

Adult Education Courses Summer 2024

There's a variety of courses on offer with Wokingham Adult Education this summer. More courses can be found on our website at www.webenrol.com/wokingham as well as enrolment information and eligibility criteria. Adult Education team can also be contacted by 0118 974 3797 or adulthoodeducation@wokingham.gov.uk

Understanding Anxiety in Teenagers

- 25 June and 2 July, Thursdays 7.30pm to 9pm, online via Zoom
- £15 - free to those on jobseeking benefits or low incomes
- [Apply here](#)

Aimed at parents of secondary school pupils, this course looks at how anxiety presents itself in teenagers, and techniques that can be used to reduce its impact. The course aims to help you develop a selection of coping strategies as well as giving you a better understanding of the causes of teenage anxiety and ways of building resilience.

Sensory Maths

- 28 June, Friday 10am until 12pm, Rainbow Children's Centre, Winnersh or 5 July, Friday 10am until 12pm, Finchampstead Children's Centre
- Free course
- [Apply here for June](#) or [Apply here for July](#)

Gain confidence in how to support children's maths learning through multi-sensory methods. Explore the different methods and resources that can be used to support learning both at home and at school. This course is ideal for parents or carers of children who may find maths difficult or those with children with SEND.

Dealing with the Transition to Secondary School

- 10 July and 17 July, Wednesdays 7.30pm to 9pm, online via Zoom
- £15 - free to those on jobseeking benefits or low incomes
- [Apply here](#)

Aimed at parents of students who are moving from primary school to secondary school in summer 2024, this course builds on the information given by the schools and looks at the transition from a practical and emotional standpoint. The course will be particularly helpful for parents and carers whose child is anxious around the move. The course looks at how secondary schools work and discusses issues around practical organisation, friendship issues, and managing anxiety.

Eligibility and costs

To be eligible for Adult Education courses, you need to:

Live or work within the Wokingham Borough, or have a child attending a Wokingham school,

- AND be over 19 years old (as of 31st August 2023)
- AND be a UK or Irish citizen or a non-UK national with permission to live in the UK and have ordinarily been resident in the UK for at least 3 years

All Ukrainian adults and their family members supported through the Ukraine Family Scheme and Ukraine Sponsorship Scheme are immediately eligible for courses and are exempt from the 3-year residency requirement.

Learners with a BN(O) visa are eligible to apply for Community Learning courses immediately.

There are a number of other exemptions including those for some asylum seekers or refugees. Please [email us](#) or call 0118 974 3797 if you wish to discuss any exemptions further.

Some courses are free and those courses that have a cost are free for anyone who is in receipt of Universal Credit (work related), Employment Support Allowance, Jobseeker's Allowance, or are on low income (under £22,000). Please [contact us](#) with any queries around costs.