



#Liveandlearn at the Tenant Academy

Training programme – spring 2025



Nottingham
City Council

Housing
Services

#Liveandlearn at the Tenant Academy

Training programme – spring 2025

We provide FREE training for Nottingham City Council tenants, leaseholders and members of community groups who support our neighbourhoods.

We offer a wide range of training and development opportunities – online and face-to-face. We offer support to help you find a job as well as accredited training from approved professional bodies that can typically last for up to three years.

How to book

To book onto a course, please use the details included with the course information or email involved@nottinghamcity.gov.uk, including your name, address, contact details and the date and title of the course you'd like to attend.

You can also text, Whatsapp or call **0758 400 3457** for information and booking.

Tell us what interests you

We're always keen to provide training opportunities through the Tenant Academy that are of most value to you. To help us to do that, we'd be grateful if you could complete a short online form to help us understand the types of courses that are of interest to you. You can do that by scanning this QR code using your smart-phone or device.



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Qualifications, skills and training

Fire Warden and Fire Marshal Training

Learn the basics of being a Fire Warden / Fire Marshal that will prepare you to carry out this very important role. This training is organised on a bespoke basis for a minimum of eight people.

Email involved@nottinghamcity.gov.uk to find out more and to book your place.



Level 2 Food safety and hygiene



Complete an accredited qualification in food safety and hygiene at a community venue near you.

We also offer bespoke courses for a minimum of eight people on subjects like:

- Type 2 diabetes and healthy eating
- Cooking on a budget
- Healthy cooking demo
- Healthy cooking class
- Fundamentals of healthy eating.



Email involved@nottinghamcity.gov.uk to find out more and book your place.



Introduction to air fryer cooking. Win an air fryer!

Learn the best ways to use an air fryer for the best results with recipes, techniques, and practical guidance for all attendees.

At the successful completion of the session, all attendees will have the chance to win an air fryer to use your newfound skills at home!

This is offered as a bespoke courses for a minimum of eight people, and would suit those in independent living settings and / or those living in temporary accommodation.

Email involved@nottinghamcity.gov.uk to find out more.

First Aid

Complete accredited First Aid qualifications at a community venue near you:

Emergency First Aid at Work:

This Quality Assurance Level 3 Award in Emergency First Aid at Work qualification is a one day course designed for individuals who wish to act as an emergency first aider.

Upon successful completion of this qualification, you'll be equipped with the essential skills needed to give safe, prompt and effective first aid in emergency situations

Paediatric First Aid: This Quality Assurance Level 3 Award in Paediatric First Aid is ideal for anyone who cares for children in a professional or non-professional capacity.

You will learn the necessary skills to administer safe and effective treatment for a range of paediatric first aid situations.

If you're interested in either of these First Aid courses, email involved@nottinghamcity.gov.uk.



Skilled hands – women only creative craft classes*

These workshops are **FREE** to all unemployed women, female city residents, women with caring responsibilities and those on a low income.

Dress making

Venue: Skilled Hands CIC 63-67 St Peters Street, NG7 3EN, Nottingham.

A 24 week course within term time, meeting once a week for 2.5 hours.

Learn how to use a sewing machine, make simple, straight stitches, finish seams professionally, and learn how to draft and model a garment professionally. All tools and materials provided.

FREE to all unemployed women and those on low incomes.

Jewellery making workshop

Venue: Skilled Hands CIC 63-67 St Peters Street, NG7 3EN, Nottingham.

A 24 week course within term time meeting once a week for 2.5 hours.

Learn how to make necklaces, bracelets, rings, anklets, broaches and hair accessories.

The main materials used in this class are beads, jewellery making hardware (findings), fabrics and faux leather. This is a full course and starts at the beginners level, through to intermediate, then to advance level.

Millinery Workshop

Venue: Skilled Hands CIC 63-67 St Peters Street, NG7 3EN, Nottingham.

A 10 week course, meeting once a week for 2.5 hours

Learn almost all the skills and techniques in millinery / hat making. You should be able to create and make fascinators, hatinators and sinamay hats at the end of the programme. The main materials used in this class are sinamay and fabrics.

The workshop is made up of women from all backgrounds and it's always a fun place to be!



Soap making

Venue: Skilled Hands CIC 63-67 St Peters Street,
NG7 3EN, Nottingham.

Learn how to make hand-made soap every Tuesday, 9.30am to 12.30pm

*a £10 deposit is required for materials for all the 'skilled hands' courses, and all courses must have a minimum 85% attendance rate

If you're interested in any of these courses, email involved@nottinghamcity.gov.uk.

Sewing classes

Starting from Thursday 16 January, 9.30am to midday
Evolve Hub, Helston Drive, Strelley NG8 6JZ

All levels welcome! Email involved@nottinghamcity.gov.uk to find out more.



Green Meadows DIY workshops – basic plumbing

Flexible dates and times. Queens Walk Community Centre,
Queens Walk, The Meadows, Nottingham NG2 2DF

Our DIY plumbing courses are designed to equip you with the basic skills to confidently take on plumbing jobs around the house.

This workshop is held in small groups so that everybody has the space to get hands-on with new practical skills, receive one-on-one support, and have time for questions.



Subjects covered, include:

- how to change a tap washer.
- how to cut copper and plastic pipe.
- how to use Speed Fit plumbing system.
- how to take out a U bend.
- how to change a ballcock and valve in a cistern.

This course is only open to city tenants based in the Meadows area.

Email involved@nottinghamcity.gov.uk for more information.

Green Meadows DIY workshops – basic woodworking

Flexible dates and times. Queens Walk Community Centre,
Queens Walk, The Meadows, Nottingham NG2 2DF

Learn how to use hand tools and power tools to gain the skills and confidence to use them for DIY. The tools used are also part of the Toolshare scheme, and can be borrowed for free by local residents.

