

# Life-changing Education

**APPLY  
TODAY**

**Courses starting March – July 2024**

- 1 Day courses
- Access to Higher Education Diplomas
- Education
- ESOL
- Free Thinking
- Functional Skills - English, Maths, Digital
- Personal and Social Development
- Sustainable Thinking and Action
- Subject Tasters
- Working and Volunteering

Our courses are funded by the West Midlands Combined Authority (WMCA) and are for people living in areas of the West Midlands County. However, people living in other areas of England may apply – see inside for details.





# About Fircroft College of Adult Education

We are a college based in an old manor house that once belonged to George Cadbury Jnr. on the Bristol Road, Selly Oak, Birmingham. It is easy to get to us by bus, bicycle, train and car and we have free parking and bicycle stands. George Cadbury Jnr. used to cycle to the Cadbury factory to educate the workers during their break time and eventually the college was formed in 1909.

At Fircroft, we believe everyone deserves a second chance, especially people who have encountered many barriers in their lives that have prevented them from finding their true potential. Our courses have been designed

to help you to progress and grow, helped by our unique residential experience that gives you the opportunity to escape your everyday life and focus on yourself, your course and your ambitions for the future.

Our courses are interesting, relevant and meaningful. They encourage you to think hard about yourself, those around you and how you would like your life to be. You may feel there is a long road ahead of you to get to where you want to, but with the support, respect and empathy from your fellow students and staff at the college, you can progress.

## Not Sure Where to Start?

### How About Our Personal and Social Development Courses?

These short (3 days, 2 nights) and popular residential courses can help you to focus on yourself and your ambitions in life. What do you want your future to look like? What new things would you like to learn? You may want to improve your self-confidence; learn about how the outdoors can help your wellbeing in our 6 acres of grounds or find out how you can become more assertive so that your voice is heard.

Very often our students complete more than one course. We can help you to

choose which courses will support you in reaching your goals and many students eventually progress onto higher level courses and into employment or volunteering.

If your annual income is less than £30,000 per year, these courses are **FREE** to you, including learning resources, accommodation and meals!

**What are you waiting for? Apply now and start your learning journey with us today!**







# Access to Higher Education Diplomas

September 2024 – May 2025

If you are at least 19 years old by 31 August 2024, our Level 3 Access to Higher Education diplomas are great stepping-stones to entering higher education. For many years our successful diploma students have all been offered places at university. The diplomas are residential with a limited amount of non-residential places available and if you need help with your English and maths skills, we can help you get up to scratch while you are studying your diploma.

We are currently reviewing our diplomas but we plan to deliver in areas including health, humanities and social science.

These courses are **for people living in the West Midlands county which includes Birmingham, Wolverhampton, Sandwell, Dudley, Walsall – and Solihull and Coventry.** People who live in other areas of England may be eligible to apply for our diplomas.



These are full time courses and residential students are required to stay at the college throughout the course apart from during certain holiday periods. The courses are a mixture of classroom, online and independent learning.

Below are just some of the subjects our students have gone on to study at university:

## Access to Higher Education (Social Science and Health)

- Psychology
- Nursing
- Mental Health Nursing
- Adult Nursing
- Counselling Skills

## Access to Higher Education (Social Science and Humanities)

- Criminology
- English and History
- Education
- Law With Human Rights
- Creative Writing And English
- Youth And Community Work
- Philosophy

To apply for one of our diplomas please go to our website for more information and to register your interest. We will be taking formal applications from April 2024.

Please note: because this course is intensive there will be a rigorous application process between April and September 2024, including interviews with staff and Maths and English assessments.

**We look forward to hearing from you!**



# Open Days

March – July 2024

## Dates

We hold Open Days on Tuesdays at the college. Please look at our website to find out the dates and book a place. Go to [www.fircroft.ac.uk/open-days](http://www.fircroft.ac.uk/open-days) or contact our Admissions team on **0121 472 0116** or email [admissions@fircroft.ac.uk](mailto:admissions@fircroft.ac.uk), if you need help booking a place.

