Family and Community Learning Courses
December 2025 – February 2026

Family Skills

Course	Date	Day and time	Sessions	Venue
Understanding School Anxiety: The Early Signs of EBSA	12 December	Friday 10:00am-12:00pm	1	**FULL** Online
Helping My Child Build Concentration and Resilience	15 December	Monday 12:30-2:30pm	1	Online
Helping My Child with Anxiety and Worry	16 December	Tuesday 12:30-2:30pm	1	Online
Helping My Child to Prepare Positively for Change	19 December	Friday 10:00am-12:00pm	1	Online
Helping My Child with Anxiety and Worry	8 January	Thursday 10:00am-12:00pm	1	Online
Supporting My Teen with Wellbeing	9 January	Friday 10:00am-12:00pm	1	Online
Understanding School Anxiety: The Early Signs of EBSA	15 January	Thursday 10:00am-12:00pm	1	Online

Adult Skills and Wellbeing

Course	Date	Day and time	Sessions	Venue
Discovering Wellbeing	19 December	Friday 11:00am-1:00pm	1	Salisbury
Balance Your Budget	6 January	Tuesday 10:00am-12:00pm	1	Online
Discovering Confidence	6 January	Tuesday 10:00am-12:00pm	1	Online
Budgeting for Work	9 January	Friday 10:00am-12:00pm	1	Online
Working in Schools	Starts 9 January	Fridays 10:00am-12:00pm	5	Online
Customer Service	Starts 13 January	Tuesdays and Fridays 10am-12pm	5	Online
Wellbeing Welcome Meeting 9 Jan	Starts 16 January	Fridays 11:00am-1:00pm	5	Salisbury

Independent Living Skills

Course	Date	Day and time	Sessions	Venue
Exploring Conflict Resolution	15 December	Monday 12:30pm-2:30pm	1	Chippenham
Exploring Baking	8 January	Thursday 11:30am-1:30pm	1	Trowbridge
Exploring My Skills	12 January	Monday 12:30-2:30pm	1	Chippenham
Exploring My Skills	15 January	Thursday 11:30am-1:30pm	1	Trowbridge
Exploring Volunteering	19 January	Monday 12:30-2:30pm	1	Chippenham
Home Smart Welcome Meeting 22 Jan	29 January	Thursdays 11:30am-1:30pm	5	Trowbridge
Building Maths Skills Welcome Meeting 26 Jan	2 February	Mondays 12:30-2:30pm	5	Chippenham

Information

Enrolments for online courses must be completed at least seven days before a course starts.
We will contact new learners to discuss the course, confirm a place, and book an online or face to face Welcome meeting.
The Welcome meeting introduces the Family and Community Learning service and the itslearning platform.
If you want to check where a face-to-face course is running, please call us to get further information.
Please check our website for more courses running soon https://workwiltshire.co.uk/events/

Get in touch to find out more or to sign up
If you're interested in joining a course – or know someone who might benefit – please contact the Family and Community Learning Team.
Call: **01225 770 478**
Email: **familyandcommunitylearning@wiltshire.gov.uk**
Visit: https://workwiltshire.co.uk/family-and-community-learning/
We're happy to answer any questions and help you get started.
To apply for a course, please contact the FACL Team or scan the QR code:

Courses are free for learners who meet our eligibility criteria
You must be aged 19 years old or over on 31 August 2025, live at a Wiltshire postcode, and meet residency requirements.
In addition, you need to meet **at least one** of the following criteria:
- Individual income less than £25,750 per year
- In receipt of benefits (excluding child benefit)
- Be a foster carer or carer
- Be a care leaver
- Be part of a military family or be ex-armed forces personnel
- Have refugee or asylum seeker status
- Have a learning difficulty or disability
- Be looking to move into work, now or in the future