Subjects covered, include:

- Learn how to use hand tools and power tools to gain the skills and confidence to use them for DIY purposes.
- Introduction to DIY woodworking tools – manual and electric.
- How to build a birdbox.
- How to build a coat hook.
- Woodworking – mitre cuts, draft proofing, skirting.

This course is only open to city tenants based in the Meadows area.

Email involved@nottinghamcity.gov.uk for more information.



Green Meadows DIY workshops – heat loss, damp and ventilation

Flexible dates and times. Queens Walk Community Centre,
Queens Walk, The Meadows, Nottingham NG2 2DF

Understand why, how and where houses lose heat, how heat-loss is measured and how to calculate U (how good a material is at insulation) values from basic data.

Learn how to find the target insulation values, which apply when 'thermal elements' are upgraded. Understand the damp and moisture risks when insulating buildings and how to minimise them.

Also, how to understand air-tightness issues and targets, and how to provide adequate ventilation while minimising ventilation heat-loss.

You will also learn about:

- Understanding heat-loss in the home.
- U values and measuring heat-loss.
- Building Regulations and thermal performance.
- Building health and safety.
- Insulation and moisture control.
- Airtightness and ventilation.

This course is only open to city tenants based in the Meadows area.



Introduction to using hand and power tools

Friday 21 February, 10am to 1pm

at 32 Turney Street, Nottingham NG2 2LG

At this hands-on workshop you'll learn all about using hand and power tools effectively. Whether you're a beginner or looking to brush up on your skills, this is perfect for anyone interested in DIY projects or home improvement.

Experienced Tradespersons will guide you through the basics and help you gain confidence in using a variety of tools.

Tools used may include: hand saw / mitre block / spirit level / hammer / jigsaw / electric mitre saw / sander / drill / impact wrench / multi-tool / angle grinder.

This course is only open to city tenants based in the Meadows area.



DIY workshop: basic plumbing skills

Friday 14 February, 10am to 1pm

at 32 Turney Street, Nottingham NG2 2LG

At this hands-on workshop, you'll learn the basics of plumbing. Whether you're a complete novice or looking to brush up on your skills, this one day course will guide you through the basics of plumbing.

Delivered by a friendly and experienced instructor, you'll learn about essential tools, plumbing problems and how you can fix them. You'll also get practical tips and tricks that could save you time, money and stress!

This course is only open to city tenants based in the Meadows area.



Home Skills

Mondays and Wednesdays throughout summer
The Training Centre, Unit 2 Lillington Road South,
Bulwell NG6 8HJ

Ran by Framework Housing Association – learn some key skills that will help increase your confidence in the home, including basic plumbing, DIY and food preparation.

Each course is five sessions long, from 10.30am to 2.30pm. You'll cook a hot lunch each day and there will be food parcels available to take away at the end of each session.

Email involved@nottinghamcity.gov.uk for more details.



Level 1 and Level 2 British Sign Language training for parents / carers of deaf children

Nottinghamshire Deaf Society (NDS) is offering FREE Level 1 and 2 British Sign Language (BSL). BSL courses can be expensive. By offering this course free of charge, NDS is supporting parents, carers and children to be able to sign.

Research has shown that when parents or carers can teach children to sign basic words, it can help improve communication between the parent / carer and child and have a positive impact on a child's confidence and helps to reduce the isolation that a deaf child may feel due to a lack of communication.

If you'd be interested in taking part, or you know somebody who might, please email Nicola Perkins at nicola.perkins@nottinghamcity.gov.uk.

Read Easy

FREE one-to-one coaching with trained volunteer reading coaches for adults who want to learn to read.



Find out more at www.readeasy.org.uk or call **01388 435 021** to find information about your local group.

Skills for leaders of volunteers

Advanced volunteer leadership

Wednesday 26 February, 10am to midday – online

This online training takes you beyond the basics of managing and supporting volunteers, and will explore some of the real-life issues that you're facing as a leader of volunteers.



Assessing the impact of your volunteer programme

Wednesday 5 March, 10am to midday – online

This online training session goes beyond the basics of managing and supporting volunteers to considering and maximising on the impact that volunteers can make to your organisation.



Introduction to volunteers and the law

Wednesday 12 February, 10am to midday – online

Although the law has little to say about volunteers and volunteering, what it does say is important. This online training will help you develop an understanding of some of the legal requirements that relate to your volunteering programme.

Addressing the barriers to volunteering

Tuesday 25 March, 10am to 11am – online

Identify barriers to volunteering and develop ideas to minimise and remove them during this training, to make sure that your organisation isn't missing out on great volunteers.

Email involved@nottinghamcity.gov.uk for details of any of these online training courses and to book your place.

Health and wellbeing

Mindfulness

Over eight weekly sessions attendees will come together in a relaxed, informal and friendly atmosphere to explore mindfulness and its many benefits.

You'll learn the various techniques of mindfulness in a gradual, step-by-step way that guides you into a thorough understanding of mindfulness and how it can help you lead a more enjoyable life. Full course resources (including weekly worksheets and a set of guided meditations) will be provided provided.

Email involved@nottinghamcity.gov.uk to find out more.



Nottingham Recovery College

The Nottingham Recovery College offers a range of courses for people who are living with mental health challenges.



Their courses provide strategies and techniques that you can take away with you and use in your daily lives to promote self-management and recovery.

All of the Recovery Colleges' courses are friendly, welcoming and available to everyone with an open referral to Nottinghamshire Healthcare NHS Foundation Trust.

The aim is to have our courses co-produced and co-delivered wherever possible by people with lived experience of mental health challenges (peer trainers) and people with experience by profession.

To find out more about courses and enrol, click the link below: [Nottingham Recovery College | Nottinghamshire Healthcare NHS Foundation Trust.](#)

Tricky to Talk, Nottingham Forest Community Trust mental health and wellbeing programme

Thursdays, 5.30pm to 7.30pm

The Tricky Hubs are open to individuals from all backgrounds and will run on a weekly basis. These sessions provide a comfortable environment where participants can openly discuss their mental health.



