



# #Liveandlearn at the Tenant Academy

Training programme – Autumn 2024



**Nottingham**  
**City Council**

Housing  
Services

# #Liveandlearn at the Tenant Academy

Training programme – Autumn 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](mailto: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.

## Contents

**Qualifications, skills and training** Page 3

**Skills for leaders of volunteers** Page 10

**Health and wellbeing** Page 12

**Domestic abuse and safeguarding** Page 15

**Music production** Page 17

**Skills and education** Page 19

**Families and children** Page 22

**Employability** Page 25

**Volunteering** Page 30

**Meet the Tenant Academy** Page 31

# Qualifications, skills and training

## Fire Warden and Fire Marshal Training

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

Email [involved@nottinghamcity.gov.uk](mailto: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](mailto: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](mailto: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](mailto:admin@diversifyeducation.co.uk) to find out more.



## Full first aid at work (three days)

Monday 14 to Wednesday 16 October, 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 14 October, 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](mailto:involved@nottinghamcity.gov.uk) for more information and to book.



## Paediatric first aid

Monday 14 and Tuesday 15 October, 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](mailto: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](mailto: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](mailto:involved@nottinghamcity.gov.uk).



## Build your own bike with Bikeworks

Thursdays and Fridays at 10.30am throughout autumn  
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.

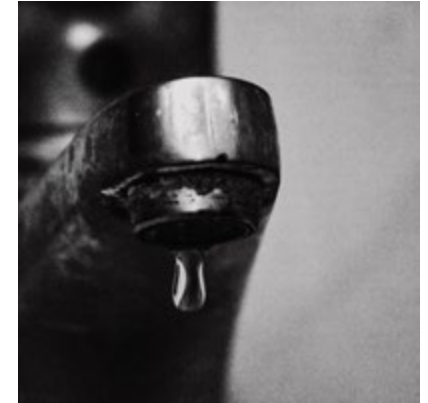


## Green Meadows DIY workshops – basic plumbing

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](mailto: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](mailto: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.

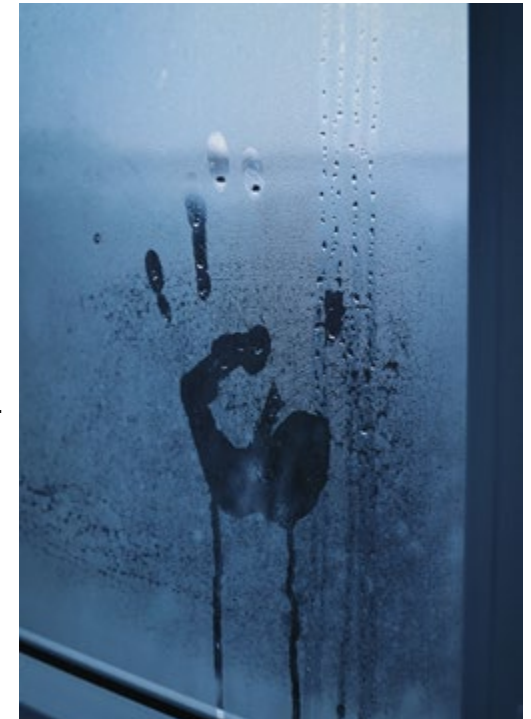
Learn how to find the target insulation values, which apply when 'thermal elements' are upgraded. Understand the damp and moisture risks when insulating buildings and how to minimise them.

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](mailto:involved@nottinghamcity.gov.uk) for more details.



# Skills for leaders of volunteers

## Skills for leaders of volunteers

Thursday 24 October, 10am to 11am – online

Learn how to identify the barriers to volunteering and look at the ways these can be lessened or removed to help you get the best volunteers for your organisation.



## Essentials of volunteer management

Wednesday 2 October, 10am to 11am – online

Start your journey into the exciting and rewarding world of volunteer leadership. This online training course will help you to explore the volunteer journey from start to finish.

## Advanced volunteer leadership

Tuesday 26 November, 10am to midday – online

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



## Assessing the impact of your volunteer programme

Tuesday 3 December, 10am to midday – online

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

## Dealing with conflict in your volunteer programme

Tuesday 22 October, 10am to midday – online

In any group of volunteers there will be occasional disagreements, personality clashes and conflicts. Although rare, this online course will help to provide the tips and the tools to ease any conflict situations if they occur.

## Introduction to volunteers and the law

Tuesday 12 November, 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](mailto: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](mailto: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](http://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](mailto: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](mailto: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](mailto:involved@nottinghamcity.gov.uk) to find out more.

## Positive change workshops

Mondays 11am to 2pm at Evolve, Helston Drive, Strelley NG8 6JZ

Assertiveness and confidence – Monday 16 September

Creating positive change – Monday 21 October

Goals and action planning – Monday 11 November.

## 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](mailto: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.

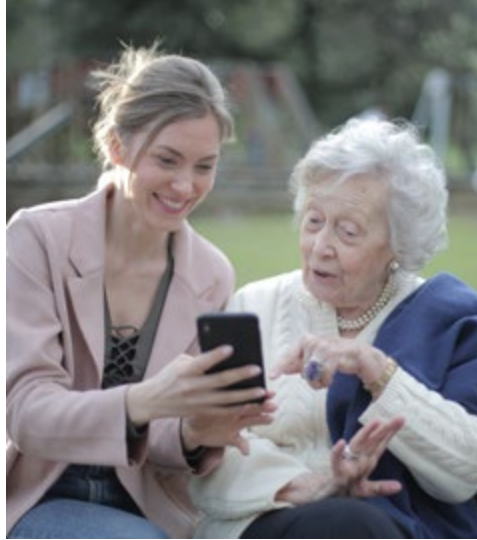
The course provides practical expertise to help you manage the symptoms of dementia.

