



The Learning and Skills Service

2024 – 2025

Course Directory



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Functional Skills Maths

Course Title	Functional Skills Qualification in Maths - Entry 1,2,3, Level 1 and Level 2
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their maths skills</p> <p>Completing Functional Skills maths will help you when applying for jobs and if you wish to go on to Higher Education. You will build confidence and skills in maths and work on addition, multiplication, graph work, practical maths, diagrams and shapes.</p> <p>This course lasts 10 weeks, 2 hour session weekly with other sessions within that week including trips.</p> <p>Quote from learner: <i>'I really enjoyed my course. It was more practical than I thought it would be and more fun'</i>.</p>	
Contact	<p>Sonia Ritchie-Park BEM</p> <p>brightsparkstraining@yahoo.co.uk</p> <p>07860884468</p>

Course Title	Functional Skills Qualification in Mathematics E1, E2, E3
<p>A course that offers essential numeracy skills needed for life, work and further study—PLUS an exciting incentive to keep you motivated!</p> <p>The courses are divided into levels, starting from Entry Level 1 (E1), progressing to Entry Level 2 (E2), and then to Entry Level 3 (E3). These levels help build your mathematical abilities step by step, with each level covering different areas of basic numeracy. Tutors are experts at creating warm, welcoming and supportive environments in which to learn and they will guide and advise you appropriately throughout.</p> <p>Courses run Mon - Fri and are timed to fit around school runs and other commitments.</p> <p>All courses are cleverly designed to incorporate the maths skills that you use every day coupled with aspects of your chosen incentive.</p> <p>These include:</p> <ul style="list-style-type: none"> • Maths and Driving Theory support - learn about braking distances, calculate journey times/fuel costs, etc. (FREE theory test) • Maths and Food Hygiene – learn about weights, measures, temperatures etc. (FREE slow cooker) • Maths and Health & Safety in the construction environment – learn about calculating weights, safe working distances, etc. (FREE CSCS card) <p>All courses can lead to the completion of further courses or employment.</p>	
Contact	<p>01642 807229</p> <p>07932 975939</p> <p>Info@edentrainingacademy.org.uk</p> <p>@edentrainingacademysupport - Instagram</p> <p>Eden Training Academy Support - Facebook</p>

Course Title	Functional Skills Qualification in Mathematics L1, L2
<p>Level 1 and Level 2 Functional Skills Maths courses are designed to help you develop practical mathematical skills that can be applied in real-life situations, work, and further education. These courses build on the skills learned at Entry Levels and are equivalent to GCSE Maths for certain employment or academic purposes.</p> <p>Both levels cover a wide range of mathematical topics, with increasing complexity from Level 1 to Level 2.</p> <p>All courses are FREE and run Mon – Fri during the day. They are timed to fit around school runs and other commitments. There will be elements of additional teaching via Teams to ensure you are fully prepared and confident to take the end assessment. These courses can also be contextualised to topics of interest and linked to incentives to help keep you motivated.</p> <p>Our tutors are experts in creating warm, welcoming and supportive environments in which to learn and they will guide and advise you appropriately throughout. Your tutor will continually check your learning and ensure you are on track to achieve. Support is ongoing throughout your course. These courses can lead to progression with the Level 2 leading to opportunities such as higher education, apprenticeship or employment.</p>	
Contact	01642 807229 07932 975939 Info@edentrainingacademy.org.uk @edentrainingacademysupport - Instagram Eden Training Academy Support - Facebook

Course Title	Functional Skills Qualification in Mathematics
<p>This course is designed to help adults aged 19+ develop practical mathematical skills that can be applied in real-life situations. Through engaging activities and exercises, learners will strengthen understanding of key mathematical concepts, enabling a confident approach with everyday problems involving numbers, shapes, and data.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Number Patterns: Learn to recognise and describe number patterns, helping to build a strong foundation in mathematical thinking. • Working with Whole Numbers: Understand and use whole numbers up to 1000, improving your ability to perform everyday calculations. • Basic Operations (+, -, ÷, x): Practice written calculations, including addition, subtraction, multiplication, and division, for practical problem-solving. • Multiplication Facts: Strengthen recall of multiplication facts for 2, 3, 4, 5, and 10, building speed and accuracy in calculations. • Fractions: Learn to understand and use fractions to solve practical problems, making fractions more accessible and useful in daily life. • Percentages and Conversions: Gain confidence in understanding percentages and converting between fractions, decimals, and percentages for real-world applications like shopping and budgeting. • Shape, Space, and Measure: Explore common shapes and concepts related to space and measurement, such as perimeter, area, and volume. • Data Handling: Understand how to handle information and data, including calculating the mean, mode, and median to interpret and analyse data effectively. • 5 days face to face delivery <p>This course has emphasis on practical math skills that are relevant in everyday situations, such as managing finances, understanding data and solving common mathematical problems. Whether you're working with numbers at home or in the workplace, this course will help you become more confident and efficient.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Functional Skills Qualification in maths
<p>This course is for adult learners who want to develop an appreciation of the role mathematics in the world of work and life in general.</p> <p>You will work on a range of activities and focus on:</p> <ul style="list-style-type: none"> • Number and number patterns • Written calculation, handling information and data • Multiplication, fractions, percentages and practical problems • Shape, space and measures <p>Your tutor will support you to set appropriate targets at the start of the course to guide your learning. You will be offered a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. Your tutor will support you to assess and record your own progress. You will sit a calculator and non-calculator exam at the end of each entry level that you complete.</p> <p>You will have more confidence with number and could progress onto a higher level maths course, seek volunteering roles, access employability courses or update/write a new CV to reflect your new qualifications.</p>	
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

Course Title	Functional Skills Qualification in Mathematics (Entry 3)
<p>11 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim Functional Skills qualifications should enable the learner to gain confidence in using mathematics, provide a foundation for progression into employment or further technical education and develop skills for everyday life, where the skills gained can be applied to solve mathematical problems.</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • Using numbers and the number system • Using common measures, shape and space • Handling information and data <p>Progression</p> <ul style="list-style-type: none"> • Level 1 Functional skills in Maths 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	Functional Skills Qualification in Mathematics
<p>11 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim Functional Skills qualifications should enable the learner to gain confidence in using mathematics, provide a foundation for progression into employment or further technical education and develop skills for everyday life, where the skills gained can be applied to solve mathematical problems.</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • Respond effectively to detailed questions • Communicate information, ideas and opinions clearly and accurately on a range of topics • Follow and understand discussions and make contributions relevant to the situation and the subject <p>Progression</p> <ul style="list-style-type: none"> • Level 2 Functional skills in Maths 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Functional Skills English

Course Title	Functional Skills Qualification in English
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their reading and writing skills</p> <p>Completing Functional Skills English will help you when applying for jobs and if you wish to go on to Higher Education.</p> <p>You will build confidence and skills with spelling, punctuation, grammar and comprehension</p> <p>This course lasts 10 weeks 2 hour session weekly with other sessions within that week including trips.</p> <p>Quote from learner: <i>'I really enjoyed my course. It was more practical than I thought it would be and more fun.'</i></p>	
Contact	<p>Sonia Ritchie-Park BEM</p> <p>brightsparkstraining@yahoo.co.uk</p> <p>07860884468</p>

Course Title	Functional Skills Qualification in English
<p>This course is designed to help adults aged 19+ apply their English skills effectively in real-life situations. Through various practical activities, learners will develop their ability to read, write, speak, listen and communicate confidently in English, preparing them to use these skills in both personal and professional contexts.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Speaking and Listening: Engage in simple exchanges and everyday conversations, learning to speak, listen, and respond effectively. Practice turn-taking and respecting different viewpoints. • Listening and Responding: Learn how to listen actively and respond appropriately to other people's points of view in both formal and informal settings. • Reading Skills: Read a variety of materials, including signs and instructions, and learn how to extract essential information. This will help learners navigate everyday situations with ease. • Reading Comprehension: Enhance comprehension skills to understand more complex texts and materials, including those with descriptive language. • Writing Skills: Work on writing tasks such as emails, letters, and other forms of communication for different audiences and purposes, with attention to spelling, punctuation, and grammar. • Complex Sentences and Descriptive Language: Learn how to construct more complex sentences and use descriptive language effectively in both speaking and writing. • 5 days face to face delivery <p>This course is designed to give learners the tools to apply their English skills in a variety of real-world situations, such as writing professional emails, understanding instructions, and participating in everyday conversations.</p>	
Contact	<p>Contact@upliftassociates.co.uk</p> <p>0191 500 1233</p>

Course Title	Functional Skills Qualification in English E1, E2, E3
<p>The courses are divided into levels, starting from Entry Level 1 (E1), progressing to Entry Level 2 (E2), and then to Entry Level 3 (E3). These levels help build your abilities step by step, with each level covering different areas of basic English.</p> <p>Our tutors are experts in creating a warm, welcoming and supportive environment in which to learn and they will guide and advise you appropriately throughout.</p> <p>Courses run Mon - Fri and are timed to fit around school runs and other commitments.</p> <p>All courses are cleverly designed to incorporate the English skills that you use every day coupled with aspects of your chosen incentive.</p> <p>These include:</p> <ul style="list-style-type: none"> • English and Driving Theory support – develop reading comprehension skills to help with road safety material/signs, etc. (FREE theory test) • English and Food Hygiene – comprehension, following instructions, recipes etc. (FREE slow cooker) • English and Health & Safety in the construction environment – report reading/writing, etc. (FREE CSCS card) <p>All courses can lead to the completion of further courses or employment.</p>	
Contact	01642 807229 07932 975939 Info@edentrainingacademy.org.uk @edentrainingacademysupport - Instagram Eden Training Academy Support - Facebook

Course Title	Functional Skills Qualification in English L1, L2
<p>Level 1 and Level 2 Functional Skills English courses are designed to help you develop practical English skills that can be applied in real-life situations, work, and further education. These courses build on the skills learned at Entry Levels and are equivalent to GCSE English for certain employment or academic purposes. Both levels cover a wide range of English topics, with increasing complexity from Level 1 to Level 2.</p> <p>All courses are FREE and run Mon – Fri during the day. They are timed to fit around school runs and other commitments. There will be elements of additional teaching via Teams to ensure you are fully prepared and confident to take the end assessment. These courses can also be contextualised to topics of interest and linked to incentives to help keep you motivated.</p> <p>Our tutors are experts in creating a warm, welcoming and supportive environment in which to learn and they will guide and advise you appropriately throughout. Your tutor will continually check your learning and ensure you are on track to achieve. Support is ongoing throughout your course.</p> <p>These courses can lead to progression with the Level 2 leading to opportunities such as higher education, apprenticeship or employment.</p>	
Contact	01642 807229 07932 975939 Info@edentrainingacademy.org.uk @edentrainingacademysupport - Instagram Eden Training Academy Support - Facebook

Course Title	Functional Skills Qualification in English (Entry 3)
<p>11 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim A key aim for Functional Skills English specifications is that they should enable the learner to develop confidence and fluency in, and a positive attitude towards, English. Learners should be able to demonstrate their competence in English by using it in real-world situations as well as demonstrating a sound grasp of basic English knowledge and skills.</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • Listen, understand and respond to verbal communicating in a range of familiar contexts • Acquire an understanding of everyday words and their uses and effects, and apply this understanding in different contexts • Read with accuracy straightforward texts encountered in everyday life and work and develop confidence to read more widely • Write straightforward texts and documents with clarity and effectiveness, and demonstrate a sound grasp of spelling, punctuation and grammar. <p>Progression</p> <ul style="list-style-type: none"> • Level 1 Functional Skills 	
Contact	<p>Laura Cartwright Laura.cartwright@trriage.net 07500799243</p>