Whether you prefer the convenience of online sessions or the personal interaction of face-to-face meetings, the Tricky Hubs have got you covered.

Book online at www.nottinghamforestcommunitytrust.co.uk/tricky-to-talk.

Women only wellbeing and employability course

Starts Wednesday 22 January, 10am to 1pm at Bakersfield Community Centre, 312 Sneinton Dale NG3 7DN

FREE* nine week women only course will support you to improve your wellbeing, develop skills to help you succeed, define what success means to you and help you to build a future you can be proud of.

Refreshments provided and bus and tram travel costs can be reimbursed with proof of ticket. Find out more and book your place by emailing involved@nottinghamcity.gov.uk.

*You must be aged 16 or over, be a Nottingham City resident and not in employment to qualify.

 equipped 2 succeed

Free* 9 Week Course
for Wellbeing and Employability

Define **success** on my own terms

Improve my **wellbeing**

Develop the **skills** I need to **succeed**

Build a **future** I'm proud of

Bakersfield Community Centre,
312 Sneinton Dale, NG3 7DN

Starts Wednesday 22nd Jan

10am to 1pm

Women Only

If you can't attend due to the cost of travel we can reimburse bus and tram costs with proof of ticket.

Refreshments provided.

Contact our team:

07399 630885 - chloe@scla.org.uk

Or book online:


www.scla.org.uk/courses

Provided by:



***Eligibility Criteria:**

Aged 16+, living in Nottingham City, not in employment

 **Funded by**
UK Government



Substance misuse – Recovery Ally Workshop

This in-person event ran by Double Impact Services will provide you with valuable tools and strategies to become a strong ally for those seeking to overcome challenges related to addiction.



Whether you're a friend, family member, or healthcare professional, this three-hour workshop is designed to empower you to make a positive impact and includes:

- Discussions around the unique and individual journey a person in recovery experiences
- The language surrounding addiction and recovery, and how to use it positively
- Ways in which anybody can challenge stigma and help others to understand it
- Active listening skills to support others without judgement.

To find out more email involved@nottinghamcity.gov.uk.

Conversations in the community

This online course, facilitated by Mind, will help you to build confidence in how to have conversations about mental health and wellbeing and to be there for others in your community.



It won't make you a mental health professional – but you don't need to be a professional to be there for the people around you!

Benefits of this course include:

- It's **FREE** for anyone to do
- It's online so you can do it from anywhere
- It takes about 90 minutes in total, but you can leave to take breaks and it will save your progress
- It contains video examples of people talking, and practice scenarios for you to try
- It's self-guided – there's no tests! no one will assess you
- It's been co-produced with people who have experience of mental health problems.

Email involved@nottinghamcity.gov.uk for details.

Practical dementia management: strategies and support

Learn how to manage the symptoms of dementia and support vulnerable adults in this free online caregiving course.

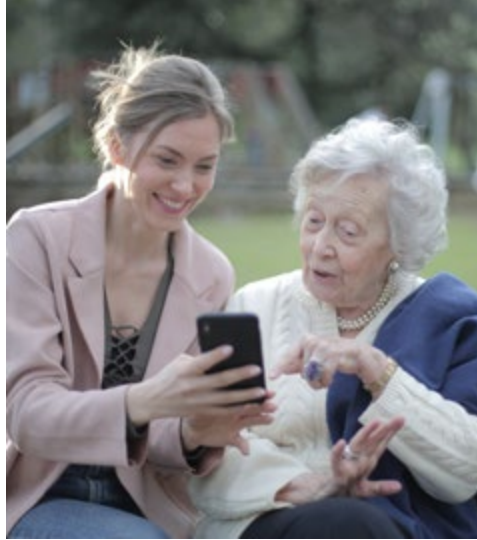
The course provides practical expertise to help you manage the symptoms of dementia.

Topics explored include identifying various types of dementia and their symptoms, assessing risk factors, making accurate diagnoses and implementing effective treatment and support approaches.

Learn valuable strategies and support techniques used to enhance caregiving and improve the quality of life for those living with dementia.

To start the course, click the link below:

[Practical Dementia Management | Free Online Course | Alison](#).



SMART Recovery

Thursdays, 1pm to 3.30pm at The Wellbeing Hub,
73 Hounds Gate NG1 6BB

SMART Recovery is a community of peer support groups that help people recover from addictive and problematic behaviours, using a self-empowering and evidence-informed program. SMART stands for Self-Management and Recovery Training.

Aimed at people 18 and above, these sessions focus on:

- building and maintaining motivation.
- coping with urges and cravings.
- managing thoughts, feelings, and behaviours.
- living a balanced life.

Email involved@nottinghamcity.gov.uk for more information.



Domestic abuse and safeguarding

Safeguarding

A range of online training courses are available, giving you a basic understanding of the roles and responsibilities when it comes to safeguarding, including:

