

Free Adult Learning Groups for Carers

Would you like to brush up on reading, writing, numbers, or using computers? Falkirk Council's Adult Learning Team can help!

What's on Offer?

- **Free and friendly small groups** for adults who want to improve reading, writing, number, or digital skills.
- Learn at your own pace with support from others like you.

Why Join?

- Feel more confident with numbers—like shopping, cooking, or managing money.
- Learn how to use a smartphone, tablet, or computer.
- Help your children or grandchildren with homework.
- Gain skills for work, college, or everyday life.
- Chance to work towards a qualification (if you want to).

What Can You Learn?

- **Digital Skills:** Online shopping, internet safety, keeping in touch with friends and family, using email, filling in forms, using smartphones or computers.
- **Number Skills:** Shopping, cooking, measuring, budgeting, using public transport, helping children with maths homework.
- **Reading, Writing, Speaking, Listening:** Reading and spelling, writing letters or filling out forms, talking with others, improving grammar and punctuation.

How Does It Work?

- You choose what you want to learn.
- Groups are small and supportive.
- You can work towards a range of accredited Core Skills qualifications (Qualifications Scotland, formerly known as SQA) if you wish.

Interested?

Let us know which courses you'd like to try, or what would help you or other carers: [Survey: Free Adult Learning for Carers – Fill in form](#)

You can also contact the Adult Learning Team by email at AdultLearning@falkirk.gov.uk.