Course Title	Functional Skills Qualification in English
<p>11 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim A key aim for Functional Skills English specifications is that they should enable the learner to develop confidence and fluency in, and a positive attitude towards, English. Learners should be able to demonstrate their competence in English by using it in real-world situations as well as demonstrating a sound grasp of basic English knowledge and skills.</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • Listen, understand and respond to verbal communicating in a range of familiar contexts • Acquire an understanding of everyday words and their uses and effects, and apply this understanding in different contexts • Read with accuracy straightforward texts encountered in everyday life and work and develop confidence to read more widely • Write straightforward texts and documents with clarity and effectiveness, and demonstrate a sound grasp of spelling, punctuation and grammar. <p>Progression</p> <ul style="list-style-type: none"> • Level 2 Functional Skills 	
Contact	<p>Laura Cartwright Laura.cartwright@trriage.net 07500799243</p>

Course Title	Functional Skills Qualification in English
<p>This course is for adult learners who want to develop their confidence, fluency and a positive attitude towards English.</p> <p>You will develop skills and confidence with:</p> <ul style="list-style-type: none"> • Speaking and listening in everyday scenarios • Reading and understanding information, signs and instructions • Spelling, punctuation and grammar and writing for a range of purposes <p>Your tutor will support you to set appropriate targets at the start of the course to guide your learning. You will be offered a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. Your tutor will support you to assess and record your own progress. You will sit an exam at the end of each entry level that you complete.</p> <p>Following the course, you could progress onto a higher level English course, seek volunteering roles, access employability courses.</p>	
Contact	<p>Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk</p>

Skills for Employment Preparation

Course Title	Preparation for Employment
<p>This preparation for employment course is aimed at residents from Sunderland who are 19+ who are looking to improve their employment prospects.</p> <p>Key features include developing interview techniques and confidence when submitting job applications. It also supports learner's personal development to maintain good mental health, build confidence, learns how to effectively work with others and have resilience if dealing with rejection.</p> <p>The course is delivered over 3 full days that start at 10am and is delivered in Sunderland City Centre with excellent transport and accessibility links.</p> <p>Learners from all backgrounds and experience levels are suitable for this provision as there are excellent resources are available including one to one support.</p> <p>Following completion of the training course learners are able to take the next steps on their journey including an interview at local employer or opportunities for further learning or volunteering and be supported with ongoing information, advice and guidance.</p>	
Contact	<p>Graham Rose hello@sportscapetraining.com www.sportscapetraining.com 01913371553</p>

Course Title	Diploma in Skills for Employment, Training and Personal Development
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their tenancy skills*.</p> <p>You will build confidence and skills for employment, training and personal development and gain confidence with owning your own tenancy, cooking, budgeting, managing bills and learn household skills as well as personal skills for everyday life.</p> <p>Brightsparks currently offer the level 1 and level 2 diploma.</p> <p>This course lasts 10 weeks 2 hour session weekly with other sessions within that week including trips.</p>	
Contact	<p>Sonia Ritchie-Park BEM brightsparkstraining@yahoo.co.uk 07860884468</p>

Course Title	Certificate in Skills for Employment, Training and Personal Development (Entry 3)
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their tenancy skills*.</p> <p>Completing Skills for employment, training and personal development will help you develop skills to manage your own tenancy, it will also give you life skills that are transferable into everyday life.</p> <p>You will build confidence and skills in skills for employment, training and personal development and gain confidence with owning your own tenancy, cooking, budgeting, managing bills and learn household skills.</p> <p>We currently offer the level 1 and level 2 diploma</p> <p>This course lasts 10 weeks 2 hour session weekly with other sessions within that week including trips</p>	
Contact	<p>Sonia Ritchie-Park BEM brightsparkstraining@yahoo.co.uk 07860884468</p>

Course Title	GROW - (Get ready for opportunities at Work)
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This course is designed for adults aged 19+ apply who are uncertain about their next career steps, including those who have been recently made redundant, experienced unexpected life changes, or are actively seeking employment.

Throughout the course, learners will develop a clear career path, enhance their job search skills, and build a strong foundation for future employment by working on a range of practical activities including CV writing, cover letter writing, personal profiles and interview techniques.

What to expect:

- Explore personality characteristics, interests, and skills to understand what types of careers align with personal attributes.
- Assess financial resources, obligations, and physical abilities to ensure they support career goals.
- Evaluate time management skills and productivity to improve organisation during the job search.
- Research potential career options that match skills and abilities.
- CV and Cover Letter Development.
- Learn how to create a personal profile and effectively highlight personal skills and abilities.
- Develop tailored CVs for specific job goals, such as retail, care, or warehousing.
- Interview Preparation and Techniques.
- Learn and practice interview techniques, including the STAR method for answering competency-based questions.
- Participate in mock interviews with feedback to improve performance.
- Gain insight into digital interview methods, including phone and video calls, and how to excel in these formats.
- Job Market and Skills Matching.
- The hidden jobs market.
- **4 days** face to face delivery.

Learners will receive a high-quality CV. They will also gain practical experience through mock interviews and tailored CV development, preparing them for a successful job search.

1-1 support is also available upon completion to complete further job search.

Contact	Contact@upliftassociates.co.uk 0191 500 1233
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Skills for Employment

Sector based training

Course Title	Diploma in Counselling Skills
<p>Supporting People is designed to develop counselling skills, increase self-awareness and implement self-care. The course includes theory and practical sessions providing you realistic experiences to become a confident, skilled and professional helper.</p> <p>This is a springboard qualification for individuals who want to progress to a career in counselling or have a desire to support others ethically and safely in any aspects of life, course includes:</p> <ul style="list-style-type: none"> • Developing counselling skills. • Theoretical approaches to counselling. • Working ethically with counselling skills. • Counselling skills and diversity and personal development. <p>Qualification: NCFE Level 3 Diploma in Counselling Skills Course length: Total of 10 days.</p>	
Contact	info@enterprisemadesimple.co.uk Tel: 01642 061 062

Course Title	Awareness of Child Sexual Exploitation
<p>This course will provide you with the knowledge in understanding the importance of protecting children and young people from sexual exploitation. It will outline the importance of confidentiality when dealing with children and young people who have been sexually exploited and protecting those who report suspected issues of sexual exploitation of children and young people. This course content includes:</p> <ul style="list-style-type: none"> • The importance of protecting children and young people from sexual exploitation. • The importance of confidentiality when dealing with children and young people who have been sexually exploited. • The legislation applicable to the safeguarding of children and young people. • How those who report suspected issues of sexual exploitation of children or young people are protected. <p>This course is suitable for anyone working with the general public and those engaged in work specifically with children and young people. This course is delivered face to face over 2 days.</p>	
Contact	Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675

Course Title	Award in Youth Work Principles (England)
<p>This course will equip you with the knowledge and skills to gain undertake employment opportunities in the youth work sector with children and young people. This course is suitable for those who are volunteering or working in a youth work environment in a support capacity.</p> <p>Level 2 course covers:</p> <ul style="list-style-type: none"> • Theory of youth work. • Safeguarding in a youth work setting. • Young people's development. • Engaging and communicating with young people. <p>Suitable for anyone interested in working or volunteering with young people through youth groups, holiday programmes etc or looking to start working as a youth worker. From this course you can go onto the Level 3 Diploma in Youth Work. This course will be delivered face to face, one evening per week for 4 hours over 10 weeks or as part of an intensive programme over 5 days and will include some independent learning.</p>	
Contact	Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675

Course Title	Diploma in Youth Work Practice (England)
<p>This course is designed to support those currently working with children and young people to gain a level 3 in Youth Work Practice. This course is suitable for those who are in a current role delivering youth work with children and young people and who undertake duties on their own initiative or who have supervisory responsibility for small projects, such as youth work clubs, projects, summer activities etc.</p> <p>The course will cover:</p> <ul style="list-style-type: none"> • Theory of youth work. • Safeguarding in a youth work setting. • Young people's development. • Engaging and communicating with young people. • Group work in a youth work setting. • Working with behaviour that challenges in a youth work setting. • Reflective practice in a youth work setting. • Work based practice in youth work. • Detached and outreach work. • Loneliness and Isolation for young people. • Supporting young people with mental health and wellbeing. <p>Suitable for anyone wanting to work with children and young people as a career. This course will be delivered face to face, either one evening per week for 4 hours over 20 weeks or as part of an intense course over 10 days and will include some independent learning and placement practice</p>	
Contact	<p>Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675</p>

Course Title	Awareness of the Safeguarding & PREVENT Strategies
<p>This course will provide you with the knowledge and understanding relating to safeguarding and PREVENT responsibilities in a work situation. The course covers all aspects of safeguarding including how to make a safeguarding or PREVENT report.</p> <p>The course content includes:</p> <ul style="list-style-type: none"> • How to safeguard and protect children, young people, and practitioners in the workplace. • How to respond to evidence or concerns that a child or young person has been abused. • PREVENT agenda and how to identify, respond to and report concerns about radicalisation. <p>Suitable for those working with the general public on a day-to-day basis where there are clear safeguarding and PREVENT risks. It is suitable for those working or volunteering specifically with children and young people. This course is delivered face to face over 2 days.</p>	
Contact	<p>Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675</p>

Course Title	Certificate for the Children and Young People's Workforce
<p>This course is for anyone aged 19 or over who is interested in working within the children and young person's workforce.</p> <p>The course is designed to boost the individuals work and life skills to help them gain employment in the desired role. This qualification develops the knowledge and skills needed when working with children and young people aged 0-19 years and their environments. It covers a wide range of areas including child development and safeguarding.</p> <p>Learners will need to undergo a DBS check and undertake 150 hours practical placement as they need to show competence in both knowledge and skills. This course will make you employment ready and you can apply for jobs after completion. You will gain sector knowledge and skills, plus interview skills.</p> <p>Course duration is 1 day each week for approximately 14 weeks.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Diploma in Care
<p>This course is for anyone aged 19 or over who is interested in working within the health and social care sector.</p> <p>It is designed to boost the individuals work and life skills to help them gain employment in the desired role. Developing the knowledge and skills needed when working with adults in health and social care environments. Covering a wide range of areas including supporting individuals with their physical and emotional care, daily living needs and health care procedures.</p> <p>Learners will need to undergo a DBS check and undertake 150 hours practical placement as they need to show competence in both knowledge and skills. This makes learners employment ready as they can apply for jobs after completion. They gain sector knowledge and skills, plus interview skills.</p> <p>Course duration is 1 day each week for approximately 18 weeks.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Level 3 Diploma in Adult Care
<p>This course is for anyone aged 19 or over who is interested in working within the health and social care sector. This qualification develops the knowledge and skills needed when working in care settings. It covers a wide range of areas which includes units covering;</p> <ul style="list-style-type: none"> • Aspects of support • Specialisms • Clinical skills or healthcare tasks • Leadership and management skills <p>Learners will need to be working, volunteering or on practical placement as they need to show competence in both knowledge and skills. Learners will need to undergo a DBS check and undertake 250 hours practical placement.</p> <p>On completion learners will be able to work as a lead adult care worker, senior care support worker or lead personal assistant.</p> <p>Course duration is 1 day each week for approximately 18 weeks.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Level 3 Diploma for the Children and Young People's Workforce
<p>This course is for anyone aged 19 or over who is interested in working within the children and young person's workforce. This qualification is designed to build the knowledge and skills needed when working with children and young people from birth to 19 years. It is suitable for those in full or part time learning or employment. It covers a diverse range of job roles and occupational areas – including those in social care settings and offers a wealth of career opportunities.</p> <p>Learners will need to be working, volunteering or on practical placement as they need to show competence in both knowledge and skills. Learners will need to undergo a DBS check and undertake 250 hours practical placement.</p> <p>On completion learners will be able to work unsupervised with children and young people. Course duration is 1 day each week for approximately 14 weeks.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Award in Preparing to Work in Adult Social Care
<p>This course is suitable for those wishing for a career change, to refresh previous training/experience or to regain employment after a career break.</p> <p>This Level 1 course develops basic knowledge of the adult social care sector. It covers the type of job roles and services within it, the role of communication and the importance of valuing the individual being cared for. The knowledge gained will be working towards an individual's specific job role, preparing them for further training and to seek employment for the role they desire.</p> <p>Course duration is 1 day each week for 3 weeks or half a day each week for 6 weeks.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Award in an Introduction to Early Years Settings
<p>This course is suitable for those wishing for a career change, to refresh previous training / experience or to regain employment after a career break.</p> <p>This Level 1 course develops basic knowledge of childcare in early years settings. The units include subjects such as the value of play, roles and responsibilities of carers and volunteers and the importance of developing links in the local community.</p> <p>The knowledge gained will be working towards an individual's specific job role, preparing them for further training and to seek employment for the role they desire.</p> <p>Course duration is 1 day each week for 3 weeks or half a day each week for 6 weeks.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Award in an Introduction to Early Years Settings
<p>10 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim This qualification will allow learners to gain a basic knowledge of childcare in early years environments, which include the value of play and roles and responsibilities of carers and volunteers</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • The value of play for babies and young children • Management and organisation in an early years setting • Introduction to community development in early years settings <p>Progression</p> <ul style="list-style-type: none"> • Level 2 Certificate Introducing Caring for Children and Young People • Level 2 Certificate for the Children and Young People's Workforce • Level 2 Diploma for the Early Years Practitioner • Level 2 Diploma in Play work. 	
Contact	<p>Laura Cartwright Laura.cartwright@trriage.net 07500799243</p>

