



#Liveandlearn at the Tenant Academy

Training programme – Summer 2024



Nottingham
City Council

Housing
Services

#Liveandlearn at the Tenant Academy

Training programme – Summer 2024

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

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

How to book

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

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

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Qualifications, skills and training

Fire Warden and Fire Marshal Training

Wednesday 19 June, 10:30am to 12:30pm – online

Learn the basics of being a Fire Warden / Fire Marshal that will prepare you to carry out this very important role.

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



Level 2 Food safety and hygiene



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

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

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



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



Introduction to air fryer cooking. Win an air fryer!

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

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

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

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

Weekly cooking classes Fridays, 10am to 12.30pm

Facilitated by Nottingham College, learn thrifty recipes and get tips and advice to help keep the cost of your cooking down.

This is held at Beechdale Community Centre, Ambergate Road, NG8 3GD.

Email admin@diversifyeducation.co.uk to find out more.



Full first aid at work (three days)

Monday 24 to Wednesday 26 June, 9am to 3pm

Monday 15 to Wednesday 17 July, 9am to 3pm

Dunkirk Community Centre, Montpelier Road, NG7 2JW

Classroom-based 18 hour course over three days, providing a comprehensive set of first aid skills and knowledge for first aiders in most workplaces.

Emergency first aid at work (refresher)

Monday 24 June, 9am to 3pm

Monday 15 July, 9am to 3pm

Dunkirk Community Centre, Montpelier Road, NG7 2JW

Classroom-based course, providing a comprehensive refresher of first aid skills and knowledge for first aiders in most workplaces.

Email involved@nottinghamcity.gov.uk for more information and to book.



Paediatric first aid

Monday 24 and Tuesday 25 June, 9am to 3pm

Monday 15 and Tuesday 16 July, 9am to 3pm

Dunkirk Community Centre, Montpelier Road, NG7 2JW

A 12 hour classroom-based course over two days, focusing on emergency situations that face anyone who may be looking after infants and children.

Email involved@nottinghamcity.gov.uk for more information and to book on.



Skilled hands – women only creative craft classes*

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

Dress making

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

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

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

FREE to all unemployed women and those on low incomes.

Jewellery making workshop

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

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

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

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

Millinery Workshop

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

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

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

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



Soap making

Venue: The Mary Potter Centre, Hyson Green.

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

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

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

Sewing for beginners

Wednesdays, 9.30am to 12.30pm

Beechdale Community Centre, Ambergate Road, NG8 3GD.

Thursdays, 1pm to 3.30pm

The Training Centre, Unit 2 Lillington Road, Bulwell. NG6 8HJ.

For more information, email involved@nottinghamcity.gov.uk.



Build your own bike with Bikeworks

Thursdays and Fridays at 10.30am throughout summer
Nottingham Bikeworks, 23 Carlton road Nottingham NG3 2DG.

Nottingham Bikeworks are delighted to be delivering Build-a-Bike courses for 54 people, as part of the fantastic Travel Well project.

Build-a-Bike is a great way to get stuck in and learn some mechanical knowledge while preparing your very own bike to travel home on at the end of the day.

The project will take place around Aspley, Beechdale, Bilborough, Bulwell, Sneinton, St Ann's and Strelley – but is open to any Nottingham city resident who needs support with their mental or physical wellbeing, or is suffering from social isolation.



Green Meadows DIY workshops – basic plumbing

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

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

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



Subjects covered, include:

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

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

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

Green Meadows DIY workshops – basic woodworking

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

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

Subjects covered, include:

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

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

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



Green Meadows DIY workshops – heat loss, damp and ventilation

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

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

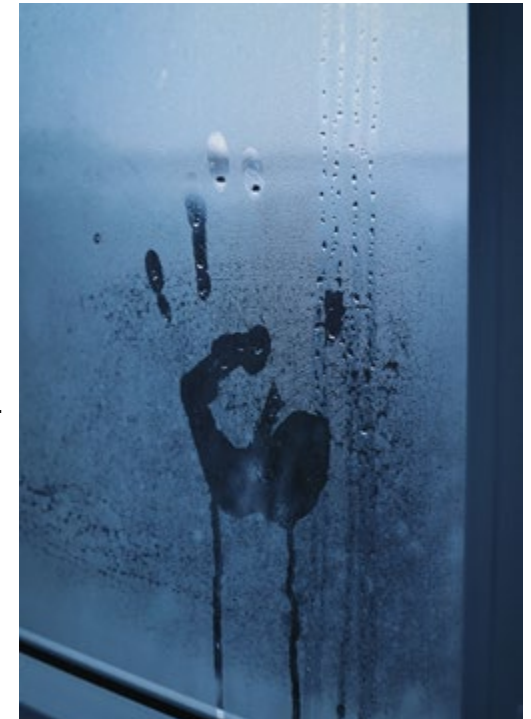
Learn how to find the target insulation values, which apply when 'thermal elements' are upgraded. Understand the damp and moisture risks when insulating buildings and how to minimise them.

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

You will also learn about:

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

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



Home Skills

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

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

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

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



Skills for leaders and volunteers

Addressing the barriers to volunteering

Tuesday 23 July, 10am to 11am – online

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



Advanced volunteer leadership

Wednesday 28 August, 10am to midday – online

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



Introduction to volunteers and the law

Wednesday 7 August, 10am to midday – online

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

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

Health and wellbeing

Mindfulness

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

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

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



Nottingham Recovery College

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



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

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

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

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

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

Thursdays, 5.30pm to 7.30pm

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

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

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

Self-care and relaxation

Fridays, 9.30am to 12.15pm at The Training Centre, Lillington Road, Bulwell NG6 8HJ

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

Assertiveness, confidence and wellbeing

Fridays, 1pm to 3.45pm at The Training Centre, Lillington Road, Bulwell NG6 8HJ

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

Introduction to confidence building

Thursdays, 9.30am to 4.30pm at The Bestwood Community Centre, Gainsford Crescent, NG5 5HT

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

Beauty and relaxation

Fridays, 9.30am to 12.30pm at Evolve, Helston Drive, Strelley NG8 6JZ

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

Conversations in the community

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



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

Benefits of this course include:

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

Email involved@nottinghamcity.gov.uk for details.

Practical dementia management: strategies and support

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

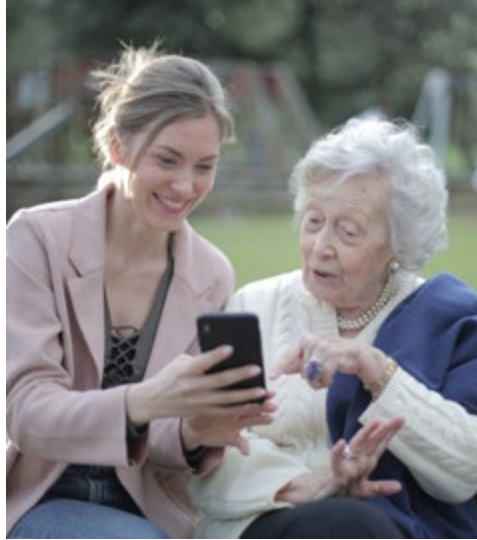
The course provides practical expertise to help you manage the symptoms of dementia.

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

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

To start the course, click the link below:

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



SMART Recovery

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

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

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

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

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



Domestic abuse and safeguarding

Own my life

A 12 week programme. Tuesdays and Fridays 10am to 11.30am at the Sherwood Community Centre, Mansfield Road.

Suitable for women in abusive relationships or those who have left an abusive relationship, or the perpetrator has been removed. Childcare spaces also available.

The course explores how you can regain ownership of your life following abuse, including owning our mind, body, choices, relationships, world and feelings.

We will explore the culture of abuse and violence, misogyny and disrespect in relationships.

All women who attend will be given an Own My life Journal that provides space for reflective practice and includes all the information provided throughout the course.

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

Power of change

Tuesdays and Fridays, 10am to 11.30am at The Sherwood Community Centre, Mansfield Road.

This programme is more suited to women who are no longer in an abusive relationship and not with a perpetrator. Childcare spaces also available.

This course covers the topics of:

- basic rights as women
- why is it so hard to leave?

There are sessions on boundaries, coping with grief, fear and guilt and anger. Dealing with requests and authority figures and using assertiveness skills.