Trustees' safeguarding responsibilities

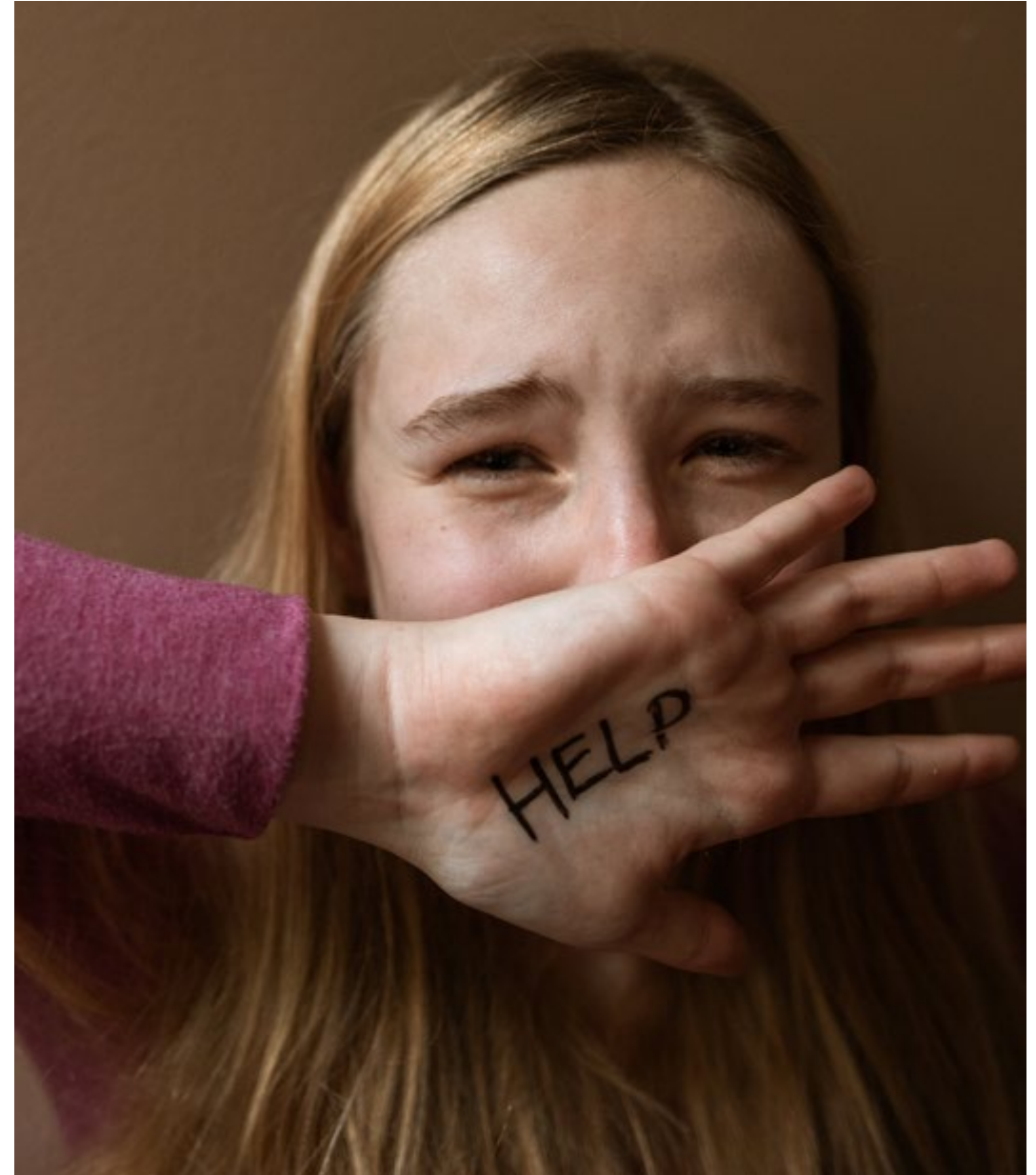
- Thursday 13 February, 10.30am to 11.45am

Safeguarding children designated lead person

- Thursday 27 February, 10.30am to 1pm

All safeguarding training we deliver has been quality assured either by the Nottingham City Safeguarding Children Board (NCSCB) or by the Nottingham City Safeguarding Adult Board (NCSAB). You will receive a certificate of participation once you have completed the training.

If you are interested in any of these courses, please email involved@nottinghamcity.gov.uk.



Music production

Beatknots Music Academy

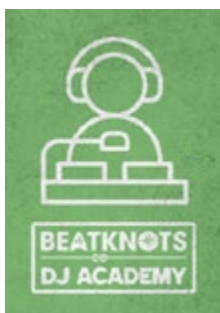
Funded by the Youth Music Foundation, the Beatknots Music Academy works collaboratively across four studio locations across Nottingham and Nottinghamshire. Over three years the Beatknots Project will offer 150 places to young people.

Working with some amazing partners, you'll get the chance to record, produce, perform, and release your own music, while gaining first-hand music industry experience.

We will offer regular live performance opportunities, music leader traineeships, industry masterclasses, and opportunities to launch and release music through the establishment of our very own youth-led Beatknots Record Label.

Everybody taking part will be given the chance to take part in nationally recognised accredited courses built around five exciting academies:

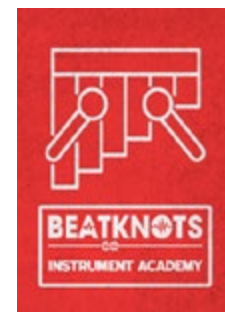
- A Record Label Academy
- Vocal Academy
- Music Production Academy
- Instrument Academy
- DJ Academy.



For the first year of the project we're looking to reach out to 50 young people aged 14 to 18 years old (up to 25 with additional needs).

To sign up, email involved@nottinghamcity.gov.uk using Beatknots in the subject title and please include in your email:

- your name
- age
- address
- contact number of a parent / guardian
- and tell us a bit about your musical journey so far, why you'd like to take part and which of the five academies you're interested in.



SEND music project

The Gateway Centre, Trent Lane, NG2 4DF

Certificated

Tuesdays, midday to 4pm – music mentoring for young people not in education, employment or training.

Tuesdays, 5.30pm to 8pm for other young people aged 13 to 25.

Send Project is looking to work with young people (ages 13-25) to offer bespoke music mentoring while providing a space for wider support.

They can also offer delivery of the Arts Award qualification.

Recording, lyric writing, vocal coaching, music production, performance, instrument tuition, record label creation and an opportunity to release music.