Course Title	Award in Volunteering
<p>This course is designed for adults aged 19+ who are considering volunteering or are currently in a volunteering role and want to enhance their skills. It offers a comprehensive insight into what it means to be a volunteer, while also helping learners understand the personal standards expected when volunteering.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Understanding the Role of a Volunteer: Learn about the responsibilities and expectations of volunteers within different voluntary organisations. • Activities of Voluntary Organisations: Gain insight into how voluntary organisations operate and the diverse range of activities they undertake. • Skills for Successful Volunteering: Identify the essential skills required to be a successful volunteer and how to improve and develop both new and existing skills. • Regulatory Frameworks: Understand the legal and regulatory frameworks that apply to volunteers and their roles. • Exploring Volunteering: Learners will explore the commitment required to be a volunteer, along with the personal and professional benefits volunteering can offer. They will also look at how different organisations use volunteers and the various pathways into becoming a volunteer. • Hands-On Learning: For those already in a volunteering role, they will have the opportunity to apply experience to gather evidence and support learning. If learners are new to volunteering, they will be guided on how to begin their volunteer journey. • 4 days face to face delivery <p>This course provides a solid foundation for those interested in volunteering, empowering you with the knowledge and skills to make a positive impact in the community.</p>	
Contact	<p>Contact@upliftassociates.co.uk 0191 500 1233</p>

Course Title	Award in Support Work in Schools and Colleges
<p>This qualification is aimed at a range of learners who are thinking of working in a school or college setting.</p> <p>This qualification is an introduction to the knowledge and understanding needed to work in a school or college environment. It can apply to the many varied roles that full and part time staff may fulfil including, administrative roles, site support roles, technical roles and volunteers, as well as roles that work directly with children and young people in the learning environment.</p> <p>Course duration is 1 day each week for 6 weeks.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	ADHD Awareness
<p>This course is suitable for those wishing for a career change, to refresh previous training and experience or to regain employment after a career break. It is also suitable for parents and carers of individuals with ADHD.</p> <p>You will learn about ADHD by exploring the main characteristics and causes of ADHD and strategies to support children/adults with this condition.</p> <p>You also examine how this impacts over all of the family and what support is available within Sunderland.</p> <p>Course duration – 1 day</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	ASD Awareness
<p>This course is suitable for those wishing for a career change, to refresh previous training and experience or to regain employment after a career break. It is also suitable for parents and carers of individuals with Autism Spectrum Disorder (ASD)</p> <p>You will learn about ASD by exploring the main characteristics of ASD and strategies to support children/adults with this condition. You also examine how ASD impacts over all the family and what support is available within Sunderland.</p> <p>Course duration – 1 day</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Awareness of Mental Health and Wellbeing
<p>This course is suitable for those wishing for a career change, to refresh previous training and experience or to regain employment after a career break. It is also suitable for parents and carers of individuals with Mental Health conditions.</p> <p>You will learn about Mental Health by exploring types and causes of Mental Health conditions and the main characteristics and strategies to support children/adults with these conditions. You will also examine how this impacts over all of the family and support available within Sunderland.</p> <p>Course duration – 1 day</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Dementia Awareness
<p>This course is suitable for those wishing for a career change, to refresh previous training and experience or to regain employment after a career break. It is also suitable for carers of individuals with Dementia.</p> <p>You will learn about Dementia by exploring the main characteristics, types and causes of Dementia and strategies to support children/adults with this condition. You will also examine how this impacts over all of the family and support available within Sunderland.</p> <p>Course duration – 1 day</p>	
Contact	<p>Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529</p>

Course Title	Personal Assistant Training
<p>This course is suitable for learners who are thinking about working as a personal assistant or are already in a personal assistant role.</p> <p>This course will support learners to develop the knowledge and skills required to work in a range of clinical healthcare support settings and in health and adult care environments. It covers a wide range of areas including Food Safety, Basic Life Support, Fire Safety, Health and Safety, Infection Prevention and Control, Medication Management, Moving and Handling and Safeguarding.</p> <p>The content is also aligned with the knowledge and skills required for the Adult Care Worker and Healthcare Support Worker apprenticeship standards. Course duration – 1 day each week for 3 weeks with independent guided study to be completed.</p>	
Contact	<p>Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529</p>

Course Title	First Aid
<p>This course is designed for those who are designated as an appointed person in the workplace. Or those interested in learning first aid as part of their role.</p> <p>The content of First Aid at Work covers the following conditions:</p> <ul style="list-style-type: none"> • Unconscious (including seizure) • Not breathing normally • Cardiopulmonary resuscitation • Bleeding severely • Suffering from shock • Choking • Suffering from a heart attack <p>Course duration – 1 day</p>	
Contact	<p>Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529</p>

Course Title	Safeguarding Adults
<p>This course is suitable for those wishing for a career change, to refresh previous training / experience or to regain employment after a career break. The course is aimed at those working in a wide range of care settings.</p> <p>Course content includes:</p> <ul style="list-style-type: none"> • The principles of safeguarding adults. • How to recognise the signs of abuse. • How to respond to suspected or alleged abuse. • The national and local context of safeguarding and protection from abuse. • Ways to reduce the likelihood of abuse. • How to recognise and report unsafe practices. • Principles for online safety. <p>Course duration – 1 day</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Safeguarding Children
<p>This course is suitable for those wishing for a career change, to refresh previous training / experience or to regain employment after a career break. The course is aimed at those working in a wide range of care settings.</p> <ul style="list-style-type: none"> • The principles of safeguarding children. • How to recognise the signs of abuse. • How to respond to suspected or alleged abuse. • The national and local context of safeguarding and protection from abuse. • Ways to reduce the likelihood of abuse. • How to recognise and report unsafe practices. • Principles for online safety. <p>Course duration – 1 day</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Introduction to Care and Volunteering
<p>This course is suitable for those wishing for a career change, to refresh previous training/experience or to regain employment after a career break. Ideally you will wish to become employed or become a volunteer within all areas of health, children’s and adult care and education.</p> <p>The course is intended to give learners an informed choice about the large range of work within care, teaching and volunteering. It covers the work role of the volunteer, social carers, play workers, adult carers and child carers. Learners cover appropriate behaviours and attitudes for within the work place.</p> <p>Course duration – 1 day.</p>	
Contact	Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529

Course Title	Award in Food Safety in Health and Social Care and Early Years and Childcare Settings
3 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed	
Aim This qualification demonstrates compliance with food safety law within licenses premises. A “must have” for anyone involved in food preparation and food service.	
Areas Covered	
<ul style="list-style-type: none"> • Understanding how individuals can take personal responsibility for food safety • Understand the importance of keeping him/herself clean and hygienic • Understand the importance of keeping the work areas clean and hygienic • Understand the importance of keeping food safe 	
Progression	
<ul style="list-style-type: none"> • Level 3 Food Safety for Catering 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	Award in Food Safety in Catering
2 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed	
Aim This qualification demonstrates compliance with food safety law within licenses premises. A “must have” for anyone involved in food preparation and food service.	
Areas Covered	
<ul style="list-style-type: none"> • Understanding how individuals can take personal responsibility for food safety • Understand the importance of keeping him/herself clean and hygienic • Understand the importance of keeping the work areas clean and hygienic • Understand the importance of keeping food safe 	
Progression	
<ul style="list-style-type: none"> • Level 3 Food Safety for Catering 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	Award in Mental Health Awareness
5 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed	
Aim This qualification is designed to increase learners’ knowledge and understanding of mental health and mental well-being and how to support mental ill-health in different occupational areas. Successful completion of the course will allow the learner to develop knowledge and understanding of mental health. It will also support progression into relevant employment within the health and social care sector.	
Areas Covered	
<ul style="list-style-type: none"> • Mental health legislation, services, and public attitudes and how these have evolved • How to support mental well-being through various stages of life • The skills required to work in a mental health service 	
Progression	
<ul style="list-style-type: none"> • Level 2 Award in Awareness of the Mental Capacity Act 2005 • Level 2 Diploma in Adult Care • Level 2 Certificate in Preparing to Work in Adult Social Care 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	Award in Understanding Safeguarding in Education and Childcare Settings
<p>12 day course is delivered from 9.30 until 16:00 travel expenses will be reimbursed</p> <p>Aim The purpose of this qualification is to give learners the knowledge and understanding of their legal responsibility to safeguard and protect the welfare of children and learners.</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • Understand safeguarding and protection in education and childcare settings • Understand the role of the education and childcare practitioner in safeguarding children and learners <p>Progression</p> <ul style="list-style-type: none"> • Level 1 Award in Preparing to Work in Schools • Level 2 Certificate in Understanding Safeguarding and Prevent • Level 2 Certificate in Supporting Teaching and Learning in Schools • Level 2 Award in Support Work in Schools 	
Contact	<p>Laura Cartwright Laura.cartwright@trriage.net 07500799243</p>

Course Title	Award in Introduction to Health, Social and Children's and Young Peoples settings
<p>This qualification is aimed at anyone aged 19+ who wishes to develop an understanding of social care settings before deciding whether working in the sector is for you. It allows you to gain the knowledge, understanding and skills required for employment and/or career progression in the social care industry.</p> <p>During the course Winnovation aim to reduce barriers to learning and support development of vital interpersonal skills. The course aims to develop knowledge and awareness of health, social care and children's and young people's Settings.</p> <p>There will be group activities where your tutor will support you to gain evidence towards your qualification. You will use a variation of assessment materials to present your own work, some of which is mentioned below. Your work is then assessed, and you will receive daily feedback from your tutor. They will ensure you have covered everything in sufficient detail so that you meet the required elements of the qualification. The course will be split into daily sections, to cover all four units of the qualification and the evidence that you collate will be a combination of:</p> <ul style="list-style-type: none"> • Written work • Case studies with questions • Tutor observation / Discussions • Question and Answers • Group activities • Mind Maps <p>Together with your tutor you will decide which forms of evidence works best and meet your individual learning needs and throughout the course you will have chance to discuss your progress and achievement. When you have completed your workbooks, they will be quality checked to ensure they meet NCFE approval, so that you can be certificated for the qualification.</p>	
Contact	<p>info@winnovation.org.uk 01670 457 320</p>

Course Title	Certificate in Understanding Dignity and Safeguarding in Adult Health & Social Care
<p>This qualification is aimed at anyone aged 19+ who wishes to develop an understanding of Safeguarding and dignified practices for the social care industry.</p> <p>During the course Winnovation aim to reduce barriers to learning and support development of vital interpersonal skills. The qualification delivered on this course aims to develop knowledge and awareness of vital systems that protect vulnerable individuals in our communities. You will be involved in workshop activities each day which will enable you to provide evidence to meet the national standards for this certificate. There will be group activities where your tutor will support you to gain evidence towards your qualification. You will use a variation of assessment materials to present your own work, some of which is mentioned below.</p> <p>Your work is then assessed, and you will receive daily feedback from your tutor. They will ensure you have covered everything in sufficient detail so that you meet the required elements of the qualification. The course will be split into daily sections, to cover all four units of the qualification and the evidence that you collate will be a combination of:</p> <ul style="list-style-type: none"> • Written work • Case studies with questions • Tutor observation / Discussions • Question and Answers • Group activities • Mind Maps <p>Together with your tutor you will decide which forms of evidence works best and meet your individual learning needs and throughout the course you will have chance to discuss your progress and achievement. When you have completed your workbooks, they will be quality checked to ensure they meet NCFE approval, so that you can be certificated for the qualification.</p>	
Contact	info@winnovation.org.uk 01670 457 320