## Times

There are 2 time slots available for each Open Day:

**10.00am  
1.00pm**

**We look forward to seeing you soon!**





# Fircroft College FAQs

## Who are Fircroft College's courses for?

With the West Midlands Combined Authority funding our courses, they are mostly for people living in areas of the West Midlands county, including:

Birmingham, Wolverhampton, Walsall, Sandwell, Dudley, Solihull and Coventry.

People from other areas of England may be eligible to apply but this is not guaranteed – please contact our Admissions team for more information. Each course also has its own eligibility criteria and our Admissions team can give you more information once you have applied online or by telephone or email.

You also need to be over the age of 19 to apply for our courses this academic year (August 2023 – July 2024).

## How long are your courses?

Most of our courses are short, residential courses and last for 3 days, 2 nights. Students usually arrive at the college at 3.00pm and have a lesson that evening with a full day of learning the next day and departure by 3.00pm on the last day. Longer courses can last for a number of weeks and students stay for 3 days, 2 nights, each week.

## How can I find out more information about your courses?

Please keep looking at our website where all the courses we have available are listed. To apply, please use the online application form on the website and if you need more information about a course or help with applying for a course, contact our Admissions team on **0121 472 0116** or email **admissions@fircroft.ac.uk**.

## What are the fees?

If your individual annual income is less than £30,000 our courses could be FREE to you, including accommodation, meals and learning resources.

Our maths, English, ESOL and some IT courses are FREE to everyone.

For more information go to the "Fees and Eligibility" page on our website.

## What are the entry requirements for your courses?

All courses have their own entry requirements and these are mentioned on our course website pages.

## Are meals and accommodation, included?

Once you are enrolled onto a course, all the accommodation and meals (breakfast, lunch and dinner if relevant), as well as drinks at designated tea/coffee breaks, will be included and you will not need to pay extra for these.

## Are all of your courses residential?

Most of our courses are residential but we also run some functional skills, ESOL and taster day courses.

## What are the bedrooms like?

All of our bedrooms are single and the majority of our bedrooms include their own bathroom.

## When can I apply?

If the course is on the website you will be able to apply for it online. Please try to apply at least one week before the course starts so that our Admissions team can process your application thoroughly.

## If I apply for a course does that mean I can definitely do the course?

Our Admissions team will assess your application and will contact you to discuss it with you. We always do our best to try and ensure you are on the right course to match your ambitions and skills level so that you get the most from your learning experience at the college.

**We look forward to receiving an application from you soon!**

## Our Course Fees

If your annual income is less than £30,000 per year, our courses could be FREE to you.

For more information go to the "Fees and Eligibility" page on our website or contact our Admissions team on telephone number **0121 472 0116** or email **admissions@fircroft.ac.uk**.



# Course Guide

Course details including dates and times may be subject to change. For the latest information please look at the website – [www.fircroft.ac.uk](http://www.fircroft.ac.uk) – or contact the Admissions team on 0121 472 0116 or email [Admissions@fircroft.ac.uk](mailto:Admissions@fircroft.ac.uk)

