Dundee City Council
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CHANGING FOR THE FUTURE

Communities Employability

Dundee Adult Learning Partnership

Adult Learning Programme

Autumn

26th October 2026

Click on the banners below to find out about:

Communication

Maths

Digital

Health and Wellbeing

Community Leadership

Employability

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Love to Learn

Tuesday

Get in touch for more information.

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

Unaccredited

- Have you been out of learning for a while or feel you didn't get on well the last time you tried? Maybe this fun and informal course with hints and tips and great ideas will be just what you need!
- Find out how you can learn best using your own methods. Learn about free learning opportunities, gain new skills and feel excited about the future.
- By the end of the course you will be ready to tackle a personal learning goal whatever it may be! And you won't be alone. Whatever you decide to do next there will be support for you to continue learning.
- This programme supports progression to Communication at SCQF level 3 This programme or other adult learning courses delivered by the Dundee Adult Learning Partnership.

3 SCQF
The Scottish Credit and Qualifications Framework

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Read Like a Pro!

Tuesday

10:00 – 12:00
Shore Terrace

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

Unaccredited

This introductory course is for those who wish to learn a method to improve their reading and spelling skills. These practical and fun sessions will be based around learning how to decode words for yourself.

You do not need to have reading skills to come along and you will not be asked to read aloud. You will be learning how to decode words for yourself and will have the opportunity to move on to the next level if you want to go further.

This programme supports progression to Communication at SCQF level 4

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Communicate with Confidence

Wednesday *Various times and locations (view our programme)*

FREE! *No Fees! This course is funded by Dundee City Council.*

Qualifications Scotland Accreditation *Communication Core Skills award at SCQF level 3*

Learn to feel more comfortable communicating in different situations such-as: on the phone, at appointments, at your kid's school, or with letters, websites and other written communication.

This is an introductory adult learning course for people to help build confidence and skills in reading, writing, listening and speaking for all areas of life.

Learning can be tailored to specific needs, interests and client groups. For example, employment, health or housing.

This programme supports progression to Communication at SCQF level 4.

3 SCQF The Scottish Credit and Qualifications Framework

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Communication 4

Wednesday

10:00 – 12:00
Shore Terrace

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

Communication Core Skills award at SCQF level 4

- Study for a qualification in one of the core skills: Communication at Level 4.
- Gain transferrable skills in critical evaluation of text and learn about different types of writing. Become competent at understanding the common conventions used in written communication.
- Improve your overall skills in reading and understanding author intention.
- The SCQF level 4 programme supports progression to further education and study.

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Practical Maths 3

Various

Various times and locations (view our programme)

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

Numeracy Core Skills award at SCQF level 3

- Learn to overcome your fears with numbers and feel better and more prepared to handle everyday number problems.
- Numeracy skills are necessary for coping with the demands of everyday life. People need to be comfortable with numbers, , symbols and calculators.
- Our practical maths course covers different number skills each term – calculation, measurements and graphical information.
- The SCQF level 3 programme supports progression to Numeracy at SCQF level 4.

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Practical Maths 4

Monday

13:00 – 15:00
Menzieshill

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

Numeracy Core Skills award at SCQF level 4

- Numeracy skills are necessary for coping with the demands of everyday life. People need to be comfortable with numbers, graphs, symbols, diagrams and calculators.
- Each Core Skill is available at levels 2 to 6 of the Scottish Credit and Qualifications Framework (SCQF).
- The SCQF level 4 programme supports progression to further education and study.

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Financial Wellbeing

Tuesday

10:00– 12:00
Charleston

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

Unaccredited

This Financial Wellbeing programme is not about how much money you have. It helps you feel more in control, confident and ready for life. Everyone is welcome, whatever their starting point. You will look at your money habits, beliefs and situation, and learn how money choices can affect your health, relationships and peace of mind. Together, we will explore spending, money services you can trust and safe ways to manage money online. If numbers feel difficult, that is okay. You will get friendly support with simple budgeting and saving, then make a personal plan that fits your life, values and goals.

This programme supports progression to on to other adult learning course delivered by the Dundee Adult Learning Partnership such as Practical Maths 3 or Communicate with confidence.