Course Title	Certificate in Introduction to the Role of the Professional Taxi and Private Hire Driver (RQF)
<p>This course will equip you with the key knowledge required to operate safely and effectively as a taxi or private hire driver. The qualification provides learners with the knowledge and understanding of what the industry will require of them, and covers important areas such as routes and fares, and considerations around transporting young children, young people and individuals who require assistance. Level 2 course covers:</p> <ul style="list-style-type: none"> • Health and safety in the taxi and private hire work environment. • Road safety when driving passengers in a taxi or private hire vehicle. • Professional customer service in the taxi and private hire industry. • Taxi and private hire vehicle maintenance and safety inspections. • The regulatory framework of the taxi and private hire industry. • The transporting of parcels, luggage and other items in the taxi and private hire industries. <p>The course is suitable for those looking to go into work as a taxi or uber driver. This course will be delivered face to face, 1 day per week for 6 hours over 10 weeks or as part of an intensive programme over 10 days and will include some independent learning.</p>	
Contact	Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675

Course Title	NVQ Certificate in Road Passenger Vehicle Driving (Taxi and Private Hire)(RQF)
<p>This course will equip you with the key knowledge needed to operate safely and effectively in a taxi and private hire role. Level 2 NVQ course covers:</p> <ul style="list-style-type: none"> • Health and safety of the taxi and private hire driver and passengers. • Professional customer service in the taxi and private hire industries. • Safe and legal vehicle for transporting passengers by taxi and/or private hire. • Transporting parcels. • Luggage and other items in the taxi and private hire industries. • Paying passengers within the regulatory framework of the taxi industry. • Planning routes in the taxi and private hire industries. <p>Suitable for anyone currently looking into taxi or uber driving as a career. This course will be delivered face to face, 1 day per week for 8 hours over 20 weeks or as part of an intensive programme over 15 days and will include some independent learning.</p>	
Contact	Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675

Course Title	L1 Award in the Principles of Health and Safety within the Workplace (RQF)
<p>This course provides you with the information to understand the main responsibilities for health and safety in the workplace and is useful for anyone looking to go into any job sector.</p> <p>Level 1 course covers:</p> <ul style="list-style-type: none"> • Understanding how the workplace can affect health and safety. • Defining the terms hazard and risk. Identify common hazards in a typical workplace. • Identifying controls measures for common hazards. • Recognising the benefits of maintaining a tidy, well organised workplace. • Identifying the types of personal protective equipment. • Identifying the different classes of health and safety signage. <p>Suitable for anyone looking to go into any employment area. This course will be delivered face to face or online over 1 day.</p>	
Contact	Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675

Course Title	Certificate in Spectator Safety (RQF)
<p>The objective of this qualification is to confirm occupational competence and provide learners, with the knowledge, skills and understanding of spectator safety.</p> <p>Learners will cover topics such as:</p> <ul style="list-style-type: none"> • Preparing for spectator events. • Assisting with the movement of spectators. • Dealing with crowd issues at events. • Managing and resolving conflicts. • Dealing with incidents at spectator events. • Supporting the work of the team and organisation. <p>The course will include ACT training and basic first aid and is suitable for anyone interested in entering employment within the events and hospitality industry as a steward at sport, music and festival events.</p> <p>This course will be delivered face to face, over 9 days and will include some independent learning and practical assessment.</p>	
Contact	Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675

Course Title	L2 Award in Understanding Stewarding at Spectator Events (RQF)
<p>This course provides you with the awareness, knowledge, skills and understanding of spectator safety to prepare for events, assist with the movement of spectators, deal with crowd issues, manage and resolve conflicts, deal with incidents at spectator events and support the work of the team and organisation</p> <p>Level 2 course covers:</p> <ul style="list-style-type: none"> • Understand how to prepare for stewarding activities. • Know how to assist with the movement of spectators and deal with crowd issues at events. • Know how to help to manage and resolve conflicts. • Know how to deal with incidents at spectator events. • Know how to support the work of your team and organisation. • Following procedures correctly. • Be able to prepare for stewarding activities. <p>The course is suitable for anyone involved in community events such as park runs, community activity days etc where there are spectators expected. This course will be delivered face to face, over 6 days and will include some independent learning.</p>	
Contact	<p>Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675</p>

Course Title	L2 Award in Health and Safety within the Workplace (RQF)
<p>This Level 2 course provides you with the information to understand roles and duties for health, safety and welfare in the workplace, using risk assessments and procedures for responding to poor health and safety in the workplace.</p> <p>Level 2 course covers:</p> <ul style="list-style-type: none"> • Identifying employee's duties relating to health, safety, and welfare at work. • Recognising the benefits of good health and safety in the workplace. • Defining the terms hazard, risk, accident, near miss and risk assessment and identify the steps involved in a risk assessment. • Identifying the common hazards and effects of workplace accidents, near misses and ill health in the workplace. • Recognising how risk assessment can reduce accidents, near misses and ill health. • Recognising examples of risk controls for common workplace hazards. • Identifying procedures that should be in place for dealing with emergencies. • Recognising why it is important to record all accidents, near misses and ill health occurrences. <p>Suitable for anyone wanting to work in a position that has health and safety duties or responsibilities. Suitable for existing employees, volunteers and job seekers to give the extra qualifications. This course will be delivered face to face or online over 1 day.</p>	
Contact	<p>Sam Bainbridge Sam.bainbridge@lokmantraining.com 07737107675</p>

Course Title	Award in Health and Safety in a Construction Environment
<p><i>Do you:</i></p> <ul style="list-style-type: none"> • Want to work in Construction and Building Industries? • Need a CITB labourers Green Card ? • Need the necessary approved qualification in Health and Safety? <p>This short course is Part 1 of getting you ready with the correct qualifications and support to work in Construction. To obtain a CSCS Green Card you must first pass the NOCN CSkills Level 1 Award in Health and Safety in a Construction Environment. You will learn about all the potential hazards that may be present working on site and gain practical advice to keep yourself and others safe.</p> <p>Your tutor will support you throughout to help you achieve this qualification – we won't just leave you with a computer to work it out yourself. Three13 understand that a full day in a classroom can be difficult, so the day will include practical work within the community base workshops. Your next step would be our CSCS Preparation course to prepare for the exam. Three13 can also suggest local employers and agree your next steps action plan, which could be, employment working within the construction and building sector as a non-skilled worker.</p>	
Contact	<p>Colin Fozzard colin.fozzard@three13.co.uk 07359264837</p>

Course Title	CSCS Preparation
<p><i>Do you:</i></p> <ul style="list-style-type: none"> • Want to work in Construction and Building Industries? • Need a CITB labourers Green Card ? <p>This short course is Part 2 of getting you ready with the necessary qualifications and support to work in Construction. To obtain a CSCS Green Card you must sit an online exam. Although this may seem daunting, Three13 will support you through mock tests, then offer bespoke and tailored training to ensure you are in the best position to succeed. You will already have passed the necessary formal qualification in Part 1 of our courses (H & S in Construction).</p> <p>Three13 understand a full day in a classroom can be difficult, so the day will include practical work within the Three13 community base workshops.</p> <p>Three13 will book and pay for the exam for you and help you to plan your next steps of employment working within the construction and building sector as a non-skilled worker.</p> <p>And when you pass – Three13 even pay for your CSCS card. You'll be all ready to start work! You'll just need the boots!</p>	
Contact	Colin Fozzard colin.fozzard@three13.co.uk 07359264837

Course Title	Certificate in Skills for Working in Construction and Building Industries
<p><i>Do you want:</i></p> <ul style="list-style-type: none"> • Practical hands-on work experience in our purpose-built Carpentry workshop? • Experience putting Health and Safety into practice each day? • To gain a Level 1 Certificate to progress your construction career? • To plug a gap in your CV? <p>The AIMVOC Level 1 Certificate of Skills for Working in Construction and Building Industries course will provide you with practical experience to enable you to start or build on a career in construction and building industries. The course cover how to use carpentry hand tools and developing joinery skills, alongside Health and Safety and environmental sustainability.</p> <p>All of these activities will support your personal development and improve your well-being. Three13 will also support your job search, through discovering your own skills, knowing where to find jobs and how to present yourself.</p> <p>Quote from learner: <i>"You don't get courses like this. It's amazing. Everyone gets their own project, focused on their own goals and the team help you with anything you need. I've got my Three13 certificate on my wall and point it out to my daughter each day because I want her to be proud of what I've achieved.. and I'm confident now, that's just the start."</i></p>	
Contact	Colin Fozzard colin.fozzard@three13.co.uk 07359264837

Course Title	Advance - practical projects
<p>This practical course helps you to grow in confidence, learn new skills and improve working within a team, all whilst gaining a qualification – NOCN Level 1 Award in Skills for Employment, Training and Personal Development.</p> <p>You will be offered a range of different practical projects that include developing the areas in and around Three13's community base, e.g. decorating, installing a kitchen, skills for DIY, establishing a community garden and supporting the local neighbourhoods. Fostering community in this way has a powerful effect on inclusion, as well as on health, wellbeing, attitudes and confidence.</p> <p>All of these activities will give you hands-on practical learning experiences, alongside the encouragement and support from Three13 tutors, which will boost your personal development, improve your well-being and increase your motivation to plan your next steps. Three13 offer you the opportunity to 'do' rather than just sit and listen and this 'hands on' programme enables you to do this in a safe and supportive environment. Why sit in a classroom when your learning could help someone else?</p>	
Contact	Colin Fozzard colin.fozzard@three13.co.uk 07359264837

Course Title	Award in Health and Safety within a Construction Environment (RQF)
<p>Level 1 Award in Health and Safety within a Construction Environment for Learners looking to work within the construction sector.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Knowledge of common hazards and risks in a construction environment. • Safe manual handling practices • Working safely at height working safely around plant and machinery • The importance of effective teamwork and communication in ensuring safe working practices are followed in the construction industry. <p>The course will be tutor led classroom learning. The qualification has also been designed so that if you successfully complete it, you can go on to complete the CITB Operatives Health, Safety and Environment knowledge test will have fulfilled the knowledge needed to apply for the CSCS Labourer's Card.</p>	
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

Course Title	Diploma in Work-Related Studies for the Customer Service Sector (RQF)
<p>The course is a great introduction to the customer service environment and will support you to understand the benefits of working to set standards, legislation and how to communicate effectively in person, on the telephone and through social media. Personal development and how to create a professional first impression are built into the course and you will be supported to identify areas for development and build confidence.</p> <p>The course content is suitable for those who have been economically inactive for some time, lone parents wanting to gain a new qualification who can enhance their CV by gaining a qualification and confidence for those who have health conditions by instilling a can do attitude.</p> <p>A key benefit of the Level 1 Diploma in Work Related Studies for the Customer Service Centre is that customer service skills are required in all sectors so this enhances employment prospects. After the course you will have access to interviews in the customer service sector and links to Employer Engagement.</p>	
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

Course Title	Award in Principles of Customer Service
<p>6 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim This qualification has been designed for learners who wish to develop skills and knowledge in Customer Service at Level 1. The primary purpose of the qualification is to prepare for further learning. However, employers can also rely on the knowledge provided as meeting nationally recognised standards for Customer Service at this level and as such the sub-purpose is to develop knowledge and/or skills in this subject area.</p> <p>Areas Covered There is one Mandatory Unit:</p> <ul style="list-style-type: none"> • Understand working in a customer service environment <p>You will then need to complete two units from a choice of Optional Units:</p> <ul style="list-style-type: none"> • Employee rights and responsibilities • The importance of appearance and behaviour in Customer Service • Contribute to effective customer service <p>Progression</p> <ul style="list-style-type: none"> • Level 2 Diploma in Customer Service 	
Contact	<p>Laura Cartwright Laura.cartwright@trriage.net 07500799243</p>