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
<b>Access to Higher Education Diplomas</b>						
Our Access to Higher Education Diplomas provide a supportive route to University.						
Access to Higher Education (Social Science and Health)	9 months	Level 3	September 2024	May 2025	Residential and non-residential. See website for more information and to express your interest.	Full time
Access to Higher Education (Social Science and Humanities)	9 months	Level 3	September 2024	May 2025	Residential and non-residential. See website for more information and to express your interest.	Full time
<b>1 Day Taster Courses</b>						
These tasters are a great introduction to our courses and what it is like studying at Fircroft.						
Introduction to Learning	1 day	All levels	12/04/2024	12/04/2024	Non-residential	Friday
Introduction to Learning	1 day	All levels	28/06/2024	28/06/2024	Non-residential	Friday
<b>Education</b>						
For people working, or looking for work, in the education sector.						
Award in Understanding The Principles and Practices of Assessment	3 weeks	Level 3	21/06/2024	07/07/2024	Residential 3 days, 2 nights each week	Friday – Sunday
<b>Functional Skills - Digital, English and Maths</b>						
Skills that are essential for everyday life and work.						
<b>Digital</b>						
Learn everyday IT skills to help you get up to speed in the digital world we live in.						
Digital Functional Skills	4 weeks	Entry Level 3	22/04/2024	15/05/2024	Residential (3 days, 2 nights each week).	Monday – Wednesday
Digital Functional Skills	4 weeks	Level 1	29/05/2024	21/06/2024	Residential (3 days, 2 nights each week)	Wednesday – Friday
<b>English</b>						
These English courses will steadily build your confidence with English, helping you to improve your English skills for work, volunteering and everyday life.						
Spelling, Punctuation and Grammar	3 days, 2 nights	Entry Level 3	22/03/2024	24/03/2024	Residential (3 days, 2 nights)	Friday – Sunday



Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Read for Meaning	3 days, 2 nights	Entry Level 3	26/04/2024	28/04/2024	Residential (3 days, 2 nights)	Friday – Sunday
Write for Meaning	3 days, 2 nights	Entry Level 3	31/05/2024	02/06/2024	Residential (3 days, 2 nights)	Friday – Sunday
Speaking and Listening	3 days, 2 nights	Entry Level 3	26/06/2024	28/06/2024	Residential (3 days, 2 nights)	Wednesday – Friday
<b>Maths</b>						
These maths courses will steadily build your confidence with maths, helping you to fully understand important maths skills for work, volunteering and everyday life.						
Numbers	3 days, 2 nights	Entry Level 3	25/03/2024	27/03/2024	Residential (3 days, 2 nights)	Monday – Wednesday
Fractions, Decimals and Percentages	3 days, 2 nights	Entry Level 3	15/04/2024	17/04/2024	Residential (3 days, 2 nights)	Monday – Wednesday
Measures, Shape and Space	3 days, 2 nights	Entry Level 3	13/05/2024	15/05/2024	Residential (3 days, 2 nights)	Monday – Wednesday
Data Handling	3 days, 2 nights	Entry Level 3	19/06/2024	21/06/2024	Residential (3 days, 2 nights)	Wednesday – Friday
<b>Education</b>						
For people working, or looking for work, in the education sector.						
Award in Understanding the Principles and Practices of Assessment	3 weeks	Level 3	21/06/2024	07/07/2024	Residential (3 days, 2 nights each week)	Friday – Sunday
<b>ESOL (English for Speakers of Other Languages)</b>						
These courses will help you to improve your English language skills.						
Speaking and Listening	10 weeks	Entry Level 3	10/04/2024	12/06/2024	Non-residential – 1 day at the college each week	Wednesday
ESOL for Work	3 weeks	Entry Level 3	08/07/2024	23/07/2024	Non-residential – 2 days at the college each week	Monday – Tuesday
<b>Free Thinking</b>						
This course is for you if you are from a new community and have lived experience of modern slavery and trafficking, gaining new skills that will help you to progress.						
Free Thinking	10 weeks	Entry Level 2 / Entry Level 3	03/05/2024	07/07/2024	Residential (3 days, 2 nights each week)	Friday – Sunday
<b>Personal and Social Development</b>						
These courses can help you to develop, focus on yourself and identify your next steps to achieve your life goals.						
The Power and Psychology of Positivity	3 days, 2 nights	Level 1	01/03/2024	03/03/2024	Residential	Friday – Sunday
Exploring the Outdoors for Wellbeing	3 days, 2 nights	Level 1	01/03/2024	03/03/2024	Residential	Friday – Sunday