We will identify the differences between healthy and unhealthy relationships, distinguish between healthy and unhealthy forms of conflict, and gain an understanding of the lack of realism in stereotypical representations of romantic love.

The final session will be around:

- endings and new beginnings.

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

Safeguarding

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

Introduction to safeguarding adults

- Tuesday 9 July, 10.30am to 1pm

Introduction to safeguarding children and young people

- Thursday 1 August, 10.30am to 1pm

Safeguarding children designated lead person

- Tuesday 27 August, 10.30am to 1pm

Trustees' safeguarding responsibilities

- Wednesday 14 August, 10.30am to 11.45am

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

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



Music production

Beatknots Music Academy

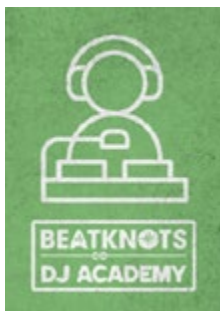
Funded by the Youth Music Foundation, the Beatknots Music Academy works collaboratively across four studio locations across Nottingham and Nottinghamshire. Over three years the Beatknots Project will offer 150 places to young people.

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

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

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

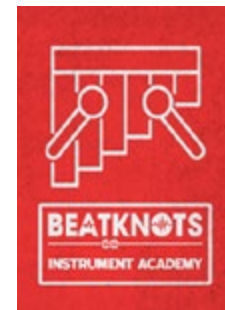
- A Record Label Academy
- Vocal Academy
- Music Production Academy
- Instrument Academy
- DJ Academy.



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

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

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



SEND music project

The Gateway Centre, Trent Lane, NG2 4DF

Certificated

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

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

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

They can also offer delivery of the Arts Award qualification.

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

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

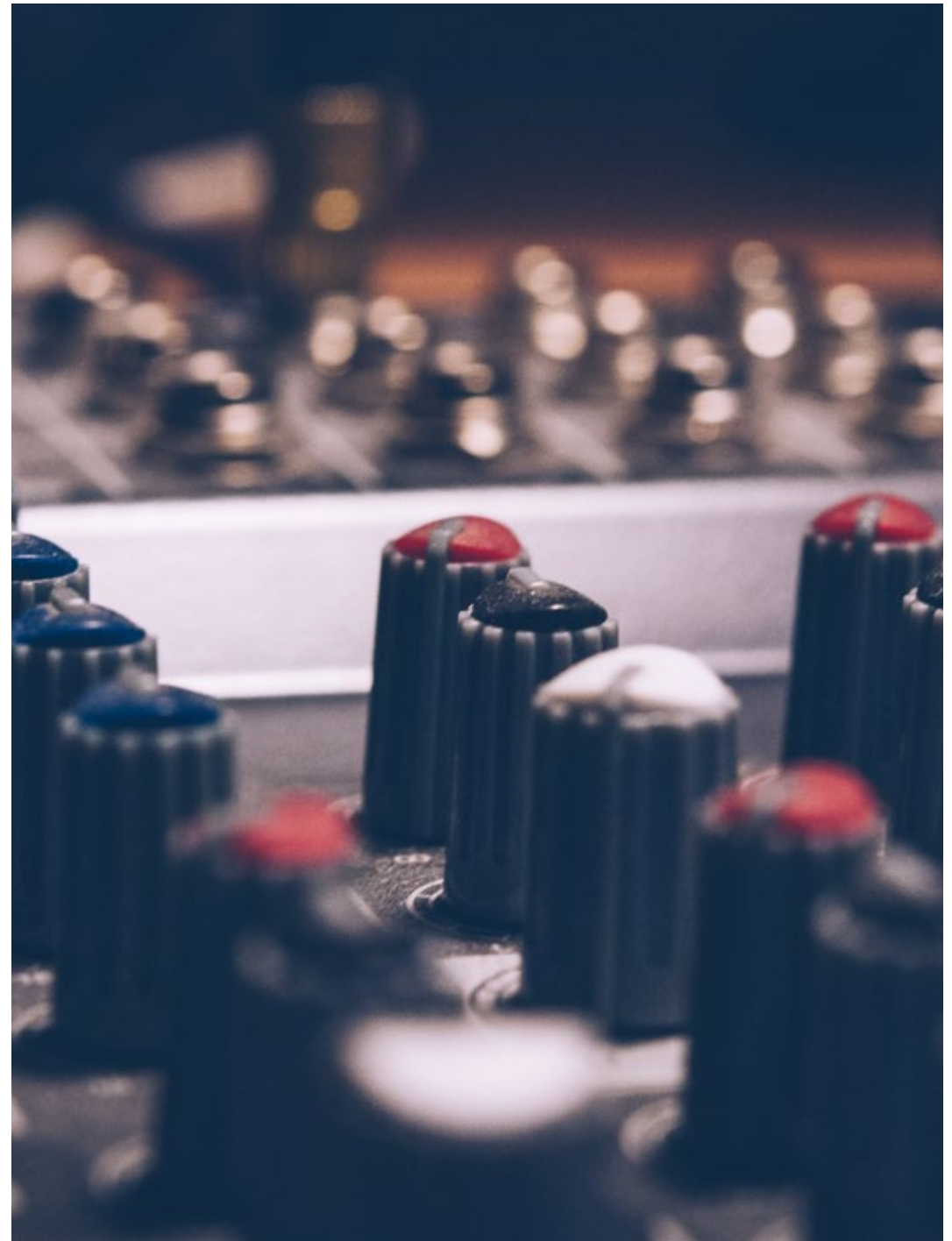
- your name
- age
- address
- contact number of a parent / guardian.