Course Title	Award in Retail Knowledge
<p>10 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim This qualification is designed for those working, or seeking to enter work, in retail and related sectors and/or further learning/training including apprenticeship programmes. The qualification can be undertaken by learners on work experience or work placement and by learners completing a Traineeship or similar programme as a steppingstone to an Apprenticeship programme, employment of further study or development.</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • Understanding the business of retail • Understanding how a retail business maintains health • Safety and security a business premises • Understanding the retail selling process <p>Progression</p> <ul style="list-style-type: none"> • Level 2 Certificate in retail knowledge 	
Contact	<p>Laura Cartwright Laura.cartwright@trriage.net 07500799243</p>

Course Title	Certificate in Retail Knowledge
<p>This Retail course is aimed at residents from Sunderland who are 19+ who are looking to gain knowledge, skill and/or employment within the retail sector. The course includes tasks and activities that are innovative and allow people to progress their knowledge and skills and grow their confidence. The course includes employer specific content along with key retail related topics covered including, customer service, payments, Health & Safety and handling complaints.</p> <p>Learners from all backgrounds and experience levels are suitable for this provision as there are excellent resources are available including one to one support. Following completion of the training course learners are able to take the next steps on their journey including an interview at local employer or opportunities for further learning or volunteering and be supported with ongoing information, advice and guidance. The course is delivered over 3 full days that start at 10am and is delivered in Sunderland City Centre with excellent transport and accessibility links.</p>	
Contact	Graham Rose hello@sportscapetraining.com www.sportscapetraining.com 01913371553

Course Title	Certificate In Hospitality and Catering Principles (Food and Beverage Service) (RQF)
<p>This Hospitality course is aimed at residents from Sunderland who are 19+ who are looking to gain knowledge, skill and/or employment within the industry.</p> <p>The course includes activities that are innovative and allow people to progress their knowledge and skills and grow their confidence. The course has employer specific content along with vital topics covered, such as, customer Service, food safety, teamwork and drinks.</p> <p>Learners from all backgrounds and experience levels are suitable for this provision as there are excellent resources are available including one to one support. Following completion of the training course learners are able to take the next steps on their journey including an interview at local employer or opportunities for further learning or volunteering and be supported with ongoing information, advice and guidance. The course is delivered over 4 full days that start at 10am and is delivered in Sunderland City Centre with excellent transport and accessibility links.</p>	
Contact	Graham Rose hello@sportscapetraining.com www.sportscapetraining.com 01913371553

Course Title	Award in Developing Enterprise Skills
<p>Start Smart is designed to help you gain confidence in your own abilities to progress in self-employment or developing skills ready for employment. The course environment will be fun, safe, positive and facilitated by an experienced trainer to ensure you have the best experience possible. We believe in keeping things simple, efficient and productive.</p> <p>You will explore:</p> <ul style="list-style-type: none"> • Ideas - to develop your business idea fully and check its viability. • Finances - explore pricing strategies, business costs, forecasting income and expenses and how to monitor profit and loss. • Targets - setting monthly targets and developing a sales plan. • Skills - undertake a skills analysis and identify what skills will be needed for the Business. <p>Qualification: NCFE Level 1 Award in Developing Enterprise Skills. Course length: Total of 5 days.</p>	
Contact	info@enterprisemadesimple.co.uk Tel: 01642 061 062

Course Title	Certificate in Lean Organisation Management Techniques (RQF)
<p>An opportunity to gain a qualification that will be beneficial in an organisation and for learners who are looking to fulfil a role using lean techniques including manufacturing and engineering.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • The concept of a lean environment. • The productivity needs analysis process • Producing a process map • Continuous improvement techniques Kaizen • The principles and techniques of workplace organisation with visual indicators to improve the work environment • Ways to eliminate variance from processes in the workplace <p>You will take part in classroom-based learning experienced tutor and You will have access to interviews in the sector.</p>	
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

Course Title	L2 Certificate in techniques for lean organisation management
<p>This course is designed to provide adults aged 19+ apply with a solid foundation in the principles of Lean management. It focuses on helping learners improve efficiency, eliminate waste, and create more value for customers by continuously improving processes through small, impactful changes. This course is ideal for those looking to enhance their skills in manufacturing, warehouse, or operational roles.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Introduction to Lean Tools and Techniques: Understand and apply Lean tools, techniques, and metrics to streamline operations and remove inefficiencies. • Value Creation: Learn how to optimise resources to produce value for both customers and businesses. • Workflow Optimisation: Discover how to create a steady and efficient workflow based on customer demand, ensuring processes run smoothly. • Plug Simulation Production Line: Engage in practical activities to design and run a simulated production line, applying Lean principles to real working environments. • Process Mapping and Productivity Analysis: Gain hands-on experience in creating process maps and conducting productivity analyses to identify areas for improvement. • Kaizen and Continuous Improvement: Learn the Kaizen philosophy and the improvement cycle, and how to implement formal improvement methods in the workplace. • Auditing and Improvement Methods: Develop skills in conducting audits to assess performance and apply structured improvement methods for ongoing process enhancement. • Teamwork and Conflict Resolution: Understand the importance of teamwork in a Lean environment and gain strategies for resolving common workplace conflicts effectively. • 6 days face to face delivery <p>This course equips learners with valuable skills in Lean management, enhancing their employability and making them key assets in industries that value efficiency and continuous improvement.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Certificate in Lean Organisation Management Techniques
<p>This qualification is ideal for learners working in areas where improvements to quality, processes and costs have been identified. It may also be suitable to provide knowledge, and a new skill set that will be attractive to employers. This qualification aims to improve business performance through continuous professional development of employees and their skill set. This qualification aims to help learners understand lean organisation techniques in business, know and understand business improvement tools and techniques, know and understand how to work effectively in a business team and access the business sector or progress to further qualifications and learning.</p>	
Contact	Lee Johnston lee@staffpowergroup.com 07534388829

Course Title	Certificate in Team Leading Principles (RQF)
<p>This qualification is designed to provide learners with the knowledge and understanding required to successfully lead a team. This will focus on the study of leading a team in a business environment. This qualification aims to help learners develop their knowledge of the principles of team leading, develop their understanding of business and develop the knowledge needed to support communication with a range of stakeholders at different levels. Learners may find it helpful if they've already achieved a Level 1 qualification in the business administration sector.</p>	
Contact	Lee Johnston lee@staffpowergroup.com 07534388829

Course Title	Certificate in the Principles of Warehousing and Storage
<p>This qualification is designed for learners to enter and/or progress from entry roles in the Warehousing and Storage industries. Learners will develop the underpinning knowledge necessary to support them in their role in this sector. Completion of this qualification will support progression into employment or into higher level roles in the industry. The qualification is ideal for learners not in employment, or who cannot access an Apprenticeship. This qualification will focus on the study of the warehousing and storage industry while offering breadth and depth of study, incorporating a key core of knowledge.</p>	
Contact	Lee Johnston lee@staffpowergroup.com 07534388829

Course Title	Certificate in Understanding Climate Change and Environmental Awareness
<p>This qualification is designed to provide learners with an introduction to the principles of climate change and environmental awareness. It will ensure learners understand the nature of climate change and the role they can play in helping to reduce carbon emissions. Through achieving the qualification, learners will gain the knowledge and understanding to act as drivers of positive change within the workplace and at home.</p>	
Contact	Lee Johnston lee@staffpowergroup.com 07534388829

Course Title	Employability into Manufacturing & Logistics
<p>The sector-based work academy is delivered from the Beacon of Light and includes work placements with local employers.</p> <p>The short course is delivered in person and helps prepare you with the work skills and attitude required to gain employment in the manufacturing and logistics industry. Real job opportunities are available on completion of the programme.</p>	
Contact	Daniel Coyne daniel.coyne@foundationoflight.co.uk 0191 5634818

Course Title	L2 Certificate in the Principles of Warehousing and Storage
<p>This face-to-face course is designed to provide adults aged 19+ apply with the essential knowledge and practical skills required for working in warehousing and storage. The course covers the key processes involved in warehouse operations and prepares learners for roles in this competitive industry. Upon successful completion, learners will receive a Level 2 Certificate in Warehousing and Storage, a qualification highly valued by employers.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Receiving and Storing Goods: Learn the correct procedures for receiving goods, inspecting them for quality, and storing them efficiently. • Processing and Ordering: Understand how to process orders accurately and efficiently to ensure smooth warehouse operations. • Preparing Orders for Dispatch: Gain skills in picking, packing, and preparing goods for dispatch to ensure timely delivery to customers. • Checking and Updating Records: Learn how to maintain accurate records of inventory, goods in, and goods out, ensuring proper documentation of all warehouse activities. • Customer Service in a Warehouse Environment: Develop strong customer service skills tailored to the unique needs of a warehouse setting, focusing on communication and efficiency. • 6 days face to face delivery <p>Upon completing the course, learners will have the opportunity to enhance their job prospects. With consent, learners' CVs will be passed to a recruitment agency working on behalf of employers in the Northeast, increasing their chances of securing employment in the warehousing and storage industry. This course is an excellent starting point for those looking to enter or advance in the warehousing sector, equipping learners with the practical skills and qualifications needed for success.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Certificate in Warehousing and Storage Principles (RQF)
<p>This Warehousing course is aimed at residents from Sunderland who are 19+ who are looking to gain knowledge, skill and/or employment within the Warehousing industry.</p> <p>The course includes activities that are innovative, related to working within the sector and allows people to progress their knowledge and skills whilst increasing their confidence. The course includes employer specific content, along with key warehousing topics covered including, packing and processing orders, storage, Health & Safety and teamwork.</p> <p>The course is delivered over 3 full days that start at 10am and is delivered in Sunderland City Centre with excellent transport and accessibility links.</p> <p>Learners from all backgrounds and experience levels are suitable for this provision as there are excellent resources are available including one to one support. Following completion of the training course learners are able to take the next steps on their journey including an interview at local employer or opportunities for further learning or volunteering and be supported with ongoing information, advice and guidance.</p>	
Contact	Graham Rose hello@sportscapetraining.com www.sportscapetraining.com 01913371553

Course Title	Certificate in the Principles of Warehousing and Storage
12 day course is delivered from 9.30 until 16:00 travel expenses will be reimbursed	
Aim	
This course has been designed to allow learners to obtain the knowledge required to work effectively within a warehousing and storage role. The BIIAB Level 2 Certificate in Warehousing and Storage has been designed to enable learners to obtain and then demonstrate the knowledge and skills required to work effectively within a Warehousing and Storage role at level 2.	
Areas Covered	
<ul style="list-style-type: none"> • Understand how to receive and store goods and materials • Understand how to process orders and dispatch goods • Understand how to deliver effective customer service • Understand Health, Safety, Security and Legislation • Understand how to be an effective team worker 	
Progression	
<ul style="list-style-type: none"> • Level 3 Certificate in Warehouse and Storage • Employment in the Warehousing and Storage sector 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	Certificate in Warehousing and Storage
12 day course is delivered from 9.30 until 16:00 travel expenses will be reimbursed	
Aim	
This qualification has been designed for people working or wishing to work in a warehousing and storage facility within the logistics sector. It enables learners to demonstrate their competence and understanding against a set of units based on the needs of the industry. The qualification has been designed to support those involved with distributive operations such as dealing with the handling and storing of goods within a commercial, industrial or remover's warehouse, or freight facility.	
Areas Covered	
<ul style="list-style-type: none"> • Health and Safety in the workplace • Keep stock at required levels in a logistics environment • Moving or handling goods manually in logistics facilities • Place goods in storage in logistics operations • Pick goods in a logistics environment • Assemble orders for dispatch in a logistics environment 	
Progression	
<ul style="list-style-type: none"> • Level 2 Certificate Warehouse and Storage Principles 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	Certificate in Understanding Climate Change and Environmental Awareness
12 day course is delivered from 9.30 until 16:00 travel expenses will be reimbursed	
Aim	
This qualification is designed to provide learners with an introduction to the principles of climate change and environmental awareness. It will ensure learners understand the nature of climate change and the role they can play in helping to reduce carbon emissions. Through achieving the qualification, learners will gain the knowledge and understanding to act as drivers of positive change within the workplace and at home.	
Areas Covered	
<ul style="list-style-type: none"> • Focus on the study of environmental awareness and carbon footprint, reduction associated with a wide range of workplaces and linked to the lifestyles of individuals • Offer breadth and depth of study, incorporating a key core of knowledge that is relevant, and can be applied, across a variety of sectors • Become familiar with the basics of the environment and climate change • Develop an understanding of environmental protection and the action that can be taken within the workplace to mitigate the damaging impact of industry on the environment • Explore how the lifestyle of an individual can be environmentally detrimental, while offering an insight into ways to reduce their carbon footprint. 	
Progression	
<ul style="list-style-type: none"> • Level 3 Certificate in Championing Sustainability in the Workplace 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	Award in Understanding Domestic Retrofit
6 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed	
Aim	
Designed to equip individuals with the knowledge and skills needed to excel in the field of domestic retrofitting.	
Areas Covered	
This course provides a detailed understanding of the principles and practices involved in domestic retrofit projects	
<ul style="list-style-type: none"> • Energy efficiency • Insulation • Ventilation systems • Sustainable construction materials 	
Progression	
<ul style="list-style-type: none"> • Level 3 certificate in domestic retrofit advice 	
Contact	Laura Cartwright Laura.cartwright@trriage.net 07500799243