To sign up, email involved@nottinghamcity.gov.uk using SEND in the subject title and please include in your email:

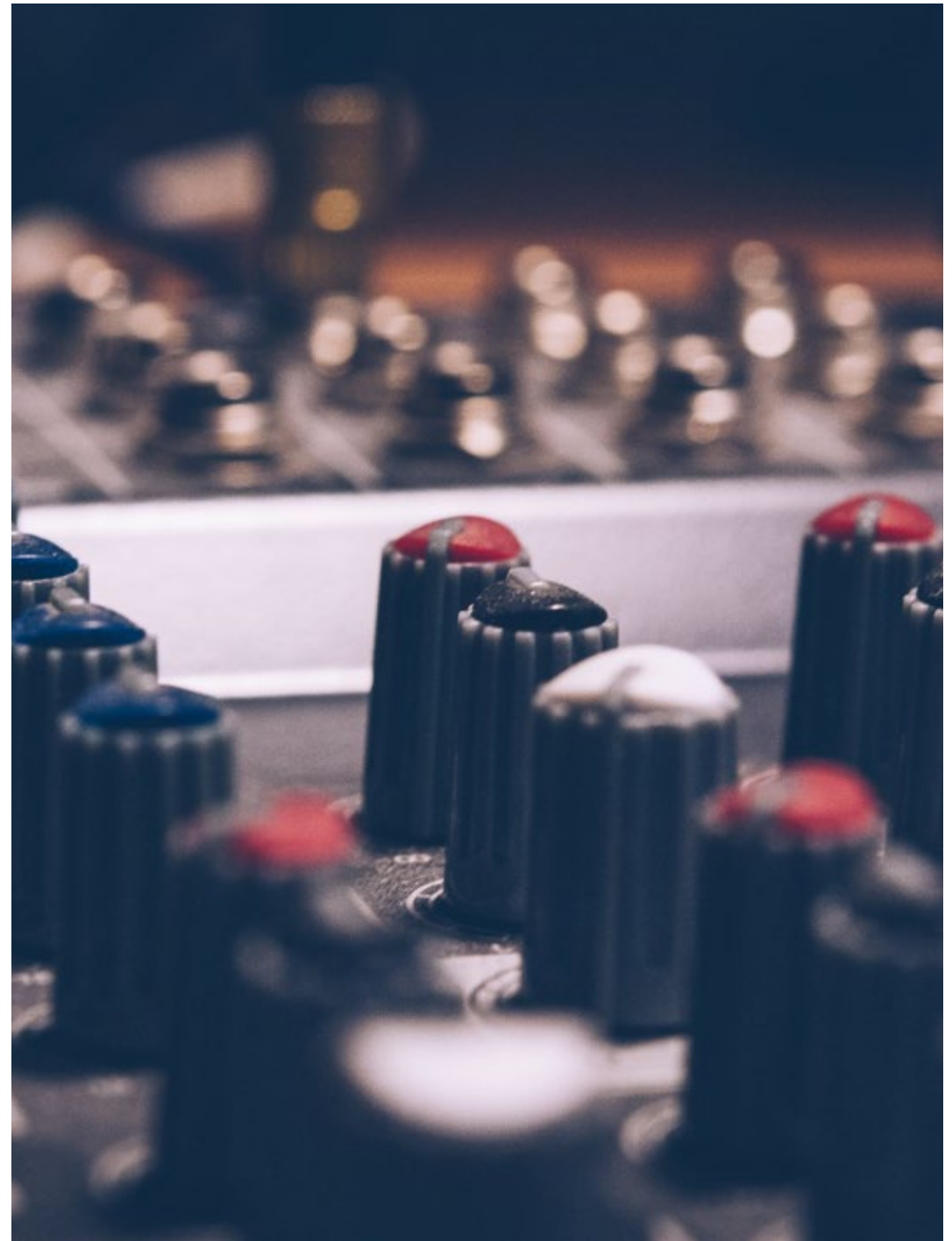
- your name
- age
- address
- contact number of a parent / guardian.

Man Up, Man Down: Music production and poetry workshops for men

Fishergate Point Studios, Fisher gate, Nottingham

Tuesdays, 7.30pm to 9.30pm

FREE workshops where all men are welcome to explore their creativity in music and poetry.



Skills and education

MULTIPLY
LET'S MAKE IT COUNT

WHAT IS MULTIPLY?
MultiPLY is a new government-funded programme to help adults improve their numeracy skills.

WHO IS MULTIPLY FOR?
If you're aged 19+ do not already have a GCSE at grade C (or equivalent) in Maths, MultiPLY is available to you.

NOTTINGHAM CITY
Nottingham City Council are delivering MultiPLY for resident within the Nottingham city boundary and for any other Nottinghamshire residents, you will need to contact Inspire: inspireculture.org.uk/skillslearning/multiPLY/

CAN YOU ACCESS MULTIPLY IF YOU ARE EMPLOYED?
If you are employed and have low confidence when using numbers at work; MultiPLY for Work could be the right support for you as an individual or your team as a whole.
To know more email: Multiply@Nottinghamcity.gov.uk

WHAT LEARNERS HAVE TO SAY ABOUT MULTIPLY?
IndependentYou - Delivered by Second Chance Learning Academy
"I think maths, money, and finances, can all seem so daunting. The IndependentYou course has made me realise this is not the case and that through learning there are many things I can do to improve my finances. Harriet was great at teaching and nothing felt overwhelming. I really appreciated how she went away each week and researched any of the questions we had. I especially liked the activity of comparing the costs of different public travel options. I definitely feel I have more knowledge on my money now."

THE MULTIPLY PARTNERS
In The Community :
• Second Chance Learning Academy
• Direct Help and Advice
• Work Pays
• Nottingham Forest Community Trust
For Work :
• The Futures Group
• Nottingham College

HOW TO ENROL ONTO A MULTIPLY COURSE OR WORKSHOP
Make direct contact with a MultiPLY delivery partner to find out more about their sessions or make contact with the MultiPLY team to discuss your needs
Multiply@nottinghamcity.gov.uk

Funded by UK Government
Nottingham Economic Recovery Unit
Nottingham City Council
SKILLS FOR LIFE MULTIPLY

MultiPLY in the community

Various workshop dates at locations, including:

Bestwood Community Centre, Strelley Social Club, Bulwell Toy Library and St Ann's Advice Centre. A range of fun, maths and numeracy based workshops and short courses for people living in the city boundary.

