

**APPLY
TODAY**

Life-changing Education

Residential courses starting January – April 2025*

*A few non-residential courses are also available

- 1 day Introduction to Learning courses
- Academic and Career Skills Programme (ACSP)
- 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.





Important Information

Our class times changed in September

Most of our courses are residential, 3 days and 2 nights, and students stay overnight from day 1 to day 3.

Our normal course start days are Monday, Wednesday or Friday.

Day 1
Students arrive at 1.15pm
Lessons start at 2.00pm – 5.00pm

Day 2
Lessons start at 9.00am – 12.00pm
& 1.00pm – 5.00pm

Day 3
Lessons start at 9.00am – 12.00pm

For more information about our courses, please go to www.fircroft.ac.uk.

About Fircroft College of Residential 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, supported 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.





Academic and Career Skills Programme (ACSP)

Part-time residential at the college and non-residential Jan – Jul 2025

Fees

This course could be FREE to you. For more information go to the “Fees and Eligibility” page on our website.

About the Course

This course is designed for those who want to develop the skills they need to progress to further study or a future career. The course is well-suited to you if you are looking to move on to Level 3 career-focused or academic qualifications and particularly if you are

hoping to eventually progress to one of our very successful Access to Higher Education Diplomas. You will focus on the skills you need to achieve in higher levels of study or to move towards the career you are aiming for, developing your confidence and identifying the future pathway that is most meaningful to you. Don't worry if your English, maths and/or digital skills need improving. If you are successfully enrolled onto the course, we will give you the opportunity to brush up on all these skills. You will study a wide range of subjects including:

- Critical thinking
- Career planning
- Word processing
- Introduction to history
- Introduction to literature
- Introduction to social psychology
- Sociology of health
- Introduction to life sciences
- Information literacy
- Working in a group
- Oral communication skills

Additional Skills Opportunities

Please note that if you do not currently have the required English or Maths qualifications, you will also need to attend Functional Skills English/Maths lessons. You may also need to attend our Essential Digital Skills Level 2 course during your time at the college.

Awarding Body

The AIM Qualifications and Assessment Group.

Entry Requirements

- English Level 1
- Mathematics Entry Level 3

Evidence of successful achievement of these qualifications will need to be shown or you will need to take an Entry Assessment. The application process will include a short interview.

For more information and to apply for this course, please go to our website www.fircroft.ac.uk or contact our Admissions team.

Open Days

We hold Open Days most weeks at the college.

To book your place on any of our Open Days, go to www.fircroft.ac.uk/open-days. Please note – we request you arrive on time for your session as you may not be able to attend if you are late.

We look forward to seeing you soon!

Applying for a Course

Please apply for a course as early as possible. We do our best to process courses at least a week before they start but sometimes this is not possible so we appreciate your patience.

We need to speak to you before you start your course so please look out for our telephone calls and emails.





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 email.

You also need to be over the age of 19 by 31st August 2024 to apply for our courses this academic year (August 2024 – July 2025).

How long are your courses?

Most of our courses are residential and last for 3 days, 2 nights. Students usually arrive at the college at 1.15pm and have a lesson that afternoon with a full day of learning the next day and departure by 12.00pm 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 £32,000 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 as early as possible 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 before you progress elsewhere.

Do I need to stay overnight?

Yes. We are a residential college and most of our courses are for 3 days and 2 nights. Being a residential student has benefits such as having the ability to get away from the everyday and focus on yourself and your studies and socialising with new people who also want to learn. You also don't need to travel into college every day!

Please note that the college and grounds are alcohol free areas and drinking alcohol on our premises is not permitted.