Course Title	NVQ L2 Diploma in Accessing Operations and Rigging (Construction)
This NVQ is a work-based qualification and you must be employed to complete this course, as you'll need to demonstrate your skills on the job.	
You will gain recognised skills, knowledge, and understanding proving your competence to work in Scaffolding Operations in the construction industry. You will increase your knowledge from a general labourer to a basic scaffolder, demonstrating skills with health and safety, fall arrest and the interpretation of drawings to erect and dismantle structures.	
Course duration = 6 months	
Contact	Julie Julie@tradetechs.co.uk 01642 680613

Course Title	Client Contractor National Safety Group (CCNSG)
<p>This course gives the learner the fundamental understanding of health and safety when working in the construction industry, highlighting the responsibilities of employees and employers. The course will also provide essential job terminology and understanding of risk assessments, method statements, permits to work and safe systems of work.</p>	
<p>Course duration = 2 days</p>	
Contact	<p>Julie Julie@tradetechns.co.uk 01642 680613</p>

Course Title	Confined Space Low Risk
<p>This Working in Confined Spaces training course has been designed as an awareness level course to help learners understand the legal requirements outlined by the Confined Space Regulations 1997. It explains the risks associated with confined space entry and working, as well as safe work practices, suitable control measures and the requirements for emergency arrangements.</p>	
<p>Course duration = 1 day</p>	
Contact	<p>Julie Julie@tradetechns.co.uk 01642 680613</p>

Course Title	Confined Space Low Risk
<p>This Working in Confined Spaces training course has been designed as an awareness level course to help learners understand the legal requirements outlined by the Confined Space Regulations 1997. It explains the risks associated with confined space entry and working, as well as safe work practices, suitable control measures and the requirements for emergency arrangements.</p>	
<p>Course duration = 1 day</p>	
Contact	<p>Julie Julie@tradetechns.co.uk 01642 680613</p>

Course Title	Ticket to Work in Industrial Painting
<p>This course is designed for those wanting to pursue a career in the industrial painting industry. It provides the learner with the basic skills to understand their role. The course comprises of knowing how to communicate within the environment as well as behave to prevent health and safety breaches. As well as becoming an accredited bronze standard Train the Painter, you will also be able to gain knowledge of confined space and working at height.</p>	
<p>Course duration = 10 days</p>	
Contact	<p>Julie Julie@tradetechns.co.uk 01642 680613</p>

Course Title	Ticket to Work in Scaffolding
<p>This course is designed for those wanting to pursue a career in the scaffolding industry. It provides the learner with the basic skills to understand their role. The course comprises of knowing how to communicate within the construction environment as well as behave to prevent health and safety breaches. You will also be able to work on the COTS card, CCNSG, and Part One Practical CISRS.</p>	
<p>Course duration = 10 days</p>	
Contact	<p>Julie Julie@tradetechns.co.uk 01642 680613</p>

Course Title	Working at Height
The course covers what working at height is and the main laws governing work at height. You will also learn about the key hazards and risks associated with work at height, the main ways to eliminate and reduce the risks while working at height and the main considerations when using access equipment.	
Course duration = ½ day	
Contact	Julie Julie@tradetechns.co.uk 01642 680613

Family Learning

Course Title	Family Learning - Healthy Cooking
Family Learning Healthy Cooking is delivered in person in the Beacon of Light and links with the Jamie Oliver Ministry of Food Kitchen.	
The course is delivered over 16hrs and includes cooking healthy meals on a budget with both adult and child. The course enables families to bond, cook and eat together, whilst providing adults with potential employment pathways in the hospitality sector, including with Sunderland AFC.	
Contact	Daniel Coyne daniel.coyne@foundationoflight.co.uk 0191 5634818

Course Title	Family Learning Football Coaching
Family Learning through Football Coaching is a 16hr programme with adults and children learning together.	
The programme includes sessions on child development and leadership styles, helping adults recognise how to help their child learn through play, communication, listening, positive reinforcement, and responsibility. The programme includes taking part in educational PE based sessions, along with classroom sessions.	
Contact	Daniel Coyne daniel.coyne@foundationoflight.co.uk 0191 5634818

Course Title	Family Learning Healthy Minds
Family Learning through Healthy Minds is a 16hr programme with adults and children learning together.	
The programme has 8hrs of adult only learning, away from the children, developing knowledge about mindset and mental health. This enables adults and children to learn how to be their best and be able to help others. It will also support adults to recognise the implications of a fixed mindset and the strengths from a growth mindset.	
Contact	Daniel Coyne daniel.coyne@foundationoflight.co.uk 0191 5634818

Digital Skills

Course Title	Droning On
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their photography skills *</p> <p>Completing the droning on course will help you gain confidence in using drone technology in different formats and help you to visit different places outdoors and help improve digital skills</p> <p>You will build confidence and skills in digital media specifically understanding how to use a drone for footage, learning how to upload and edit footage and understanding legal requirements.</p> <p>This is a 20 hour course delivered one day a week for 4 weeks</p> <p>Quote from learner: 'We went on lots of trips and different places, I enjoyed using the drone for the first time and thought it was unbelievable'</p>	
Contact	<p>Sonia Ritchie-Park BEM</p> <p>brightsparkstraining@yahoo.co.uk</p> <p>07860884468</p>

Course Title	Digital media
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their photography skills</p> <p>Completing a digital media course will help you gain confidence in using digital media in different formats and help you to visit different places outdoors and help improve digital skills</p> <p>You will build confidence and skills in digital media specifically a digital camera, including editing images with a PC, using different digital technology, like drones.</p> <p>This is a 20 hour course delivered one day a week for 4 weeks</p> <p>Quote from learner: 'We went on lots of trips and different places, I got to see the world differently through a camera.'</p>	
Contact	<p>Sonia Ritchie-Park BEM</p> <p>brightsparkstraining@yahoo.co.uk</p> <p>07860884468</p>

Course Title	Digiskills
<p>This course will provide you with the foundational skills you need to use online services and platforms to improve your opportunities in work and life safely. Designed to introduce digital skills to those who don't currently use digital devices regularly or want to start accessing online opportunities more.</p> <p>Course content includes:</p> <ul style="list-style-type: none"> • Using a device • Using email • Employment and work • Managing money • E-safety <p>This course is suitable for anyone wanting to improve their digital skills for home and work. This course will be delivered face to face, 1 day per week for 3 hours over 7 weeks or as part of an intensive programme over 3 days and will include some independent learning.</p>	
Contact	<p>Sam Bainbridge</p> <p>Sam.bainbridge@lokmantraining.com</p> <p>07737107675</p>

Course Title	Digital - for beginners
<p>The Digital for Beginners course is designed to equip adults aged 19+ with essential digital skills for both professional and personal use. This course is perfect for anyone who wants to learn or improve their digital skills.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Foundational Skills: Learn to use a laptop, mouse, keyboard, and navigate essential programs such as MS Word, Excel, PowerPoint, and File Explorer. • Email and Internet Basics: Explore how to access and use email, browse the internet, and perform effective web searches. • Digital Safety: Understand how to stay safe online, including tips on password security, protecting personal information, and working safely at a computer. • Introduction to Microsoft Office: Get hands-on experience with MS package, learning key functions such as opening and closing files, using basic formulas, applying design themes, and navigating the menu ribbon. • Hardware and Software Basics: Gain an understanding of common hardware devices, application software, and key functions like switching on devices, using the start menu, and accessing system settings. • 3 days face to face delivery <p>Key topics:</p> <ul style="list-style-type: none"> • Safe computer use • Password security – tips for strong passwords • Navigating the internet/understanding webpage symbols • Using email to read, open, and send messages • Typing skills, copying, cutting, and pasting text and images • Maximising/minimising windows, and understanding menus • Introduction to hardware (input/output devices) and application software <p>By the end of this course, learners will have the confidence to use a computer and perform everyday digital tasks efficiently and safely, with a solid foundation to build upon for future learning.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Digital Skills
<p>10 day course is delivered from 9.30 until 14:30 travel expenses will be reimbursed</p> <p>Aim</p> <p>The purpose of this qualification is to allow learners to demonstrate understanding of, and competency in, the essential digital skills they need for life. It will enable learners to engage with digital services and products in everyday life.</p> <p>Areas Covered</p> <ul style="list-style-type: none"> • Being safe and responsible online and on digital devices • Using digital devices and handling information • Creating and editing • Digital communication • Transacting digitally <p>Progression</p> <ul style="list-style-type: none"> • Level 1 / Level 2 in Essential Digital Skills 	
Contact	Laura Cartwright Laura.cartwright@triage.net 07500799243