Small steps to your English (ESOL course)

Wednesdays and Thursdays – dates and times TBC

Twelve week English course for parents with toddlers and babies under four. Ran by Small Steps Big Changes, the course will be held at the Mary Potter Centre, Radford.

To express an interest, please email involved@nottinghamcity.gov.uk.



Maths, English and digital skills

A range of courses available at locations across the city:

Functional Skills English and Maths

- Tuesdays in September, 9.30am to midday and 12.30pm to 2.45pm at Evolve, Strelley Community Club, Helston Drive, Strelley, Nottingham NG8 6FZ

Functional Skills Maths

- Tuesdays, 9.45am to midday at St Ann's library, St Ann's Valley Centre, 2 Livingstone Road, Nottingham NG3 3GG.
- Fridays, 9.30am to midday at Evolve, Strelley Community Club, Helston Drive, Strelley, Nottingham NG8 6FZ.

English and Maths – all levels

- Wednesdays, 9am to 11am at Bestwood Community Centre, Gainsford Crescent, Bestwood NG5 5HT. Call **0115 975 5758** to find out more.

Digital Skills

- Tuesdays, 12.30pm to 3pm at St Ann's library, St Ann's Valley Centre, 2 Livingstone Road, Nottingham NG3 3GG.
- Thursdays, 9.30am to 3.30pm at Southglade Access Centre, Southglade Road, Bestwood NG5 5GU

Maths Thursday

- Thursdays, 12.30pm to 3pm at St Ann's library, St Ann's Valley Centre, 2 Livingstone Road, Nottingham NG3 3GG.

English

- Fridays, 12.30pm to 3pm at Evolve, Strelley Community Club, Helston Drive, Strelley, Nottingham NG8 6FZ.

Entry level two and level three Maths

- Mondays, 9.30am (entry level 2) and 12.45pm (entry level 3) at Bestwood Community Centre, Gainsford Crescent, NG5 5HT.

Entry level 3 English

- Tuesdays, 9.30am to midday at Bestwood Community Centre, Gainsford Crescent, NG5 5HT.

Entry level, level 2 and level 3 English

- Wednesdays, 9am to 11am at Bestwood Community Centre, Gainsford Crescent, NG5 5HT.

IT for beginners and improvers

- Tuesdays, 10am to midday and 1pm to 3pm at Southglade Access Centre, Southglade Road, Bestwood NG5 5GU.
- Thursdays, 10am to midday at Snapewood Community Centre, Snapewood Road, Bulwell NG6 7GH.

IT for employment

- Wednesdays, 10am to 12.15pm and 1pm to 3pm at Southglade Access Centre, Southglade Road, Bestwood NG5 5GU
- Thursdays, 1pm to 3pm at Snapewood Community Centre, Snapewood Road, Bulwell NG6 7GH.

Email involved@nottinghamcity.gov.uk to find out more.



FREE WEEKLY GROUP

CONVERSATION & CONFIDENCE GROUP FOR ESOL LEARNERS
REFUGEES AND ASYLUM SEEKERS WELCOME

**EVERY THURSDAY
1PM - 2:30PM**

Join our free weekly conversation group to boost your confidence and enhance your spoken and written English skills! No need to book, just turn up!

LOCATION:
Hamilton House,
9 Hucknall Road, NG5 1AE

For more information, go to www.scla.org.uk/courses
www.scla.org.uk

 **Second Chance Learning Academy**  **Funded by UK Government**

Conversation and confidence group (ESOL course)

Thursdays, 1pm to 2.30pm

Hamilton House, 9 Hucknall Road, NG5 1AE

This **FREE**, weekly conversation group will help to boost your confidence and enhance your spoken and written English skills – refugees and asylum seekers welcome!

Find out more and book your place by emailing involved@nottinghamcity.gov.uk.

Digital and Maths support through the Second Chance Learning Academy

Wednesdays with time slots between 1pm and 4pm
Hamilton House, 9 Hucknall Road, NG5 1AE

Book a one hour small group or 1-to-1 support session by texting, calling or sending a WhatsApp to **07399 630 885**.

Or email involved@nottinghamcity.gov.uk for more information and support with booking.



Free Digital & Maths Support

Book a 1 hour small group support session by texting, calling or sending a WhatsApp to: 07399 630885
www.scla.org.uk

Hamilton House,
9 Hucknall Road,
Nottingham,
NG5 1AE

Wednesday's
1 hour slots
between
1pm to 4pm

SCLA
Second Chance Learning Academy

SKILLS FOR LIFE
Multiply

The flyer features a central graphic of a person silhouette surrounded by icons for a smartphone, a calculator, a laptop, and a Wi-Fi signal, all connected by dashed lines. To the left is a location pin icon, and to the right is a calendar icon.

Families and children

 equipped 2 succeed

Free* 9 Week Course

Parenting with Purpose
course for parents and carers who want to enable themselves and their children to succeed.

Strelley Road Library, Strelley Road,
NG8 3BJ

Starts **Tuesday 21st January**
10am to 12:30pm

Aged 0-4 creche places available
please make sure you call
07399 630885 to book a place.

If you can't attend due to the cost of
travel we can reimburse
bus and tram costs with proof of ticket.
Refreshments provided.

Contact our team:
07399 630885 - chloe@scla.org.uk
Or book online:
www.scla.org.uk/courses

Provided by:  **Second Chance Learning Academy**

***Eligibility Criteria:**
Aged 16+, living in Nottingham City,
not in employment

 **Funded by UK Government**



Parenting with purpose

Starts Tuesday 21 January, 10am to 12.30pm
Strelley Road Library, Strelley Road, NG8 3BJ

A **FREE*** nine week course for parents and carers who want to support both yourself and your child to succeed. Full creche available for children aged 0 to 4.

Find out more and book your place by emailing
involved@nottinghamcity.gov.uk.