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Maths Homework Clubs

Monday *15:00 – 16:00 Greenfield Academy*

FREE! *No Fees! This course is funded by Dundee City Council.*

Qualifications Scotland Accreditation

Unaccredited

The Parent and Child Maths Homework Club, is a supportive and engaging space where families come together to make maths learning fun and effective.

Maths can sometimes feel daunting, but with the right support, it can become a subject that children, and parents, feel confident and capable in. This club is designed to help you:

- Build confidence in maths for both children and adults.
- Support homework with practical tips and strategies.
- Strengthen the home-school connection.
- Reduce stress and anxiety around maths.
- Improve understanding and attainment through regular, supported practice.

Whether you're confident with maths or not, this club is for everyone. It's a relaxed and friendly environment where learning happens together.

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Learn My Way

Tuesday

13:00 – 15:00
Brooksbank Centre

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

Non - accredited

'Learn My Way' is a free online platform that helps people gain basic digital skills and build confidence in using the Internet. Learn new digital skills and how you can use the platform independently.

Open to everyone, this digital course is for complete beginners who want to feel comfortable using laptops, tablets, and smartphones. The goal is to take away the fear of technology and help more people get online with confidence.

- Use the internet safely and keep your information secure online
- Send and receive emails
- Understand and use useful apps
- Shop online and connect with friends and family on social media

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Step up 2 Tech

Various

Various times and locations (view our programme)

FREE!

No Fees! This course is funded by Dundee City Council.

Qualifications Scotland Accreditation

ICT Core Skills award at SCQF level 3

Whether you want to use Microsoft Office, safely shop online, book appointments or tickets, or get more comfortable with social media – this course will give you the skills and confidence you need to use digital tools in your daily life or at work.

Learn how to:

- Use Microsoft Office 365 (Outlook, Word and Excel)
- Safely shop and book things online
- Connect with others through social media

This programme supports progression to on to other adult learning courses delivered by the Dundee Adult Learning Partnership.

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ICT 4

Thursday *13:00 – 15:00 Menzieshill*

FREE! *No Fees! This course is funded by Dundee City Council.*

Qualifications Scotland Accreditation

ICT Core Skills award at SCQF level 4

- This course helps learners build the digital skills needed for everyday life, learning and work. Learners will learn how to use computers and other digital devices to find, create, organise and share information. They will use software to complete tasks, search for information online, and choose information that is useful and reliable. The course also teaches safe and responsible use of technology, including how to protect personal information and keep digital records secure. By the end of the course, learners will be able to use ICT confidently, independently and effectively in a range of real-life situations.
- The SCQF level 4 programme supports progression to further education and study.

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Feel Good Food

TBC *To be confirmed*

FREE! *No Fees! This course is funded by Dundee City Council.*

Qualifications Scotland Accreditation

Non - accredited

- This short course is being delivered jointly by the Community Health Team and the Literacies Team.
- It is aimed at learners who struggle with reading and accessing essential information about food, including labels and cooking instructions.
- The course will help learners build confidence in preparing simple, affordable meals while developing an understanding of basic nutrition and healthy eating.

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Options and Choices *with* WEA

Adult Learning Within Reach

Tuesday *Shore Terrace*

FREE! *No Fees! This course is funded by Dundee City Council.*

Qualifications Scotland Accreditation

Communication Core Skills award at SCQF level 3

- Explore what matters to you and plan your next steps.
- Not sure what comes next? Looking for a space to reflect, build confidence and explore your options?
- Join this friendly and supportive 10-session course with the Workers Educational Association, where you'll have the opportunity to think about your goals, discover your strengths, connect with others and explore what's available in your community.
- Through creative activities, discussion and practical planning, you'll@
  - Reflect on your skills, qualities and experiences
  - Explore your hopes, goals and future possibilities
  - Build confidence and self-awareness
  - Identify the people and services that can support you
  - Make new connections and discovers opportunities in Dundee

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Ready to apply?

To find out more about Dundee City Council's Adult Learning programme or join a class please scan the QR code or:

- Phone 01382 435 808
- Email: CLD@dundeecity.gov.uk
- Visit your local community centre or 1 Shore Terrace, Dundee, DD1 3AH

Qualifications Scotland Approved Centre

"Previously when I'd been to a class, I was just given printed out programme, which didn't suit me. I feel here I have been treated with respect as an individual."

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