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Cost of Living: Creating Stability for Individuals and Families	3 days, 2 nights	Level 1	04/03/2024	06/03/2024	Residential	Monday – Wednesday
Anger Management (Women)	3 days, 2 nights	Level 1	04/03/2024	06/03/2024	Residential	Monday – Wednesday
Physical Health and Nutrition for Happiness	3 days, 2 nights	Level 1	08/03/2024	10/03/2024	Residential	Friday – Sunday
Get Creative and Feel Good	3 days, 2 nights	Level 1	08/03/2024	10/03/2024	Residential	Friday – Sunday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	11/03/2024	13/03/2024	Residential	Monday – Wednesday
The Power and Psychology of Positivity	3 days, 2 nights	Level 1	13/03/2024	15/03/2024	Residential	Wednesday – Friday
Coping with PTSD and Informed Care	3 days, 2 nights	Level 1	13/03/2024	15/03/2024	Residential	Wednesday – Friday
Understanding Addiction	3 days, 2 nights	Level 1	18/03/2024	20/03/2024	Residential	Monday – Wednesday
Becoming Your Best Self	3 days, 2 nights	Level 1	20/03/2024	22/03/2024	Residential	Wednesday – Friday
Understanding People and Building Relationships	3 days, 2 nights	Level 1	25/03/2024	27/03/2024	Residential	Monday – Wednesday
Coping with Mental Health	3 days, 2 nights	Level 1	08/04/2024	10/04/2024	Residential	Monday – Wednesday
Exploring the Outdoors for Wellbeing	3 days, 2 nights	Level 1	08/04/2024	10/04/2024	Residential	Monday – Wednesday
Anger Management (Men)	3 days, 2 nights	Level 1	08/04/2024	10/04/2024	Residential	Monday – Wednesday
How to Juggle Life and Wellbeing	3 days, 2 nights	Level 1	12/04/2024	14/04/2024	Residential	Friday – Sunday
Bereavement, Loss And Grief	3 days, 2 nights	Level 1	15/04/2024	17/04/2024	Residential	Monday – Wednesday
Coping Strategies, Resilience and Non-conventional Therapies	3 days, 2 nights	Level 1	15/04/2024	17/04/2024	Residential	Monday – Wednesday
Breaking the Stigma of Suicide	3 days, 2 nights	Level 1	15/04/2024	17/04/2024	Residential	Monday – Wednesday
Stand up and Be Counted	3 days, 2 nights	Level 1	22/04/2024	24/04/2024	Residential	Monday – Wednesday
Anger Management (Women)	3 days, 2 nights	Level 1	22/04/2024	24/04/2024	Residential	Monday – Wednesday
Coping With Stress, Anxiety and Depression	3 days, 2 nights	Level 1	29/04/2024	01/05/2024	Residential	Monday – Wednesday
Emotional Health for Wellbeing	3 days, 2 nights	Level 1	03/05/2024	05/05/2024	Residential	Friday – Sunday
Physical Health and Nutrition for Happiness	3 days, 2 nights	Level 1	06/05/2024	08/05/2024	Residential	Monday – Wednesday

