, soil health, propagation and so much more. You decide what your Grow & Learn in Nature project will be. Practical learning outdoors leads to your award.
Higher English	Achieve the SQA Higher English qualification as a step towards further learning or employment. Funding support available.
Higher Human Biology	Achieve the SQA Higher Human Biology qualification as a step towards further learning or employment. Funding support available.

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Introduction to Counselling Skills	This Introduction to counselling skills course will provide you with a broad overview of counselling skills. It is a good taster course for those considering embarking on further learning in counselling but looking for some understanding before committing fully to an academic course.
Mental Health and Wellbeing	Achieve the SQA National 4 units in Mental Health and Wellbeing to support you in everyday life or for future further learning or employment.
Mindfulness for Relaxation	Are you interested in learning how to use Mindfulness techniques to help you lead a calmer, less stressed life? Mindfulness is a fantastic tool, which has many health benefits and when practiced regularly can really improve your sense of wellbeing.
Raising Children/ Raising Teens with Confidence	These courses consider how we can best support our children as they are growing up. They look at mental health and wellbeing, parenting styles, research and studies and create opportunities for group discussions.
Shop Cook Eat 4 Less	Making food and money go further – shopping strategies, storing food tips and lots more.
Sleep Workshops	Monthly interactive workshops for information and support relating to sleep problems, improving sleep quality and much more.
Social Media for Parents and Carers	This course is for parents or carers of children or young people who want to learn more about the world of social media and the internet to allow them to support their children and manage any risks.
Talk Learn Do	Teaching your children about money.
Working in Early Learning and Childcare	This course will help you to develop an introductory level of understanding of different types of provision in the Early Learning and Childcare sector and to describe how the sector supports children and families.

Further classes and learning opportunities will be advertised in August for a late September start in the following subject areas; Arts and Crafts, Languages and Social Subjects.

For more information or assistance with booking please contact cll@midlothian.gov.uk or call 07786668824.