*You must be aged 16 or over, be a Nottingham City resident and not in employment to qualify

Grow, cook and play at:

Bulwell Forest Gardens
Mondays in the school holidays, 11am to 2pm
Austin Street, Bulwell NG6 9HE

Summerwood Community Garden
Tuesdays in the school holidays, 11am to 2pm
Clifton NG11 9DR

From tree climbing to cooking, from gardening to trying new food, from fun games and muddy play there's plenty on offer at these fun filled family sessions. No need to book just turn up!

Email involved@nottinghamcity.gov.uk to find out more.



Family nature and gardening social at Arkwright Meadows Community Gardens

Saturdays, 10.30am to 1pm

Family sessions where carers, parents and children can get together and explore nature, gardening and the many things the community gardens has to offer.

Session take place outside – so dress for the weather!

Email involved@nottinghamcity.gov.uk to find out more.



Gardening, growing food and wildlife conservation at St Ann's Allotments

**Every Tuesday, 10am to midday, Wednesdays 10am to 2pm and
every second and fourth Saturday of the month, 10am to 2pm**

Regular sessions for all abilities, including pruning, wildlife identification, harvesting food, watering, and woodwork.

All tools are provided.

Email involved@nottinghamcity.gov.uk to find out more.

It's never too late to learn, start your journey today!



For our full list of courses download our **Next Steps** guide from [NottinghamCity.gov.uk/AdultLearning](https://www.nottinghamcity.gov.uk/AdultLearning)

Community & Family Learning

We help hundreds of adult learners each year to gain new skills in parenting, managing their wellbeing, personal growth, and preparation for employment. Our highly experienced tutors deliver fun, creative and engaging courses, in the heart of local communities. Here are just a few examples:

Money, Values & Me

Support your child's learning as we teach them the value of money. Then join them on the ice with a *FREE* 1-hour ice-skating lesson each time you attend.

Watercolours for Wellbeing

An introduction to painting with watercolours. Learn the basics and the benefits of how arts can improve your health and wellbeing.

All Aboard

Fun for all the family as we take you on a fun and interactive learning journey all about trains. Includes a *FREE* train ride for the family.

Equipped2Succeed

Learn how to manage stress, build self-confidence and present the best version of you whilst improving your personal wellbeing and chances of employment.

Introduction to ESOL

If English isn't your first language then our ESOL courses are a great way to develop your communication skills and gain confidence. Once completed we will support you to progress onto a higher level or further learning.

Interested? Enrol today, email learn@nottinghamcity.gov.uk



Employability

Employability skills

Various venues, citywide

Join our employability team for CV support, interview skills, application support and coaching. 121 and group session available at a venue that suits you.

Email involved@nottinghamcity.gov.uk for details.

Work clubs

Need help looking for work?

Drop in to speak to an employment advisor from the Nottingham City Council Housing Services Employability Team at the following libraries:

Bilborough Library – Tuesdays, 1pm to 3pm
Clifton Library – Tuesdays, 10am to midday
Dales Centre – Wednesdays, 10am to midday
Hyson Green Library – Thursdays, 10am to midday
The Meadows Library – Wednesdays, 1pm to 3pm
St Ann's Valley Library – Wednesdays, 10am to midday

Get advice on your next steps, help with writing your CV, making an application and lots more!



Work Club – using IT for Employment

Classroom based sessions to help you with IT skills that will help you if you're looking for employment, as follows:

- Thursdays, 9.30am to midday starting 19 September at Evolve, Helston Drive, Strelley, NG8 6JZ
- Thursdays, 1pm to 3pm at Snapewood Community Centre, Snapewood Road, Bulwell NG6 7GH.

Email involved@nottinghamcity.gov.uk for more details.

Introduction to business and information technology

This ten day fully-funded course will help you learn new skills and increase your employability. On successful completion of the course you'll also be given a **FREE** digital device to use with your new found skills! Take a look at the poster for all the details.

INTRODUCTION TO BUSINESS AND INFORMATION TECHNOLOGY

10 Day Fully-Funded Training Course

Learn new skills and increase your employability with our **FREE** Introduction to Business and Information Technology course!

Free Digital Device upon completion!

Programme of training includes:

- Principles of personal performance and development
- Principles of working in a business environment
- Health and safety in a business environment
- Principles of business communication & administration
- Manage time and workload
- Produce business documents
- Store and retrieve information
- Safety/responsibility online & on digital devices
- Using digital devices and handling information

We will also help you to develop your CV!

Free Digital Device upon completion!

Eligibility:
Age 19+
Unemployed
British/EU citizen
or UK resident
for 3 years
or more

To support you, we provide you with food and refreshments throughout the course, and a free digital device, which is yours to keep upon completion!

Contact nsa@skillspeoplegroup.com
or call 07971 570919 to find out more!

Nottingham Skills Academy, Unit 2 Clarence Court, Nottingham, NG3 2FB | skillsacademies.com

RNN GROUP
Education & Skills Funding Agency
college

Diageo Learning for Life: Bartending and hospitality

Online course

Suitable for unemployed individuals aged 18 and over, interested in a career in bartending and / or food, and beverage service / waiting.

Duration: Four week training course and one week work experience and one week supported job search.

Highlights: Diageo Bar Academy (Spirits and beer training), Cocktail masterclass, Licencing qualification, guest speakers from Diageo.

Jobs: Guaranteed interviews with hospitality employers recruiting in your area.

Diageo Learning for Life: Hospitality

Online course

Suitable for unemployed individuals aged 18 and over, interested in a career in hospitality.

Duration: Up to four weeks of personalised support and training.

Highlights: Fast track support, webinars and unique Diageo training and content to gain employment in Hospitality.



To find out more about either of these Diageo courses, email involved@nottinghamcity.gov.uk.

Nottingham Skills Academy: Introduction to information technology

Classroom based 10 day training course with flexible start dates.

Eligibility: Aged 19 and over, unemployed, have been a British / EU citizen in the last three years.

Program includes:

- Production of business documents
- Health and Safety
- Principles of business communication
- Time management
- Using digital devices when handling information
- CV development
- FREE digital device upon completion

Nottingham Skills Academy: Introduction to warehouse and storage

Classroom based 10 day training course with flexible start dates.