Our Course Fees

If your annual income is less than £32,000 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 – or contact the Admissions team on 0121 472 0116 or email Admissions@fircroft.ac.uk

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Access to Higher Education Diplomas						
Our Access to Higher Education Diplomas are a supportive route to university. Please Note: We will be taking applications for these diplomas from April 2025.						
Access to Higher Education (Social Science and Health)	9 months	3	01/09/2025	31/05/2026	Residential and non-residential	Full time
Access to Higher Education (Social Science and Humanities)	9 months	3	01/09/2025	31/05/2026	Residential and non-residential	Full time
Level 2 Certificate in Work and Study Academic and Career Skills Programme						
This course includes a number of subject topics and is a good introduction to further study or work as well as being ideal if you wish to apply for one of our Access to Higher Education Diplomas in September 2025.						
Academic and Career Skills Programme	5 months	Level 2	20/01/2025	20/07/2025	Residential or non-residential (3 days, 2 nights) each week	3 days
Taster Courses						
These courses are a great introduction to our residential courses and what it is like studying at Fircroft						
Introduction to Learning	1 day	All levels	13/02/2025	13/02/2025	Non-residential	Thursday
Introduction to Learning	1 day	All levels	04/04/2025	04/04/2025	Non-residential	Friday
Education						
For people working, or looking for work, in the education sector:						
Award in the Principles and Practices of Assessment	3 weeks	Level 3	28/02/2025	23/03/2025	Residential	Friday – Sunday
ESOL (English for Speakers of Other Languages)						
These courses will help you to improve your English language skills.						
Reading	10 weeks	Entry Level 3	03/02/2025	07/04/2025	Non-residential – one day at the college each week	Monday
Functional Skills – Digital, English and Maths						
Skills that are essential for everyday life and work.						
Digital						
Learn everyday IT skills to help you get up to speed in the digital world we live in.						
Digital Functional Skills	4 weeks	Level 1	08/01/2025	31/01/2025	Residential (3 days, 2 nights each week).	Wednesday – Friday
Digital Functional Skills (limited places available)	12 weeks	Entry Level 3 /Level 1	24/01/2025	11/04/2025	Non-residential	Friday

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Digital Functional Skills	4 weeks	Entry Level 3	26/03/2025	18/04/2025	Part-time residential (3 days, 2 nights each week).	Wednesday – Friday

English

These English courses will steadily build your confidence with English, helping you to improve your English skills for work, volunteering and everyday life.

English	12 weeks	Level 1	15/01/2025	02/04/2025	Non-residential – one day at the college each week	Wednesday
English (limited places available)	25 weeks	Level 1	28/01/2025	15/07/2025	Non-residential – one day at the college each week	Tuesday
Spelling, Punctuation and Grammar	3 days, 2 nights	Entry Level 3	11/04/2025	13/04/2025	Residential (3 days, 2 nights)	Friday – Sunday

Maths

These maths courses will steadily build your confidence with maths, helping you to fully understand important maths skills for work, volunteering and everyday life.

Maths (limited places available)	14 weeks	Level 1	07/01/2025	08/04/2025	Non-residential – one day at the college each week	Tuesday
Maths (limited places available)	25 weeks	Level 1	27/01/2025	14/07/2025	Non-residential – one day at the college each week	Monday
Maths	12 weeks	Level 2	29/04/2025	15/07/2025	Non-residential – one day at the college each week	Tuesday

Course for New Communities

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.

Course for New Communities - To be Confirmed	5 weeks	To be confirmed	19/02/2025	21/03/2025	Part-time residential (3 days, 2 nights each week)	Wednesday – Friday
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Personal and Social Development

These courses can help you to develop, focus on yourself and identify your next steps to achieve your life goals.

Emotional Health for Wellbeing	3 days, 2 nights	Level 1	06/01/2025	08/01/2025	Residential	Monday – Wednesday
Becoming Your Best Self	3 days, 2 nights	Level 1	08/01/2025	10/01/2025	Residential	Wednesday – Friday
Cost of Living: Creating Stability for Individuals and Families	3 days, 2 nights	Level 1	08/01/2025	10/01/2025	Residential	Wednesday – Friday
Coping with Mental Health	3 days, 2 nights	Level 1	13/01/2025	15/01/2025	Residential	Monday – Wednesday
Coping with Stress, Anxiety and Depression	3 days, 2 nights	Level 1	15/01/2025	17/01/2025	Residential	Wednesday – Friday
Understanding People and Building Relationships	3 days, 2 nights	Level 1	15/01/2025	17/01/2025	Residential	Wednesday – Friday
Finding Your Place in Society	3 days, 2 nights	Level 1	20/01/2025	22/01/2025	Residential	Monday – Wednesday