Course Title	Digital - Next steps, accredited learning, preparation for work - self-employment, AI, Canva, Excel, introduction to E-Sports
<p>This course is designed to advance adults aged 19+ apply digital skills and knowledge in preparation for the modern workforce. Covering a range of topics from Artificial Intelligence to practical tools like Canva and Excel, and introducing E-Sports, this course will equip participants with the skills needed to thrive in today's digital environment.</p> <p>What to expect:</p> <p>Artificial Intelligence (AI):</p> <ul style="list-style-type: none"> • Understand what AI is, including its types, features, and applications. • Learn about common AI terminology and recognise different AI tools. • Explore how AI can augment various workplace tasks to enhance efficiency and productivity. <p>Canva:</p> <ul style="list-style-type: none"> • Discover how to use Canva's features and templates for creating documents, presentations, and print products. • Gain practical skills in designing visually appealing content using Canva's design tools. <p>Microsoft Excel:</p> <ul style="list-style-type: none"> • Learn the basics of Excel, including how to create and manage workbooks. • Practice entering data, inserting and deleting sheets, and saving workbooks. • Explore various features and functions for performing calculations, creating charts, and managing data effectively. <p>Introduction to E-Sports:</p> <ul style="list-style-type: none"> • Gain an understanding of what E-Sports is, including its history and how it operates. • Learn about different types of games, how they are played, and the financial aspects, including E-Sports betting. • Discover the best colleges and universities offering courses related to E-Sports. • 2 days face to face delivery <p>This course is ideal for individuals looking to expand their digital skillset and explore emerging areas of interest, setting them up for success in a rapidly evolving digital landscape.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Digital Functional Skills (Entry 3)
<p>This course is designed to help adults aged 19+ gain a recognised qualification in digital functional skills, empowering them to effectively use digital in everyday life. It is ideal for anyone looking to enhance their digital competency, whether for personal use, professional development, or to meet the demands of the modern world.</p>	
<p>What to expect:</p>	
<ul style="list-style-type: none"> • Online Risks and Security: Understand online threats, consequences of security breaches, authentication methods, security software, and how to manage digital footprint. • Internet and Website Navigation: Explore internet connectivity, website addresses (URLs), quick links, navigation tools, bookmarks, history, and managing multiple tabs. • Email and Instant Messaging: Gain skills in managing email and using instant messaging tools e.g Microsoft Teams for both text and video communication. • Microsoft Office Suite: Learn essential skills in MS Word, Excel, and PowerPoint, including formatting text, working with bullets and numbering, and saving documents. • Graphics and Images: Understand how to crop, size, and position images effectively within documents and presentations. • Digital Transactions and Data Management: Learn the basics of online banking, filling out online forms, data validation, verification checks, and dealing with payments. • Cloud/Data Storage: Gain an understanding of data storage devices, file size basics, cloud storage, and how to take screenshots. • Troubleshooting and Problem Solving: Develop the ability to handle basic digital problems such as user errors and system issues. • 5 days face to face delivery. 	
<p>This qualification will open doors to further learning and provide a strong foundation for those aiming to stay digitally literate in a rapidly evolving world.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Digital Functional Skills Qualification (Level 1)
<p>This course is designed to help adults aged 19+ gain an accredited qualification, equipping them with essential IT skills for both life and work. It focuses on building a strong foundation in digital literacy, covering the basics of hardware, software, operating systems, and commonly used applications. By the end of the course, learners will be able to manage and store information effectively, solve simple technical issues, and confidently navigate digital environments.</p>	
<p>What to expect:</p>	
<ul style="list-style-type: none"> • Protecting Privacy and Data: Learn how to safeguard personal data and ensure privacy when using digital devices and online platforms. • Digital Responsibility and Well-being: Understand how to maintain digital well-being and act responsibly online, including managing traceable online activities. • Microsoft Word: Develop skills in formatting text, adjusting font type, size, and colour, using spell and grammar check, and inserting images into documents. • Microsoft Excel: Learn how to format spreadsheets, including text alignment, font adjustments, cell borders, fill colours, and basic formulas. • Microsoft PowerPoint: Master the basics of creating and editing presentations, including inserting and deleting slides. • Using Online Services: Navigate various online services, including buying securely online and using devices effectively for different tasks. • Managing and Storing Information: Explore methods for organising and storing digital files efficiently. • Identifying and Solving Technical Problems: Develop problem-solving skills to address basic technical issues with digital devices. • 5 days face to face delivery 	
<p>This course will enable learners to engage with the digital world responsibly, while strengthening their IT capabilities for future opportunities in both life and work.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Health, well-being and confidence building

Course Title	Baking with food banks
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their baking skills*</p> <p>Completing a baking course will help you gain confidence in cooking, help you to learn different baking methods and how to stay safe in a kitchen</p> <p>You will work on a range of skills like, using food bank and baking ingredients, using bakeware and staying safe in a kitchen.</p> <p>This is a one day course.</p> <p>Quote from learner: <i>'I made lots of new dishes that I can use when I get my own home.'</i></p>	
Contact	<p>Sonia Ritchie-Park BEM</p> <p>brightsparkstraining@yahoo.co.uk</p> <p>07860884468</p>

Course Title	Introduction to Healthy Eating and food parcels
<p>A closed course for residents of Swan Lodge. This course is for 19+ adults who would like to develop their baking skills*</p> <p>Completing a baking course will help you gain confidence in cooking, help you to learn different cooking methods and how to stay safe in a kitchen, and how to use a food parcel to make different dishes including how to use leftovers.</p> <p>You will work on a range of skills some of these are using food bank ingredients and using leftover food, learning about cross contamination and staying safe in a kitchen</p> <p>This is a one day course.</p> <p>Quote from learner: <i>'I made lots of new dishes that I can use when I get my own home.'</i> <i>You will build confidence and skills in baking specifically using food bank ingredients.</i></p>	
Contact	<p>Sonia Ritchie-Park BEM</p> <p>brightsparkstraining@yahoo.co.uk</p> <p>07860884468</p>

Course Title	Introduction to ESOL Fundamentals
<p>This course will provide you with a foundational course to those with little English-speaking skills to enable you to engage in conversational speaking on a day-to-day basis. The topics are varied and will include some listening tasks and activities designed to encourage speaking and listening.</p> <p>Course content includes:</p> <ul style="list-style-type: none"> • Life in the UK • English for work <p>This course is suitable for learners with no or low levels of English speaking and looking to move towards accredited ESOL entry level programmes.</p> <p>This course will be delivered face to face, 1 day per week for 4 hours over 12 weeks or and will include some independent learning.</p>	
Contact	<p>Sam Bainbridge</p> <p>Sam.bainbridge@lokmantraining.com</p> <p>07737107675</p>

Course Title	Personal Development, Confidence Building & Self Care
<p>This Personal Development course is aimed at residents from Sunderland who are 19+ who are looking to improve their confidence, know how to improve and develop and understand self-care techniques to improve their personal and professional opportunities.</p> <p>The course includes activities that are focused on the key techniques of improving personal circumstances and increasing knowledge and understanding in how to care for yourself, be confident and know how to improve. The course will cover Personal Development, Confidence and Resilience, Health & Wellbeing and Self-care techniques.</p> <p>The course is delivered over 3 full days that start at 10am and is delivered in Sunderland City Centre with excellent transport and accessibility links.</p> <p>Learners from all backgrounds and experience levels are suitable for this provision as there are excellent resources are available including one to one support.</p> <p>Following completion of the training course learners are able to take the next steps on their journey including an interview at local employer or opportunities for further learning or volunteering and be supported with ongoing information, advice and guidance.</p>	
Contact	Graham Rose hello@sportscapetraining.com www.sportscapetraining.com 01913371553

Course Title	Time for Change
<p>This course is designed to boost confidence and motivation by guiding adults aged 19+ through activities that focus on self-improvement and resilience. Ideal for individuals seeking direction, support with goal setting, or overcoming negative attitudes, this course will help participants build self-esteem, develop a positive mindset, and take actionable steps toward achieving their goals.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Changing Mindset: Develop a positive attitude with a focus on “I can” and “I want,” fostering a proactive and optimistic outlook. • Goal Setting and Achievement: Explore personal goals and receive support in creating actionable plans to achieve them. • Building Resilience: Learn from past experiences to build resilience and handle future challenges effectively. • Understanding Strengths: Identify individual strengths and leverage them to enhance personal growth and motivation. • Taking Positive Steps: Set realistic goals and take proactive steps towards achieving them. • Support Networks: Identify and utilise support networks to help achieve goals and provide encouragement. • 4 days face to face delivery <p>This course is ideal for individuals with low self-esteem, confidence issues, and those lacking motivation and direction. It is particularly suited for those who have faced long periods of unemployment, are claiming inactive benefits, or have a negative mindset. It will help participants understand and overcome barriers to success.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Time for Life
<p>This course is designed for adults aged 19+ apply who have completed the Time for Change course and are ready to make further positive changes in their lives. It offers a supportive and inclusive environment where participants can build on their previous experiences and continue to develop confidence, relaxation techniques, and overall well-being.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Key Elements of a Healthy Lifestyle: Learn about the foundational aspects of maintaining a balanced and healthy lifestyle, including physical and mental well-being. • Social Interaction: Explore the role of social connections in promoting happiness and health, and how to effectively engage with others. • Diet and Nutrition: Discover healthy eating habits and their impact on overall wellness, including practical tips for incorporating nutritious foods into your diet. • Sleep: Understand the importance of quality sleep for health and strategies to improve sleep patterns. • Exercise: Engage in various exercise techniques to enhance physical fitness and well-being. • Mental and Emotional Well-being: Practice techniques such as meditation and relaxation to support mental health and resilience. • Personality Profiling: Understand your personality profile and use this knowledge to enhance job search strategies. Learn how to work effectively with others by understanding their personality profiles. • Resilience Building: Develop strategies to become more resilient in the face of life's unexpected changes and challenges. • 8 days face to face delivery <p>This course is an excellent continuation for those looking to build on their previous progress and integrate holistic well-being practices into their daily lives.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	How do you do that?
<p>This short course is an ideal opportunity to learn how to do basic DIY and small practical tasks around your own home and meet with others to share experiences and develop confidence.</p> <p>This will be achieved through activities and tasks and topics include:</p> <p>Tools – what should be in your basic toolkit, how do you use and maintain these correctly</p> <p>Electrics – fuses, plugs, bulbs (different types and changing), resetting the circuit breaker</p> <p>Decorating – paint and uses, preparation, roller or brushes, cleaning up, storing paint</p> <p>Fixings and hanging – solid or hollow walls, how to hang a curtain pole, TV bracket, picture</p> <p>You may have your own practical skills you want to learn – let Three13 know! You will have the opportunity to 'do' rather than sit and listen, and this 'hands on' course enables you to do this in a safe and supportive environment. Group work and discussion will help to develop your understanding, increase your knowledge and then apply this learning through practical activities.</p> <p>The course will support you to feel more confident, independent and resourceful. All activities will assist in boosting your personal development, improve your well-being and increase your motivation to plan your next steps.</p>	
Contact	Colin Fozzard colin.fozzard@three13.co.uk 07359264837

Course Title	Women's wellbeing - menopause
<p>This course is designed for adults aged 19+ who want to deepen their knowledge and awareness of menopause and perimenopause. Whether they are experiencing menopause, preparing for it, or seeking to support others through this transition, this course provides valuable insights and practical strategies.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Recognising and Understanding Symptoms: Learn to identify and understand common symptoms of menopause and perimenopause. Use tools like a symptom checker and diary to track and manage symptoms effectively. • Accessing Information and Support: Discover where to find reliable information, advice, and guidance about menopause, including healthcare professionals and support networks. • Exploring Treatments and Therapies: Compare different treatment options, including holistic approaches and Hormone Replacement Therapy (HRT), to make informed decisions about managing symptoms. • Developing Self-Care Strategies: Focus on self-care techniques that enhance physical and mental well-being. Explore strategies for relaxation, stress management, and maintaining overall health. • 1 day face to face delivery <p>This course offers a supportive and informative environment for individuals looking to navigate menopause and perimenopause with greater knowledge and confidence.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Multiply maths courses

A - Increase confidence with number

Courses designed to increase confidence with numbers for those needing first steps towards formal numeracy qualifications

Course Title	Making Numbers Count
<p>A FREE program to help adults become more confident with numbers. It can help you in your everyday life, from managing your finances to helping your children with their homework. It can also help you get a new job or study for further qualifications.</p> <p>Expert tutors will help you decide what you need to learn by checking what you already know and finding the gaps in your knowledge. They will then plan some bespoke learning - just for you and create a warm, welcoming and supportive environment in which to learn, with advice and guidance every step of the way.</p> <p>Courses run over 2 or 4 days so you can choose according to your existing commitments. These courses can lead to enrolment onto a qualification in maths at a level appropriate to you.</p>	
Contact	<p>01642 807229 07932 975939 Info@edentrainingacademy.org.uk</p> <p>@edentrainingacademysupport - Instagram Eden Training Academy Support - Facebook</p>

Course Title	Maths in Action - A Beginners Guide
<p>This is a short introductory course into maths, introducing the following areas:</p> <ul style="list-style-type: none"> • Introducing number • Finding everyday numbers • Shapes • Basic maths and number skills <p>Learners will receive a £5 Greggs lunch voucher for attending each session. Course duration – 2 days</p>	
Contact	<p>Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529</p>

B- Support with managing money

Courses designed to help people use numeracy to manage their money

Course Title	Living on a Budget
<p>This course prepares learners with the skills, knowledge and understanding of how to live on a budget. It helps learners to manage money when on a low income, focusing on aspects of essential spend and non-essential.</p> <p>Learners will consider budgeting, investigate ways to cut costs, ensure they are claiming the correct benefits and those they are entitled, emergency borrowing and loans. The course aims to encourage independence to access more opportunities for self-sustainable living.</p> <p>Learners will receive a £5 Greggs lunch voucher for attending each session and an air fryer for completing the duration of the course. Course duration – 1 day each week for 6 weeks.</p>	
Contact	<p>Oscar McFarlane oscarmcfarlane@trainingincare.co.uk 0191 5373529</p>