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Get Creative and Feel Good	3 days, 2 nights	Level 1	08/05/2024	10/05/2024	Residential	Wednesday – Friday
Becoming Your Best Self	3 days, 2 nights	Level 1	10/05/2024	12/05/2024	Residential	Friday – Sunday
Stand up and Be Counted	3 days, 2 nights	Level 1	15/05/2024	17/05/2024	Residential	Wednesday – Friday
Coping with PTSD and Trauma	3 days, 2 nights	Level 1	22/05/2024	24/05/2024	Residential	Wednesday – Friday
Emotional Health for Wellbeing	3 days, 2 nights	Level 1	27/05/2024	29/05/2024	Residential	Monday – Wednesday
Physical Health and Nutrition for Happiness	3 days, 2 nights	Level 1	29/05/2024	31/05/2024	Residential	Wednesday – Friday
Becoming Your Best Self	3 days, 2 nights	Level 1	10/06/2024	12/06/2024	Residential	Monday – Wednesday
The Power and Psychology of Positivity	3 days, 2 nights	Level 1	19/06/2024	21/06/2024	Residential	Wednesday – Friday
Coping with PTSD and Informed Care	3 days, 2 nights	Level 1	26/06/2024	28/06/2024	Residential	Wednesday – Friday
Addiction: Physical Health and Recovery	3 days, 2 nights	Level 1	26/06/2024	28/06/2024	Residential	Wednesday – Friday
Finding Your Place In Society	3 days, 2 nights	Level 1	03/07/2024	05/07/2024	Residential	Wednesday – Friday
How to Juggle Life and Wellbeing	3 days, 2 nights	Level 1	05/07/2024	07/07/2024	Residential	Friday – Sunday
Anger Management (Men)	3 days, 2 nights	Level 1	08/07/2024	10/07/2024	Residential	Monday – Wednesday
Bereavement, Loss And Grief	3 days, 2 nights	Level 1	10/07/2024	12/07/2024	Residential	Wednesday – Friday
Cost of Living: Creating Stability for Individuals and Families	3 days, 2 nights	Level 1	15/07/2024	17/07/2024	Residential	Monday – Wednesday
Anger Management (Women)	3 days, 2 nights	Level 1	15/07/2024	17/07/2024	Residential	Monday – Wednesday
Stand up and Be Counted	3 days, 2 nights	Level 1	15/07/2024	17/07/2024	Residential	Monday – Wednesday
Addiction: Physical Health and Recovery	3 days, 2 nights	Level 1	22/07/2024	24/07/2024	Residential	Monday – Wednesday
Coping Strategies, Resilience and Non-conventional Therapies	3 days, 2 nights	Level 1	22/07/2024	24/07/2024	Residential	Monday – Wednesday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	29/07/2024	31/07/2024	Residential	Monday – Wednesday
Emotional Health for Wellbeing	3 days, 2 nights	Level 1	29/07/2024	31/07/2024	Residential	Monday – Wednesday



Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
<b>Subject Tasters</b>						
These are short, introductory courses in a wide range of subjects.						
History of the UK's Role In The World: Imperialism and Colonialism	3 days, 2 nights	Level 2	17/04/2024	19/04/2024	Residential	Wednesday – Friday
Immigration from 1945 To Present Day	3 days, 2 nights	Level 2	15/05/2024	17/05/2024	Residential	Wednesday – Friday
Health Inequalities and Rights	3 days, 2 nights	Level 2	03/06/2024	05/06/2024	Residential	Monday – Wednesday
Racism	3 days, 2 nights	Level 2	12/06/2024	14/06/2024	Residential	Wednesday – Friday
Multiculturalism and Where Are We Now?	3 days, 2 nights	Level 2	03/07/2024	05/07/2024	Residential	Wednesday – Friday
Health Inequalities and Rights	3 days, 2 nights	Level 2	08/07/2024	10/07/2024	Residential	Monday – Wednesday
Introduction to History	3 days, 2 nights	Level 2	24/07/2024	26/07/2024	Residential	Wednesday – Friday
<b>Sustainable Thinking and Action</b>						
A practical, hands-on course using our 6 acres of grounds and visiting community gardens.						
Mother Garden Bootcamp	15 weeks	Level 2	15/03/2024	23/06/2024	Residential 4 weekends with (some non-residential gardening days)	Friday – Sunday
<b>Working and Volunteering</b>						
These courses are for work and volunteering and they can help you to progress in your chosen job or volunteering role.						
Working With Homelessness and Poverty	3 days, 2 nights	Level 2	18/03/2024	20/03/2024	Residential	Monday – Wednesday
Equality, Diversity and Inclusion in the Workplace	3 days, 2 nights	Level 2	25/03/2024	27/03/2024	Residential	Monday – Wednesday
Working with PTSD And Trauma	3 days, 2 nights	Level 2	24/04/2024	26/04/2024	Residential	Wednesday – Friday
Supervision Skills	3 days, 2 nights	Level 2	24/05/2024	26/05/2024	Residential	Friday – Sunday
Working With Autism And ADHD	3 days, 2 nights	Level 2	05/06/2024	07/06/2024	Residential	Wednesday – Friday
Working With Domestic Violence And Abuse	3 days, 2 nights	Level 2	24/06/2024	26/06/2024	Residential	Monday – Wednesday
Coaching And Mentoring Skills	3 days, 2 nights	Level 2	17/07/2024	19/07/2024	Residential	Wednesday – Friday
Working With Addiction And Recovery	3 days, 2 nights	Level 2	17/07/2024	19/07/2024	Residential	Wednesday – Friday
Counselling Skills	3 days, 2 nights	Level 2	24/07/2024	26/07/2024	Residential	Wednesday – Friday

