







Level E

# Foundations for Learning & Life – Adults



				
<b>Duration</b>	<b>Location</b>	<b>Starting</b>	<b>Age</b>	<b>Careers</b>
1 year	Rush Green Campus	Sept 2025	Adult 19+	Horizons

## Course fees per year

ADULT 19+

**FREE**

The above fees include tuition and exam fees.  
Contact us to discuss what Financial support is available.

## Overview

This course is designed for learners to gain further employment opportunities within the community.

Our delivery focuses on the practical element by empowering you to take part in different community activities.

You may have special educational needs and disabilities such as behaviour emotional and social difficulties (BESD) Autistic Spectrum Disorder (ASD), mild learning difficulties (MLD) and moderate learning difficulties (MLD) attention deficit hyperactivity disorder (ADHD) and opposition defiant disorder (ODD).

## What you'll learn

The course prepares learners to have an awareness of being able to work towards independent life skills. Focusing on planning, budgeting, money management, building social skills and forming links with the wider community. Work related projects that learners part-take in are linked with the community, offering opportunities in voluntary work along with the benefit of travel experience.

Life skills such as cooking focuses on building on embedded literacy and numeracy skills with topics such as writing shopping lists, planning routes, weighing ingredients, purchasing ingredients.

On this course, you will learn:

- Communication
- Number Skills
- Work Experience
- Life Skills
- Community Engagement

## Assessments / Exams

Your Individual Learning Plan will be designed to meet your needs and develop the skills that will help you make progress towards your future goals.

## Entry requirements

This course is designed for young people from ages from 25+.

Please note that all applicants go through an assessment/interview process to ensure that they are offered the course that is best suited to them

## What this course leads to

On completion of this course, you will be able to progress onto a higher-level qualification.

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000011632>

For further information please contact the college: <https://barkingdagenhamcollege.ac.uk/contact>