



East Sussex College Community Learning works in partnership across East Sussex to provide FREE courses to engage, motivate and inspire adults.

We aim to:

- Improve confidence and willingness of learners to engage in learning
- Better equip parents/carers to support and encourage their children's learning
- Help learners acquire the skills, knowledge and behaviours to prepare for training or employment
- Improve/maintain physical and mental health and/or social wellbeing
- Improve digital, financial literacy and/or communication skills





The Community Learning Team

The Community Learning team works with a number of organisations and charities across East Sussex to support adults with low qualifications, mental health challenges or any other needs, into employment.

We organise a suite of courses of which we welcome referrals for adults who would like to participate.

Our courses

We can also arrange bespoke courses for organisations supporting adults in the community, ranging from one-off workshops to 10-week courses. Subjects include:

- Wellbeing—Confidence Building, Mindfulness, Resilience, Assertiveness
- Arts & Crafts—Painting, Drawing, Printmaking, Textiles
- Courses for Parents—Maths, Early Years Development, English as a Second Language (ESOL)
- General Interest—Creative Writing, Flower Arranging, Wood Whittling
- Food & Cooking—Healthy Eating, Pizza and Bread Making, Sugarcraft, Cooking on a Budget





Our Community courses are FREE

We provide:

- A qualified instructor who is an expert in their subject
- An individual learning plan for all courses over five hours long
- All course materials, handouts and equipment
- The opportunity to access IAG support

All we ask from you is 10 motivated learners and a suitable learning space.

If you would like more information on how our Community Learning courses can help your organisation and clients, please contact the Community & Engagement team on **030 300 38212** or email **community.info@escg.ac.uk**





Why choose us?

- 99% of our Community Learners rated the teaching on their course as good or excellent.
- 60% of our Community Learners said their course has helped improve their confidence.
- 66% of our Community Learners said their course has helped keep their mind and body active.

Free advice and guidance

All learners on our Community Learning course receive information on what they can do next. These include:

- Further courses at East Sussex College
- Local services for mental health and wellbeing
- Courses available at other local venues
- Local support for keeping healthy