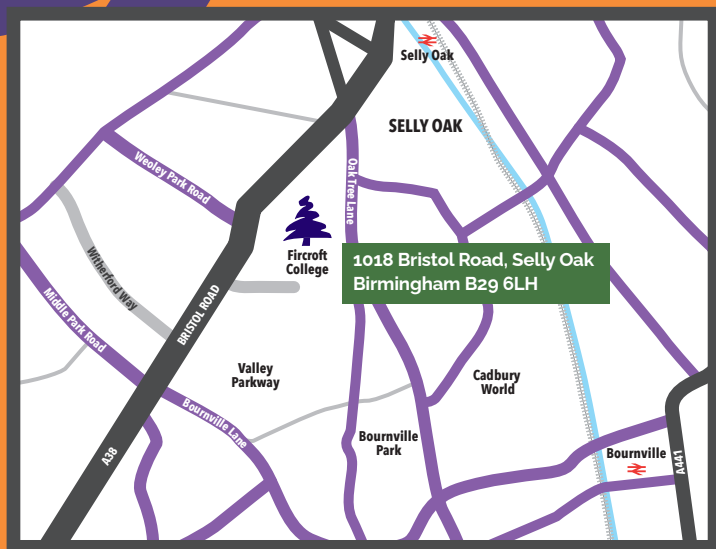
Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Working with ACES In Adults	3 days, 2 nights	Level 2	24/07/2024	26/07/2024	Residential	Wednesday – Friday
Building Your Own Business	3 days, 2 nights	Level 2	26/07/2024	28/07/2024	Residential	Friday – Sunday
Engaging and Building Communities	3 days, 2 nights	Level 2	29/07/2024	31/07/2024	Residential	Monday – Wednesday
<b>Longer Courses</b>						
Award in Independent Advocacy	2 weeks	Level 2	15/03/2024	24/03/2024	Residential (3 days, 2 nights each week)	Friday – Sunday
Skills For Aspiring Support Workers	3 weeks	Level 2	10/04/2024	24/04/2024	Residential (3 days, 2 nights each week) + enrolment day 28/03/2024 and progression day 03/05/2024	Wednesday – Friday
Certificate In IT Systems And Principles	10 weeks	Level 3	12/04/2024	23/06/2024	Residential (3 days, 2 nights each week)	Friday – Sunday
Certificate In Understanding Mental Health	12 weeks	Level 3	29/04/2024	17/07/2024	Residential (3 days, 2 nights each week)	Monday – Wednesday
Certificate In Enterprise And Creative Craft	7 weeks	Level 2	20/05/2024	03/07/2024	Residential (3 days, 2 nights each week)	Monday – Wednesday

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You can apply for a course online through our website ([www.fircroft.ac.uk](http://www.fircroft.ac.uk)). The Admissions team will contact you to discuss the course and will be able to offer information, advice and guidance about your application. You may be asked to complete an assessment.

If you would like help applying for a course please contact the Admissions team on 0121 472 0116 or email [admissions@fircroft.ac.uk](mailto:admissions@fircroft.ac.uk).



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[admissions@fircroft.ac.uk](mailto:admissions@fircroft.ac.uk)

Join the conversation online today.

 **fircroftcollege**

t: 0121 472 0116

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