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

Fishergate Point Studios, Fisher gate, Nottingham

Tuesdays, 7.30pm to 9.30pm

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



Skills and education

Maths, English and digital skills

A range of courses available at locations across the city:

Functional Skills Maths

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

Digital Skills

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

Maths Thursday

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

English

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

Entry level two and level three Maths

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

Entry level 3 English

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

Entry level, level 2 and level 3 English

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

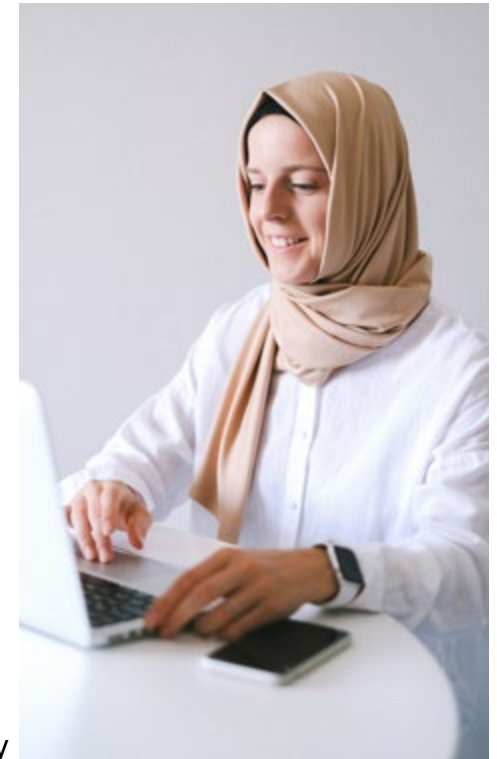
IT for beginners and improvers

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

IT for employment

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

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



Multiply in the community

Various workshop dates at locations, including:

Bestwood Community Centre, Strelley Social Club, Bulwell Toy Library and St Ann's Advice Centre.

A range of fun, maths and numeracy based workshops and short courses for people living in the city boundary.

Small steps to your English (ESOL course)

Wednesdays and Thursdays – dates and times TBC

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

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



MULTIPLY

LET'S MAKE IT COUNT

WHAT IS MULTIPLY?

Multiply is a new government-funded programme to help adults improve their numeracy skills.

Multiply offers easy access to free numeracy courses and initiatives that can help you brush up your maths skills and help you become more confident with numbers. Whether you need help in **managing your bills, budgeting or you want to improve your potential at work.**

WHO IS MULTIPLY FOR?

If you're aged 19+ do not already have a GCSE at grade C (or equivalent) in Maths, Multiply is available to you.

NOTTINGHAM CITY

Nottingham City council are delivering Multiply for resident within the Nottingham city boundary and for any other Nottinghamshire residents, you will need to contact Inspire: inspireculture.org.uk/skillslearning/multiply/

CAN YOU ACCESS MULTIPLY IF YOU ARE EMPLOYED?

