

For further information, please contact Kirsty Maciver: [kirsty.maciver@highlifehighland.com](mailto:kirsty.maciver@highlifehighland.com); 07585984097

Learning offer (Digital Learning, ESOL, Core Skills)	Course Title & Description	Delivery Method	Date	Venue
<b>Core Skills (Literacy, Numeracy, Problem Solving) and digital skills</b>	<ul style="list-style-type: none"> <li>Help to improve your reading, writing, numeracy, problem solving and digital skills. All abilities welcome!</li> </ul>	In person One to One	Contact coordinator to arrange a suitable time	Various (Alness, Invergordon, Dingwall)
<b>Digital Skills</b>	<ul style="list-style-type: none"> <li>Help with any IT related learning – connect to the internet, send emails, stay safe online, understand online banking and bills, help with your tablet device and smart phone.</li> <li>Help with digital skills for job searching and the world of work.</li> </ul>	In person  Small groups and one to one	Mondays 10 – 11:30 (contact coordinator to book a 30 min 1-1 slot)  Thursdays 12:30 – 2:30 (Digital Skills Session)	Dingwall Library  Dingwall Library
<b>ESOL (English for Speakers of other Languages)</b>	<ul style="list-style-type: none"> <li>Help with English language.</li> <li>Support as you build confidence with everyday English.</li> <li>Support with improving your Listening, Speaking, Reading and Writing skills</li> <li>Help with settling into life in the UK and helping you to communicate and access primary services (e.g. going to the doctor, attending parents evenings, understanding forms).</li> </ul>	In person and online using Google Meet	<b>Mondays</b> 1:45 – 2:45 ESOL Beginner <b>Tuesdays</b> 9:30 – 11 ESOL Level 3 <b>Wednesdays</b> 12-1 ESOL Beginner 5:15-6:45 ESOL Mixed Levels <b>Thursdays</b> 3:30 – 4:30 ESOL Beginner <b>Fridays</b> 11:15 – 12:45 ESOL Level 2 2 – 3 ESOL Beginner	Dingwall Library  Alness Youth Centre  Alness Library Alness Library  ONLINE  Dingwall Library Dingwall Library
<b>SQA Qualifications</b>	We offer a range of Wider Achievement Awards, Core Skills Awards, Professional Development Awards and ESOL National Awards at SCQF levels 2, 3 and 4. These can help you build confidence, recognise your achievements, and progress on your learning journey.			