

0845 842 0012

[newdirectionsreading.co.uk](http://newdirectionsreading.co.uk)

# Supported Learning Guide



**New Directions**  
The Learning & Employment Service for Reading



**Reading**  
BOROUGH COUNCIL

# Welcome to Supported Learning

At New Directions we run a range of courses for learners who need additional support. This includes learners with learning difficulties and/or disabilities. Supported learning may also be for learners who are experiencing mental health difficulties or learners who are finding accessing their learning difficult.

We offer a range of qualification courses and leisure courses to meet learners' needs and interests. We will work with learners and their supporters to understand their individual requirements.



## Crafts

Have fun learning a variety of crafts.

Course Code **NRPA221L** Level 1

Start Date	<b>24-Feb-09</b>	Centre	<b>NR</b>
Day	<b>Tuesday</b>	YRP Fee	<b>£151</b>
Duration	<b>15 weeks</b>	YRP Concession	<b>£86</b>
Time	<b>13:00-15:00</b>	Full Fee	<b>£166</b>

## First Steps to Basic Cooking

A fun course for Adults with learning difficulties or disabilities.

Course Code **SRPH321S** Level 1

Start Date	<b>27-Feb-09</b>	Centre	<b>SR</b>
Day	<b>Wednesday</b>	YRP Fee	<b>-</b>
Duration	<b>5 weeks</b>	YRP Concession	<b>-</b>
Time	<b>12:30-14:30</b>	Full Fee	<b>-</b>



## Basic Cooking

Develop your cookery skills, follow instructions, prepare and cook simple dishes.

Course Code **SRPH321L** Level 1

Start Date	<b>22-Apr-09</b>	Centre	<b>SR</b>
Day	<b>Wednesday</b>	YRP Fee	<b>£100</b>
Duration	<b>10 weeks</b>	YRP Concession	<b>£57</b>
Time	<b>09:45-11:45</b>	Full Fee	<b>£110</b>

Course Code **SRPH311L** Level 1

Start Date	<b>25-Feb-09</b>	Centre	<b>SR</b>
Day	<b>Wednesday</b>	YRP Fee	<b>£150</b>
Duration	<b>15 weeks</b>	YRP Concession	<b>£56</b>
Time	<b>09:45-11:45</b>	Full Fee	<b>£165</b>



## First Steps Computer Skills

For learners who wish to get started using computers.

Course Code WRP223S

Level 1

Start Date	24-Feb-09	Centre	WR
Day	Tuesday	YRP Fee	-
Duration	5 weeks	YRP Concession	-
Time	12:30-14:30	Full Fee	-



## Supported Basic Computer Skills

For supported learners who would like to use computers.

Course Code WRP223L

Level 1

Start Date	21-Apr-09	Centre	WR
Day	Tuesday	YRP Fee	£100
Duration	10 weeks	YRP Concession	£57
Time	12:30-14:30	Full Fee	£110

## Pottery

A fun course teaching learners how to make and decorate a whole range of pots and other items.

Course Code NRPA511L

Level 1

Start Date	27-Feb-09	Centre	NR
Day	Friday	YRP Fee	£155
Duration	15 weeks	YRP Concession	£91
Time	10:00-12:00	Full Fee	£170

Course Code NRPA521L

Level 1

Start Date	27-Feb-09	Centre	NR
Day	Friday	YRP Fee	£155
Duration	15 weeks	YRP Concession	£91
Time	12:30-14:30	Full Fee	£170



## Days to come and meet us

West Reading Centre  
Wednesday 28 January 2009

North Reading Centre  
Monday 2 February 2009

South Reading Centre  
Wednesday 4 February 2009

Please call our reception team to make an appointment for any one of these days on **0845 842 0012**.



We are developing new courses to help learners meet the challenges of working towards employment and to be able to improve their basic skills.

To make sure that we can offer the best solutions for Supported Learning Courses it is important that we meet all learners before they start a course.

Please call our friendly Customer Relations Team on **0845 842 0012** for further details.



### First Steps to Tai Chi

An Introduction to gentle exercise using slow movements.

Course Code SRPH123S

Level 1

Start Date	23-Feb-09	Centre	SR
Day	Monday	YRP Fee	-
Duration	5 weeks	YRP Concession	-
Time	12:30-14:30	Full Fee	-



### Supported Tai Chi

Tai Chi is a controlled way of exercising while standing up. It can help with balance, circulation and sense of wellbeing.

Course Code SRPH123L

Level 1

Start Date	20-Apr-09	Centre	SR
Day	Monday	YRP Fee	£100
Duration	10 weeks	YRP Concession	£57
Time	12:30-14:30	Full Fee	£110



### First Steps Dancercise

An introduction to exercising to music.

Course Code SRPH324S

Level 1

Start Date	25-Feb-09	Centre	SR
Day	Wednesday	YRP Fee	-
Duration	5 weeks	YRP Concession	-
Time	15:00-16:00	Full Fee	-



### Dancercise

Exercise to music and improve your fitness. It will help with good posture, balance and coordination.

Course Code SRP253L

Level 1

Start Date	25-Apr-09	Centre	SR
Day	Wednesday	YRP Fee	£120
Duration	15 weeks	YRP Concession	£72
Time	15:00-16:30	Full Fee	£132



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