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

WHAT LEARNERS HAVE TO SAY ABOUT MULTIPLY?

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

HOW TO ENROL ONTO A MULTIPLY COURSE OR WORKSHOP

Make direct contact with a Multiply delivery partner to find out more about their sessions or make contact with the Multiply team to discuss your needs
Multiply@nottinghamcity.gov.uk

THE MULTIPLY PARTNERS

In The Community :

- [Second Chance Learning Academy](#)
- [Direct Help and Advice](#)
- [Work Pays](#)
- [Nottingham Forest Community Trust](#)

For Work :

- [The Futures Group](#)
- [Nottingham College](#)

Funded by UK Government

Nottingham Economic Recovery Unit

Nottingham City Council

SKILLS FOR LIFE MULTIPLY

Messy Maths

Flexible dates and times. Courses delivered from Strelley Community Club, Helston Drive, Strelley, Nottingham. NG8 6JZ

This FREE, short course of four one and a half hour sessions is designed for parents, grandparents and carers who would like a boost in numeracy skills, while spending quality time with your little ones!

Activities include:

- Salt dough creations
- Making bird feeders
- Creating 3D castles
- Playdough shape activities.

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

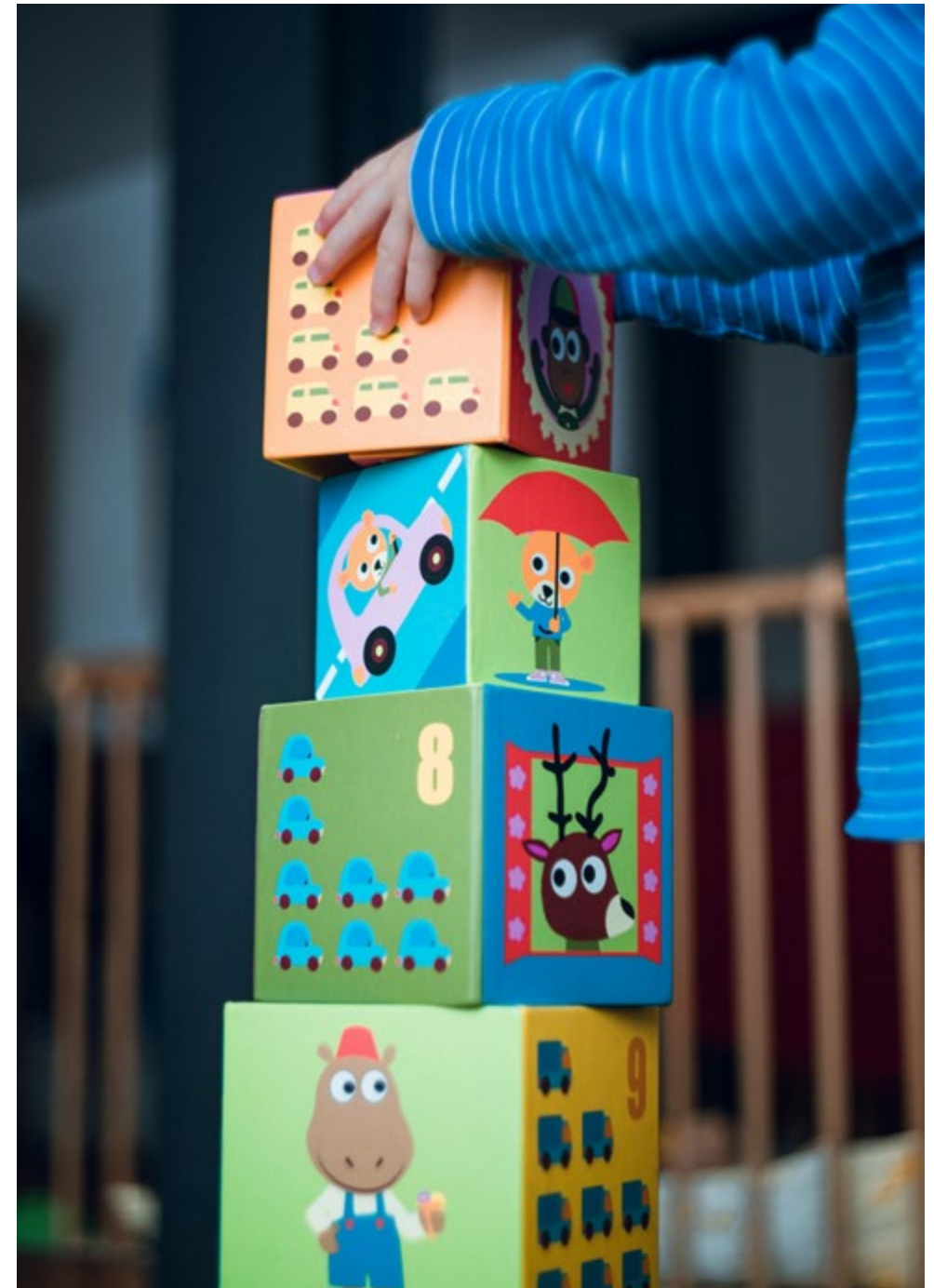


The poster features a red background with white and yellow text. At the top, it says 'SKILLS FOR LIFE' and 'work pays' with logos for 'Nottingham City Council' and 'In partnership with'. The main title 'MESSY MATHS!' is in large, bold, white letters. Below it, it says 'FOR PARENTS, GRANDPARENTS, CARERS AND LITTLE ONES!'. The poster includes illustrations of a girl and a boy, a clock, a house, a train, and various math symbols like a plus sign, a multiplication sign, and a division sign. At the bottom, there is a green box with contact information.

Free Sessions!
4 x 1.5 hour sessions
Join at any point!

Contact us to find local locations!

CONTACT US FOR MORE INFO
Rachael Sellors
01332 242857 or 07341864021
rachael.sellors@workpays.co.uk



Families and children

Cook and play

Tuesdays from 11am to 12.30pm

The Bridge Centre, 49A Gregory Boulevard, NG7 5JA

Learn how to create low-cost family friendly meals from scratch and have fun with your little ones (children aged from 0 to 3 years). All ingredients provided. Stay and enjoy the meal you have created and all cooking levels welcome.

