



Computer Skills and IT Training

Fact Sheet No.10

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Introduction

This Fact Sheet contains information on free or low-cost IT training in Brighton and Hove and free online IT courses. It also includes some free online courses specifically designed to help carers in their situations.

The Carers Hub is a new focal point to help unpaid carers in Brighton and Hove get the information, advice and support that they need. This may also be useful to you.

Tel: 01273 977000

Email: info@carershub.co.uk

Website: carershub.co.uk

As part of the Carers Reablement Service, which supports carers to achieve positive change within their lives, carers can gain computer skills by means of one-to-one sessions with a volunteer. For further information contact should be made with the Carers Hub as above.

IT Training in Brighton & Hove

Some options for free or low-cost IT training in the city are listed below. Many training providers will offer discounted courses to those on low incomes or specific benefits.

Age UK Brighton & Hove

The charity has an IT Drop-in Centre for those aged 50+. Volunteers are on hand to share knowledge and experience. Services are basically free but donations are accepted. Sessions cover keyboard use, use of the internet, e-mails, producing documents, spreadsheets etc. Computer courses lasting 6 weeks are also held.

Address: 29-31 Prestonville Rd, Brighton BN1 3TJ

Website: www.ageuk.org.uk/brightonandhove/our-services

Tel: 01273 720603

Email: info@ageuk-bh.org.uk

Brighton & Hove Libraries

Libraries can help you learn how to use the internet, find information online, send emails, fill in forms online etc. You can use your local library – all Brighton & Hove libraries have free one-to-one help sessions with a volunteer. Usually sessions are 45 minutes long with a maximum of 8 sessions.

Website: www.brighton-hove.gov.uk/content

Tel: 01273 290800

Email: libraries@brighton-hove.gov.uk

Brighton MET College

The College runs a part-time course on IT Skills for Work. This covers creating documents, spread sheets etc. and using internet resources. Fees apply.

Address: Pelham Street, Brighton, BN1 4FA

Tel: 01273 667759

Email: admissions-brighton@gbmc.ac.uk

Website: www.gbmc.ac.uk

Brighton Unemployed Centre Families Project

This provides services to the unemployed, people on low incomes etc. It offers free daily one-to-one computer support sessions covering internet access, email, job search, form filling, CV writing etc. Help is provided by skilled volunteers.

Address: 6 Tilbury Place, Brighton BN2 0GY

Website: www.bucfp.org

Tel: 01273 601211 or 671213

Email: info@bucfp.org

The Friends Centre

This is an independent adult education Centre where local people can develop their knowledge and skills. There is open access to computers. IT courses include Introduction to IT and Next Steps in IT. Fees apply but concessions are available in certain circumstances..

Address: 1A Isetta Square, 35 New England St, Brighton BN1 4GQ

Website: www.friendscentre.org

Tel: 01273 810210

Email: info@friendscentre.org

The Hangleton & Knoll Project

This offers free IT Drop-ins every Wednesday for local residents. They also run a range of computer courses including Basic Computing, Office and Photo Editing.

Address: St Richards Community Centre, Egmont Rd, Hove BN3 7FP

Website: www.hkproject.org.uk

Tel: 01273 881446

Email: info@hkproject.org.uk

The Whitehawk Inn

This is a community centre run by Brighton Housing Trust which provides a range of courses, services and support including drop-in access to computers. IT courses include coverage of the use of the internet and email.

Address: Whitehawk Road, Brighton BN2 5NS

Website: www.bht.org.uk

Tel: 01273 682222

Email: whitehawkinn@whinn.org.uk

Varndean College

The College runs computing courses including IT for Beginners. This covers use of the internet, emails and use of word processing software. Progression to ITQ Level Certificate can be achieved. Fees may apply.

Address: Surrenden Rd, Brighton BN1 6WQ

Website: varndean.ac.uk

Tel: 01273 546602

Email: commed@varndean.ac.uk

Free Online Training IT Courses and Packages

Alison

This company provides courses including touch typing, core IT skills and software applications.

Website: alison.com/courses

BBC

The BBC offers a range of video and written resources to help develop online skills.

Website: www.bbc.co.uk/webwise

GCF LearnFree – Goodwill Community Foundation

This organisation provides courses on software applications, IT skills and using the internet.

Website: www.gcflearnfree.org/classes

Learn My Way – Good Things Foundation

This organisation provides courses for beginners on basic computer and internet skills.

Website: www.learnmyway.com

Vision2learn

This organisation provides flexible online courses leading to national qualifications including Essential IT Skills.

Website: www.vision2learn.net/courses

Carer Specific Courses

Caring for Adults

This OpenLearn course is an introductory course for carers which addresses a number of key questions such as communication, mental health awareness, palliative and end-of-life care and looking after yourself.

Website: www.open.edu/openlearncreate

Caring Counts: a Self-reflection and Planning Course for Carers.

This course was developed with and for carers. It will help you gain a clearer understanding of who you are and recognise the range of skills and abilities you have developed from your caring role. It will also help you to look forward and make appropriate plans.

Website: www.open.edu/openlearncreate

Dementia Care: Staying Connected and Living Well

This course run by Future Learn will provide you with knowledge and advice that can help you care for someone living with dementia. There is focus on everyday experiences that are particularly challenging and stressful such as combining employment with caring.

Website: www.futurelearn.com

The Dementia E-learning Course

This is aimed at anyone who comes into contact with someone with dementia and provides a general introduction to the disease and the experience of living with it. The course is designed to be accessible to a wide audience. The programme includes video footage.

Website: www.scie.org.uk/dementia

Understanding Dementia

This is the University of Tasmania's Open Online Course. It is a 9-week course that builds upon the latest in international research on dementia. The course provides knowledge designed to maximise the quality of life for people with the condition, their families and carers.

Website: mooc.utas.edu.au/courses