Course Title	Money management - Boost your budget
<p>This course is designed for adults aged 19+ who need essential skills and tools for effective money management. Aimed at individuals facing debt or financial challenges, this course is perfect for those connected with debt advisory services or anyone struggling with budgeting and everyday expenses. This course provides a supportive and practical approach to money management, ensuring learners gain the skills and confidence needed to manage their finances successfully.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Money Management Toolkit: Access a comprehensive toolkit designed to help you manage everyday money situations effectively. Learn practical hints and tips to avoid debt and handle finances with confidence. • Personalised Support: Benefit from one-on-one advice sessions with experienced tutors. These confidential meetings will allow you to discuss your financial situation and create a personalised budget plan tailored to your needs. • Workshops and Resources: Participate in workshops that provide practical guidance and support. Utilise our collection of resources and toolkits to navigate real-life financial challenges. • Referral Connections: If money management remains a challenge, we will connect you with the right referral agents to provide additional support and resources. <ul style="list-style-type: none"> ○ This course not only helps you manage your finances but also prepares you for employment by improving your budgeting skills. A solid understanding of financial management will positively impact your job readiness and overall personal development. • 1 day face to face delivery 	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Money management - Cooking on a budget
<p>This course is designed for learners who want to improve their eating habits, learn about balanced diets and nutrition, and manage cooking on a budget amidst the rising cost of living. Perfect for those seeking to enhance their cooking skills while maintaining a nutritious diet with limited resources.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Basic Cooking Skills: Learn fundamental cooking techniques suitable for preparing meals for yourself and your family. Focus on using staples from food bank packages to create nutritious and cost-effective meals. • Balanced Diet and Nutrition: Understand the principles of a balanced diet and how to incorporate essential nutrients into your meals. Explore how to make the most of the food you have to ensure a well-rounded diet. • Cooking on a Budget: Discover strategies for cooking economically, including meal planning, shopping tips, and making the most of budget-friendly ingredients. • Basic Maths for Home Use: Develop practical math skills relevant to cooking and budgeting, such as measuring ingredients, calculating portion sizes, and managing food costs. • Staples Utilisation: Engage in activities based on using staples from food bank packages to maximize value and nutrition. You will prepare meals during the sessions and take food home to apply what you've learned. • 4 days face to face delivery <p>By improving your cooking skills and understanding of nutrition, this course aims to enhance your overall well-being. A healthier diet can positively impact your mental and physical state, potentially increasing your readiness for further training, employment, or volunteering opportunities.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Divide and Conquer
<p>Typically, 16 guided learning hours for those struggling with budgeting. The course will help you to develop the skills and tools to manage your own money, through learning budgeting skills.</p> <p>A bank of relevant resources and tool kits have been developed to work through 'real' life money management situations. Hints and Tips will also be given to stay out of debt, along with information to information about other organisations that offer support if money management becomes an issue.</p> <p>In addition to workshops, 1-2-1 advice sessions are offered with our tutors where you can speak in confidence to ensure appropriate signposting can be made. This also allows the tutors to complete individual budget planners with you to aid in daily money management.</p> <p>Next Steps will be established through a tutor led information, advice and guidance session and recorded in your Individual Learning Plan. The course may progress to Further numeracy qualifications and access functional skills maths courses and you will be supported with updating/writing your CV.</p>	
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

Course Title	Thrive and Survive
<p>This course is for 19+ adults who would like to improve their maths skills.</p> <p>Tutors will support you to set you own aims for the course and you will engage in a range of activities, such as, budgeting, understanding wage slips and rates of pay, better off calculations, creating CV and cover letters, taking part in mock interviews and job searching activities.</p> <p>A variety of teaching and learning activities will be used, including tasks, computer work, group discussions and one to one support. Tutors will help you improve your Maths skills and prepare you to be job ready or to take your next step in training or employment.</p> <p>Following the course:</p> <ul style="list-style-type: none"> • You could progress onto a higher level in Maths • Have a better chance of finding employment or training opportunities • Be given Information, Advice and Guidance with a Better Off Calculation • Upload your CV and Cover Letter to job sites. <p>The Duration of this course is 2 Days for 5 hours a Day. Lunch will be provided.</p>	
Contact	hazel.cox@pallionactiongroup.co.uk 0191 514 2011

C- Employer-based number skills

Innovative numeracy programmes delivered together with employers - including courses designed to cover specific numeracy skills required in the workplace

Course Title	Between the Spreadsheets
	<p>For employers who require their staff to upskill their numeracy level, typically 16 guided learning hours.</p> <p>The course is designed to cover specific numeracy skills, required in the workplace to enable career progression and continuous personal development for employees. The course will be designed in conjunction with individual employers with our employer engagement team and based on need and demand. A range of resources and activities will be used to develop maths and IT skills to understand and input information onto a spreadsheet.</p> <p>Tool kits and teaching sessions have been developed to work through 'real' life work situations. In addition to workshops 1-2-1 advice sessions are offered by tutors, which will help you to identify your own personal learning targets.</p> <p>Throughout the course your tutor will assess your work, giving supportive and developmental feedback, asking you questions about the topics and observing your contribution to the discussions.</p> <p>Next Steps will be established through a tutor led Information, advice and guidance session and be recorded in your Individual Learning Plan, which may include further access to numeracy, functional skills maths and employability courses.</p>
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

Course Title	Root to Success
	<p>A course for employers with a specific need for numeracy skills in their workplace. Typically, 16 guided learning hours to enable employees personal career development and to meet the skills need in the sector.</p> <p>Specific maths modules will be tailored around any skills gap to equip the participants with immediate maths skills to aid promotion in the workplace. Existing employers have highlighted that employees have a range of numeracy skills gaps which they feel are prohibiting them from progressing in existing roles.</p> <p>Your tutor will work with you to create a unique Individual Learning Plan which will help identify your own personal learning targets. Throughout the course your tutor will assess your work, give supportive and developmental feedback and assess your understanding. There is no exam at the end of the course.</p> <p>Next Steps will be established through a tutor led Information, advice and guidance session and be recorded in your Individual Learning Plan, which may include further access to numeracy, functional skills maths and employability courses.</p>
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

Course Title	F.I.L.M
<p>This course is for adults aged 19+ who would like to improve their Maths skills, understand job roles in the Film Industry and exploring new employment opportunities linked to the Crown Works Film Studio opening in Sunderland. An Initial Maths Assessment will take place to discover what level of Maths you are currently working to with the outlook of progressing further.</p> <p>You will improve your Maths skills by completing tasks on budgeting, working out costings and understanding how your numeracy skills translate to the world of work. You will build confidence with everyday maths and be able to relate this to your daily life skills, such as, understanding your payslips, looking at different rates of pay, better off calculations and engaging in group discussions.</p> <p>The duration of this course is 4 days and lunch will be provided.</p>	
Contact	hazel.cox@pallionactiongroup.co.uk 0191 514 2011

D -Number skills to access new and better jobs

Courses aimed at people who can't apply for certain jobs because of lack of numeracy skills and/or to encourage people to upskill in numeracy to access a certain job/career

Course Title	Let's work it out
<p>Learning will be on a 1:1 basis as this is the first step to help you increase your confidence with your maths skills.</p> <p>You will be supported to build confidence with everyday maths and increase your knowledge in, budgeting and managing money, knowing how to work out rates of pay and understand payslips, creating a CV and Cover Letter, how to efficiently search for jobs, seeking training opportunities and improving interview techniques</p> <p>Following the course, you could:</p> <ul style="list-style-type: none"> • Progress onto a higher level in maths • Have a better chance of finding employment or training opportunities • Access Information, Advice and Guidance with a Better Off Calculation • Upload your CV and Cover Letter to job sites <p>The Duration of this course is 3 Days and lunch will be provided.</p>	
Contact	hazel.cox@pallionactiongroup.co.uk 0191 514 2011

E – Functional Skills Qualification

For those wanting to gain a formal qualification

Course Title	Strength in Numbers
<p>A course for those who are in work and unable to apply for jobs or seek promotion due to lack of certificated numeracy skills. This is accredited provision, which will follow a structured initial assessment and diagnostic process to identify gaps in knowledge, followed by teaching and learning activities to address any gaps and to develop confidence and understanding.</p> <p>In addition to workshops, 1-2-1 advice sessions are offered by Tutors with feedback aimed to improve your personal understanding with maths. Your functional skills tutor will offer additional support as required and the course is typically 55 guided learning hours.</p> <p>Your tutor will work with you to create a unique Individual Learning Plan to help you identify your own personal learning targets. Throughout the course your tutor will assess your work, give supportive and developmental feedback, will ask you questions about the topics you are covering and observe your contribution to discussions. There will be continuous assessments to assess your understanding and there is an exam at the end of the course.</p> <p>Next Steps will be established through a tutor led Information, advice and guidance session and be recorded in your Individual Learning Plan, which may include progression to further qualifications in functional maths and numeracy or updating/writing a CV</p>	
Contact	Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk

I - Community based maths

Numeracy activities, course or provision developed in partnership with community organisations and other partners, aimed at all learners

Course Title	Fun With Numbers
<p>A course for adults aged 19+ looking to build confidence in maths and prepare for an accredited qualification. Fun With Numbers is a beginner-friendly course designed to introduce learners to the core concepts of functional skills maths in a relaxed and enjoyable environment. This course is ideal for individuals who want to improve their maths skills and work towards an accredited maths qualification. Whether learners are looking to refresh their knowledge or start from the basics, this course will set them on the right path.</p> <p>What to expect:</p> <ul style="list-style-type: none"> • Initial Assessment: Each learner will begin with an initial assessment to identify their current maths level and individual starting point. This helps tailor the course to meet their needs and ensure they're working at the right pace. • Engaging and Fun Approach: Maths doesn't have to be daunting! Through interactive activities, games, and practical examples, learners will gain a solid understanding of key maths concepts in a way that's fun and accessible. • Foundational Skills: The course covers fundamental topics in functional skills maths, providing learners with the confidence to tackle real-life maths problems and preparing them for further learning and progression. • 2 days face to face delivery <p>By the end of the course, learners will have a clearer understanding of their strengths and areas for improvement in maths, ready to take the next step toward an accredited qualification.</p>	
Contact	Contact@upliftassociates.co.uk 0191 500 1233

Course Title	Numbers 4 You
<p>FREE program to help adults become more confident with numbers. It can help you in your everyday life, from managing your finances to helping your children with their homework. It can also help you get a new job or study for further qualifications.</p> <p>Expert tutors will help you decide what you need to learn by checking what you already know and finding the gaps in your knowledge. They will then plan some bespoke learning - just for you and create a warm, welcoming and supportive environment in which to learn, with advice and guidance every step of the way.</p> <p>Courses run over 2 or 4 days so you can choose according to your existing commitments. These courses can lead to enrolment onto a qualification in maths at a level appropriate to you.</p>	
Contact	<p>01642 807229 07932 975939 Info@edentrainingacademy.org.uk</p> <p>@edentrainingacademysupport - Instagram Eden Training Academy Support - Facebook</p>

Course Title	Life in the Math Lane
<p>For anyone over the age of 19 who wants to improve their maths skill, numeracy activities will help to improve a limited understanding of numeracy and maths skills and develop confidence. Typically, 8 guided learning hours.</p> <p>Courses will be innovative and flexible to improve entry level numeracy skills and confidence. Tool kits, resources and teaching sessions have been developed. In addition to workshops, 1-2-1 advice sessions are offered with Tutors. A range of resources and activities will be used to develop maths skills during creative and innovative sessions. Specific feedback aimed to improve your personal understanding with maths, discussing subject topics.</p> <p>Your tutor will work with you to create a unique Individual Learning Plan, identifying your own personal learning targets, to enable your personal development. Throughout the course your tutor will assess your work, giving supportive and developmental feedback, asking you questions about the topics and observing your contribution to the discussions. There will be continuous assessments to assess your understanding and there is no exam at the end of the course.</p> <p>Next Steps will be established through a tutor led Information, advice and guidance session and be recorded in your Individual Learning Plan, which may include further access to numeracy, functional skills maths and employability courses.</p>	
Contact	<p>Karen Wakefield 0191 543 7177 Karen.wakefield@penshawview.co.uk</p>