

Adults with Learning Differences (ALD) 2025 - 2026 Programme

**&Abingdon
&Witney
College**



Welcome to Abingdon & Witney College!
Register now and we can help you with funding your course.

Our courses can help you to:

- Build your confidence
- Meet new people
- Try new things
- Learn new skills

Get in touch with our friendly team to find out more about the courses or to sign up:



Call us on: 01235 216 493



Email us: accesstolearning-ald@abingdon-witney.ac.uk



Monday Morning

Pottery

Learn how to design, make, and glaze a variety of objects in clay using different techniques



Where: Abingdon Campus



When: Every Monday



Time: 10:00 - 12:15

Being Independent

Learn how to manage money, use public transport, write job applications and lots of other things to help you become independent.

Term 1 is focusing on Using Artificial Intelligence to Support Independent Living



Where: Abingdon Campus



When: Every Monday



Time: 10:00 - 12:15

Employment Ready

If you want a job this course will give you the skills to find, apply for, interview for and start work. We'll find you some work experience and build your confidence to get and keep paid work.



Where: Abingdon Marina



When: Every Monday



Time: 10:00 - 12:15

Gardening*

Learn gardening skills at our allotment next to the Abingdon Marina. We have to work our gardening course around the weather.



Where: Abingdon Marina



When: Every Monday



Time: 10:00 - 12:15

*Gardening courses run for the first five weeks in Autumn term, the second five weeks in Spring term, all ten weeks of Summer term plus 4/5 weeks in July after term time.

Monday Afternoon

Cooking

Learn how to plan, shop for and cook meals for you, your friends and family to enjoy.

Term 1 will focus on Weekly Meal Planning & Shopping Skills



Where: Abingdon Campus



When: Every Monday



Time: 1:00pm - 3:15pm

Dance

From expressive dancing to your favourite tunes to Morris Dancing in a group, our dance sessions have it all!



Where: Abingdon Campus



When: Every Monday



Time: 1:00pm - 3:15pm

Employment Ready

If you want a job this course will give you the skills to find, apply for, interview for and start work. We'll find you some work experience and build your confidence to get and keep paid work.



Where: Abingdon



When: Every Monday



Time: 1:00pm - 3:15pm

Tuesday

Pottery

Learn how to make different things from clay and use a pottery wheel.



Where: Abingdon Campus



When: Every Tuesday



Time: 10:00am - 12:15pm

Fitness

Work on your fitness in our gym using our new equipment to tone your muscles and build stamina



Where: Abingdon Campus



When: Every Tuesday



Time: 10:00am - 11:00am

Cooking*

Learn how to plan, shop for and cook meals for you, your friends and family to enjoy.



Where: Abingdon Campus



When: Every Tuesday



Time: 1:00pm - 3:15pm

Community Cafe at the Pumphouse*

Learn how to work in a café! Practice serving food and drinks, helping customers, and working as part of a team. Build confidence and skills for future paid or voluntary work.



Where: Faringdon



When: Every Tuesday



Time: 11:30am - 2:30pm

*This course would suit students who have mild learning disabilities.

Wednesday

Arts and Crafts

Learn all about different types of art, including drawing, painting, colouring, sculpting.



Where: Abingdon Campus



When: Every Wednesday



Time: 10:00am - 12:15pm

Football

Come and play games against other teams, go on group outings to watch Oxford United. Run by Oxford United in the Community coaches, you'll learn football and personal skills playing with players at the same level of ability as you are.



Where: Abingdon Campus



When: Every Wednesday



Time: 12:30pm - 3:30pm

Tai Chi

Tai Chi is a gentle but very powerful martial art to help you keep fit and well. It will help build your strength and relax your mind and body.



Where: Abingdon Campus



When: Every Wednesday



Time: 1:00pm - 2:00pm

Cooking*

Learn how to plan, shop for and cook meals for you, your friends and family to enjoy.



Where: Abingdon Campus



When: Every Wednesday



Time: 3:00pm - 5:00pm

*Suited to those with mild to moderate learning disabilities.

Thursday

Gardening*

Learn gardening skills at our allotment next to the Abingdon Marina. We have to work our gardening course around the weather*



Where: Abingdon Marina



When: Every Thursday



Time: 10:00am - 12:15pm

*Gardening courses run for the first five weeks in Autumn term, the second five weeks in Spring term, all ten weeks of Summer term plus 4/5 weeks in July after term time.

Pottery

Learn how to design, make, and glaze a variety of objects in clay using different techniques.



Where: Abingdon Campus



When: Every Thursday



Time: 1:30pm - 3:45pm

Wheelchair Dance

On this brand new course, come and take part however you want to, and dance with us to the tunes you love.



Where: Abingdon Campus



When: Every Thursday



Time: 2:00pm - 3:00pm

Friday (Witney)

Music

Clap along, drum along, maybe even learn an instrument at our very (very!) popular music session.



Where: Witney Campus



When: Every Friday



Time: 10:00am - 12:15pm

Dance

Our new tutor Rob will teach you all styles of dancing, from traditional Morris dances to modern movement. Great exercise and great fun!



Where: Witney Campus



When: Every Friday



Time: 1:00pm - 3:15pm