Email involved@nottinghamcity.gov.uk for more information and to book on.

Grow, cook and play at:

Bulwell Forest Gardens

Mondays in the school holidays, 11am to 2pm

Austin Street, Bulwell NG6 9HE

Summerwood Community Garden

Tuesdays in the school holidays, 11am to 2pm

Clifton NG11 9DR

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

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



Family nature and gardening social at Arkwright Meadows Community Gardens Saturdays, 10.30am to 1pm

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

Session take place outside – so dress for the weather!

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



Gardening, growing food and wildlife conservation at St Ann's Allotments Every Tuesday, 10am to midday, Wednesdays midday to 2pm and every second and fourth Saturday of the month, 10am to 2pm

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

All tools are provided.

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

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



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

Community & Family Learning

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

Money, Values & Me

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

Watercolours for Wellbeing

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

All Aboard

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

Equipped2Succeed

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

Introduction to ESOL

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

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



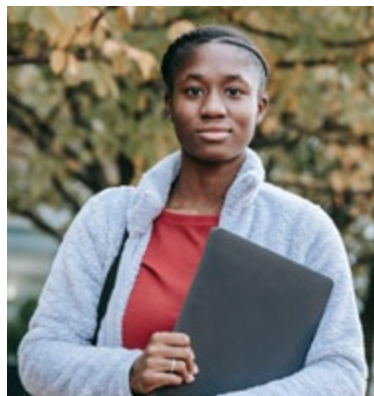
Employability

Employability skills

Various venues citywide

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

Email involved@nottinghamcity.gov.uk for details.



Evolve employment sessions

Weekdays in community venues, citywide

Join Evolve's employability team to help you take the next steps on your employment journey.

Open to all age groups. For details, call **07305 056 424** or email involved@nottinghamcity.gov.uk.

Evolve
Nottingham CIC

Employment

Based at convenient locations citywide, our support is tailored to you.

Our experienced Employment Team are here to help you take those next steps.