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Anger Management (Women)	3 days, 2 nights	Level 1	22/01/2025	24/01/2025	Residential	Wednesday – Friday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	22/01/2025	24/01/2025	Residential	Wednesday – Friday
Coping with PTSD and Trauma	3 days, 2 nights	Level 1	24/01/2025	26/01/2025	Residential	Friday – Sunday
Anger Management (Men)	3 days, 2 nights	Level 1	29/01/2025	31/01/2025	Residential	Wednesday – Friday
Anger Management (Women)	3 days, 2 nights	Level 1	31/01/2025	02/02/2025	Residential	Friday – Sunday
Exploring the Outdoors for Wellbeing	3 days, 2 nights	Level 1	03/02/2025	05/02/2025	Residential	Monday – Wednesday
Coping with Addiction	3 days, 2 nights	Level 1	05/02/2025	07/02/2025	Residential	Wednesday – Friday
Resilience, Coping Strategies and Non-Conventional Therapies	3 days, 2 nights	Level 1	10/02/2025	12/02/2025	Residential	Monday – Wednesday
Anger Management (Men)	3 days, 2 nights	Level 1	12/02/2025	14/02/2025	Residential	Wednesday – Friday
How to Juggle Life and Wellbeing	3 days, 2 nights	Level 1	12/02/2025	14/02/2025	Residential	Wednesday – Friday
Coping with PTSD and Informed Care	3 days, 2 nights	Level 1	17/02/2025	19/02/2025	Residential	Monday – Wednesday
Addiction: Physical Health and Recovery	3 days, 2 nights	Level 1	19/02/2025	21/02/2025	Residential	Wednesday – Friday
Stand Up and Be Counted	3 days, 2 nights	Level 1	28/02/2025	02/03/2025	Residential	Friday – Sunday
Get Creative and Feel Good	3 days, 2 nights	Level 1	05/03/2025	07/03/2025	Residential	Wednesday – Friday
Understanding People and Building Relationships	3 days, 2 nights	Level 1	07/03/2025	09/03/2025	Residential	Friday – Sunday
Bereavement, Loss and Grief	3 days, 2 nights	Level 1	14/03/2025	16/03/2025	Residential	Friday – Sunday
Coping With Stress, Anxiety and Depression	3 days, 2 nights	Level 1	21/03/2025	23/03/2025	Residential	Friday – Sunday
Physical Health and Nutrition for Happiness	3 days, 2 nights	Level 1	28/03/2025	30/03/2025	Residential	Friday – Sunday
The Power and Psychology of Positivity	3 days, 2 nights	Level 1	02/04/2025	04/04/2025	Residential	Wednesday – Friday
Anger Management (Women)	3 days, 2 nights	Level 1	04/04/2025	06/04/2025	Residential	Friday – Sunday
Becoming Your Best Self	3 days, 2 nights	Level 1	09/04/2025	11/04/2025	Residential	Wednesday – Friday
Love Shouldn't Hurt: Understanding Domestic Violence and Abuse	3 days, 2 nights	Level 1	09/04/2025	11/04/2025	Residential	Wednesday – Friday
Anger Management (Men)	3 days, 2 nights	Level 1	14/04/2025	16/04/2025	Residential	Monday – Wednesday
Addiction: Physical Health and Recovery	3 days, 2 nights	Level 1	14/04/2025	16/04/2025	Residential	Monday – Wednesday
Understanding Addiction	3 days, 2 nights	Level 1	28/04/2025	30/04/2025	Residential	Monday – Wednesday

Subject Tasters

These are short, introductory courses in a wide range of subjects.

