

**Extract from bid by Striding Out CIC to the Council's Lifelong Learning Team**

Striding Out CIC would deliver 10 cohorts of learners divided into 5 cohorts across 2 customised courses, each course made up of 20 guided learning hours.

Course 1 - Figuring Out

Course 2 - Your Next Step

We would seek to recruit 20 learners per course, giving the maximum total of 400 learners.

Repeat learners could equal 200 if every learner on course 1 returned for course 2.

We would plan to run;

5 x Course 1 - Figuring Out

5 x Course 2 - Your Next Step

The venue will be based within Vale House community centre, New Brighton, which is open 7 days a week and frequented by thousands of local community residents and visitors throughout the year so the recruitment, outreach and engagement of the new learners will be made easier.

The benefits of the Figuring Out course for the Learners include -

Increase their confidence

Clarify their life and career goals

Enhance their interpersonal and interview skills

Design an Action plan for their future success

Learn how to access supportive materials, contacts and resources

Experience the positive feedback of peers, tutors (and eventually employers)

Encourage a personal engagement with Lifelong Learning.

The benefits of the Your Next Step course are that the Learners will -

Be prepared and ready for Employment

Develop new interpersonal skills

Clarify life and career goals

Enhance their CV

Improve their communication skills

Develop greater self-confidence

Learners will achieve a greater sense of connectedness with those around them as they discover more fully the untapped resources they already have, together with the new skills offered by each course. Self-esteem is built, and encouraged together with confidence helps to lessen the cohort's sense of disadvantage, marginalization or

isolation. The courses aim to help the vulnerable and the disabled to feel more empowered. Adults with low level skills will be helped to discover that learning can be fun – and lifelong.

The impact on the lives of Learners attending these courses is usually measurable and obvious. They rightly feel understood, valued, included and supported and they are better able to participate in their communities and find meaningful work.

Part of our philosophy is that we don't teach subjects, we teach Learners, and the focus that we give to their needs has obvious positive implications for the whole person which impacts their ability to function well in their relationships, their families, their workplaces, their social networks, etc.