OPEN TO ALL AGE GROUPS

07305 056 424

employment-evolve@outlook.com

www.evolve-nottingham.com

Evolve Nottingham CIC @evolve-nottingham

Funded by UK Government Nottingham City Council PARTNERED BY LEVELLING UP

The poster features a green background with white and yellow text. It includes a graphic of three arrows pointing right, labeled 'SUPPORT', 'Recruiting', and 'Jobs'. Below the arrows are the words 'THIS WAY', 'Skills', and 'Coaching'.

Work Club – using IT for Employment

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

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

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



Diageo Learning for Life: Bartending and hospitality

Online course

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

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

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

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

Diageo Learning for Life: Hospitality

Online course

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

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

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

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



Nottingham Skills Academy: Introduction to information technology

Classroom based 10 day training course with flexible start dates.

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

Program includes:

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

Nottingham Skills Academy: Introduction to warehouse and storage

Classroom based 10 day training course with flexible start dates.

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

Program includes:

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



Nottingham Skills Academy: Introduction to construction

Classroom based two week training course with flexible start dates.

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

Program includes:

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

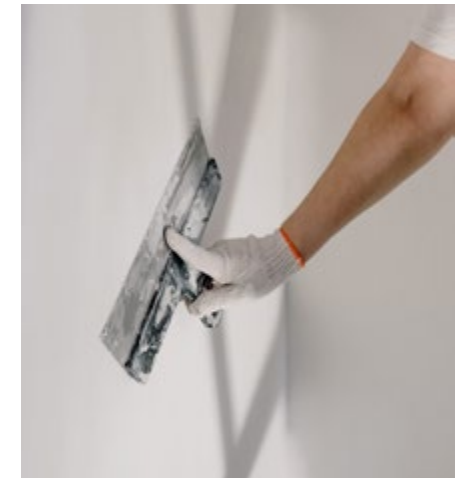
Nottingham Skills Academy: Plastering boot-camp

Classroom based four week training course with flexible start dates.

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

Program includes:

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



Nottingham Skills Academy: Painting boot-camp

Classroom based four week training course with flexible start dates.

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

Program includes:

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



Nottingham Skills Academy: Brick laying boot-camp – level two

Classroom based four week training course with flexible start dates.

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

Program includes:

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



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

Prince's Trust – Foundations for work course

Venues and dates TBC

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



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

Think Pink. All female taxi driving scheme

Flexible dates throughout the year

This is an all female taxi driving scheme supporting women into professional taxi driving.

This classroom-based course, in partnership with DG Cars, will support professional development, help with fees and:

- meaningful career opportunities enabling success in male dominated occupations
- gives women the opportunity to get flexible, well-paid work so they can balance providing for their families with their home life.
- provides a community of support through mentoring and friendship by women drivers for women drivers.
- creates independence and social mobility for women through economic empowerment.

To find out more, email thinkpinkdrivers@rosiemay.com or call **07470 512 589**.

Become a taxi driver
for **Think Pink** today!

Apply now!



Experience the advantages of:

- Self-Employment
- Flexible work options, including full-time and part-time hours
- Comprehensive training and continuous support
- The potential to earn over **£30,000** per year

THINKPINK  

 thinkpinkdrivers@rosiemay.com  07470 512589

Volunteering

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

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



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

Getting involved with us!

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

Nottingham Community and Volunteering Services

www.nottinghamcvs.co.uk/volunteering

Search hundreds of volunteering opportunities available now.

Stonebridge City Farm

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

Nottingham City Libraries

www.nottinghamcitylibraries.co.uk

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

Nottingham AgeUK

www.ageuk.org.uk

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

Nottingham City Care NHS volunteering opportunities

www.nottinghamcitycare.nhs.uk

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

Nottingham and Nottinghamshire Refugee Forum

www.nottsrefugeeforum.org.uk

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

Refugee Roots

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

Meet the Tenant Academy

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

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

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

We're at:

- The Mary Potter Centre on the first Tuesday of every month.
- The Chase Neighbourhood Centre, St Ann's on the second Tuesday of every month.
- Bulwell Riverside on the third Tuesday of every month.
- Bestwood Estate Community Centre on the fourth Tuesday of every month.
- Queens Walk Community Centre, The Meadows upon request.



**Nottingham
City Council**

**Housing
Services**

www.ncchousing.org.uk



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