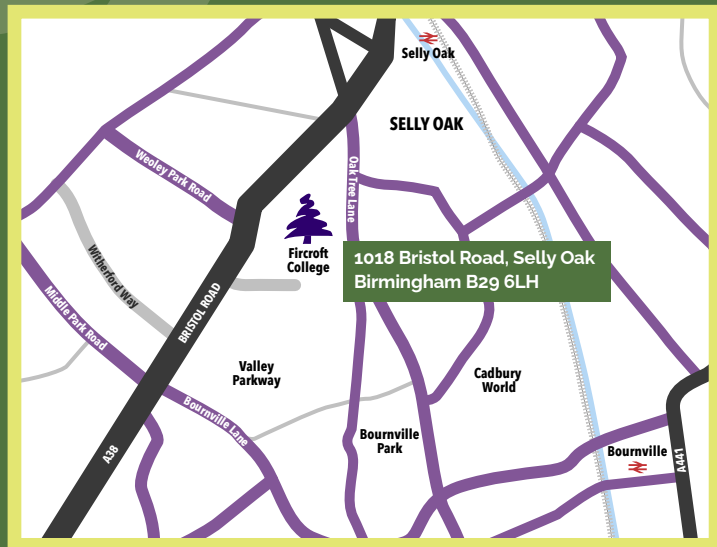
Introduction to Psychopathology	3 days, 2 nights	Level 2	14/02/2025	16/02/2025	Residential	Friday – Sunday
Introduction to Politics	3 days, 2 nights	Level 2	30/04/2025	02/05/2025	Residential	Wednesday – Friday

Subject	Course Duration	Level	Course Start Date	Course End Date	Delivery Method	Days
Sustainable Thinking and Action						
A practical, hands-on course using our 6 acres of grounds and visiting community gardens.						
Introduction to Organic and Regenerative Gardening	3 days, 2 nights	Level 1	31/01/2025	02/02/2025	Residential	Friday – Sunday
Cross Pollinator Development Gathering	3 days, 2 nights	Level 2	14/02/2025	16/02/2025	Residential	Friday – Sunday
Longer Courses – all dates subject to public holiday closures						
Green Skills: Building the Future (Phase 3)	2 weeks	Level 2	05/02/2025	26/02/2025	Part-time residential (3 days 2 nights each week)	Wednesday – Friday
Mother Garden Bootcamp	15 weeks	Level 2	14/03/2025	22/06/2025	Short residential stays; non residential gardening days and site visits	Friday – Sunday
Working and Volunteering						
These courses are for work and volunteering and they can help you to progress in your chosen job or volunteering role.						
Working with Mental Health Needs	3 days, 2 nights	Level 2	15/01/2025	17/01/2025	Residential	Wednesday – Friday
Working with PTSD and Trauma	3 days, 2 nights	Level 2	29/01/2025	31/01/2025	Residential	Wednesday – Friday
Equality, Diversity and Inclusion (EDI) in the Workplace	3 days, 2 nights	Level 2	05/02/2025	07/02/2025	Residential	Wednesday – Friday
Introduction to Counselling Skills	3 days, 2 nights	Level 1	24/02/2025	26/02/2025	Residential	Monday – Wednesday
Working with Autism and ADHD	3 days, 2 nights	Level 2	26/02/2025	28/02/2025	Residential	Wednesday – Friday
Working with Homelessness and Poverty	3 days, 2 nights	Level 2	28/03/2025	30/03/2025	Residential	Friday – Sunday
Longer Courses – all dates subject to public holiday closures						
ILM Award in Leadership and Management	2 weekends	Level 4	10/01/2025	09/02/2025	Part-time residential (3 days, 2 nights each week)	Friday – Sunday
Skills for Aspiring Support Workers	3 weeks	Level 1	03/02/2025	24/02/2025	Part-time residential (3 days, 2 nights each week) + 1 non-residential progression day	Monday – Wednesday
Certificate in Digital Skills for Work	10 weeks	Level 2	12/02/2025	18/04/2025	Part-time residential (3 days, 2 nights each week)	Wednesday – Friday
Certificate in Creative Craft	9 weeks	Level 2	12/03/2025	09/05/2025	Part-time residential (3 days, 2 nights each week)	Wednesday – Friday
Award in Introduction to Counselling Skills	2 weeks	Level 2	17/03/2025	26/03/2025	Part-time residential (3 days, 2 nights each week)	Monday – Wednesday
Certificate in Understanding Mental Health	12 weeks	Level 3	28/04/2025	16/07/2025	Part-time 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). 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.



Join the conversation online today.

 **fircroftcollege**

t: 0121 472 0116

e: admissions@fircroft.ac.uk

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