Eligibility: Aged 19 and over, unemployed, have been a British / EU citizen in the last three years.

Program includes:

- Understanding legislation
- Health and Safety
- Risk Assessment
- Logistics
- Understanding customer needs
- Receiving and storing goods
- Communication skills
- £40 per week expenses
- Refreshments and PPE provided throughout the course.



Nottingham Skills Academy: Introduction to construction

Classroom based two week training course with flexible start dates.

Eligibility: Aged 19 and over, unemployed, have been a British / EU citizen in the last three years.

Program includes:

- Gain your green CSCS card upon completion
- Construction Health and Safety
- Maintenance of hand tools
- Practical block paving
- Mortar and concrete mixing
- Construction sector practical insight.

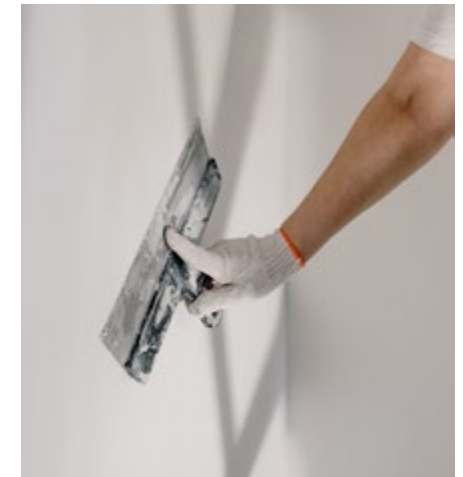
Nottingham Skills Academy: Plastering boot-camp

Classroom based four week training course with flexible start dates.

Eligibility: Aged 19 and over, unemployed, have been a British / EU citizen in the last three years.

Program includes:

- Plastering
- Dry lining
- Health and Safety
- Problem solving skills
- Communication skills
- Workplace awareness
- Practical skills development
- Carbon awareness
- £40 per week expenses
- Refreshments and PPE provided throughout the course.



Green energy skills development

Do you want a new career working in one of the UK's fastest growing industries? Then developing skills in green energy is the way to go!

Gain a free qualification in Electric / Hybrid Vehicle Hazard Management for Emergency and Recovery Personnel by taking part in Nottingham College's three-week course.

The course covers skills like:

- Health and safety in a garage environment
- Removing and replacing tyres
- Steering systems operations
- Identifying faults in mechanical systems.

The next course starts Monday 24 February.

To be able to take part you must be 16 or older, be unemployed or economically inactive, have a comfortable level of English, a positive attitude to work, an interest in working in the automotive industry and be able to attend Nottingham College's Ruddington Campus (NG11 6JZ) for three weeks.

Scan the QR code below, email greenskills@futuresforyou.com or call **0800 085 8520** for more information.



Nottingham Skills Academy:

Brick laying boot-camp – level two

Classroom based four week training course with flexible start dates.

Eligibility: Aged 19 and over, unemployed, have been a British / EU citizen in the last three years.

Program includes:

- Sustainability in construction
- Health and Safety
- Construction technologies
- Block laying
- Block wall building
- Problem solving skills
- Communication skills
- Workplace awareness
- Drawing techniques
- Job interviews with local companies where possible
- £40 per week expenses
- Refreshments and PPE provided throughout the course.



For details on any of these Nottingham Skills Academy courses, email involved@nottinghamcity.gov.uk.

Prince's Trust – Foundations for work course

Venues and dates TBC

A 12 week personal development course that will give young people new employability skills, work experience and a chance to meet new peers. You'll also take on a community project and take part in a residential trip.



Email involved@nottinghamcity.gov.uk for more information.

Volunteering

Volunteering is a great way to meet new people, learn new skills, gain confidence, experience and give something back.

There are lots of different volunteering opportunities available in the city.



Here's just a few that you might be interested in:

Getting involved with us!

We'd love to talk to you about how best you can get involved with us and make a difference in a way that suits you. Email us at involved@nottinghamcity.gov.uk and we'll be in touch!

Nottingham Community and Volunteering Services

www.nottinghamcvs.co.uk/volunteering

Search hundreds of volunteering opportunities available now.

Stonebridge City Farm

Go to www.stonebridgocityfarm.com and click on 'More' and 'Volunteering and Vacancies' to find the latest opportunities.

Nottingham City Libraries

www.nottinghamcitylibraries.co.uk

Support educational growth by volunteering – call **0115 883 8332** or email library.volunteer@nottinghamcity.gov.uk.

Nottingham AgeUK

www.ageuk.org.uk

Call **0115 844 0011** or email volunteering@ageuknotts.org.uk to find out about opportunities.

Nottingham City Care NHS volunteering opportunities

www.nottinghamcitycare.nhs.uk

Email volunteeringcarenhs@nhs.net or call **07881 037 877** to find out ways you can volunteer and make a difference.

Nottingham and Nottinghamshire Refugee Forum

www.nottsrefugeeforum.org.uk

Find out about volunteering opportunities by emailing volunteering@nottsrefugeeforum.org.uk or call **0115 960 1230**.

Refugee Roots

Find out about volunteering opportunities and apply at www.refugeeroots.org.uk/volunteer.

Meet the Tenant Academy

Come and say hello, have a brew and have your say about the Tenant Academy.

Find out what we can do for you, how you can get involved what you would like to see in the future for your Tenant Academy.

Join us for our informal yet informative sessions where you can learn more about courses, meet the team and get answers to questions you may have.

We're at:

- Clifton library, Clifton: the 1st Tuesday of every month.
- Dales Centre, The Meadows on the 2nd Tuesday of every month.
- Mary Potter Centre, Hyson Green on the 3rd Tuesday of every month.
- The Chase Neighbourhood Centre, St Ann's on the 4th Tuesday of every month.



Nottingham
City Council

Housing
Services

www.ncchousing.org.uk



NottmCCHousing



@NottmCCHousing