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](mailto: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](mailto: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](mailto: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

- Wednesday 9 October, 10.30am to 1pm

### Introduction to safeguarding children and young people

- Wednesday 23 October, 10.30am to 1pm

### Safeguarding children designated lead person

- Wednesday 27 November, 10.30am to 1pm

### Trustees' safeguarding responsibilities

- Wednesday 13 November, 6pm to 7.15pm

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](mailto:involved@nottinghamcity.gov.uk).





# Music production

## Beatknots Music Academy

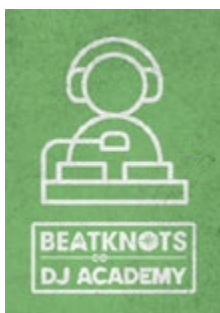
Funded by the Youth Music Foundation, the Beatknots Music Academy works collaboratively across four studio locations across Nottingham and Nottinghamshire. Over three years the Beatknots Project will offer 150 places to young people.

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:**

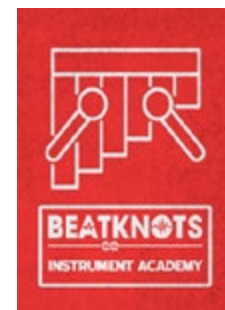
- A Record Label Academy
- Vocal Academy
- Music Production Academy
- Instrument Academy
- DJ Academy.



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](mailto: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](mailto:involved@nottinghamcity.gov.uk) using SEND in the subject title and please include in your email:

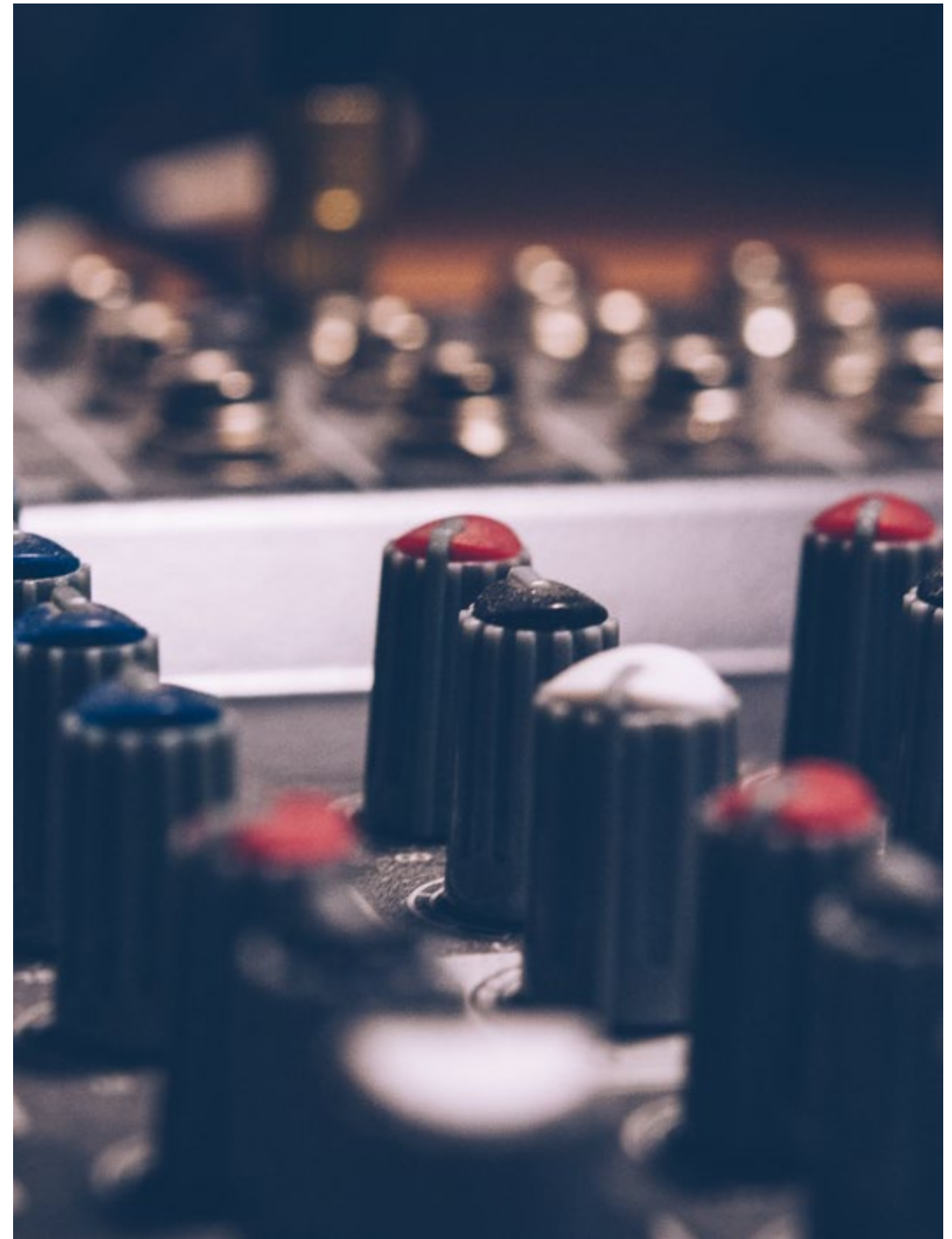
- your name
- age
- address
- contact number of a parent / guardian.

## 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 English and Maths

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

### Functional Skills Maths

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

### 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.

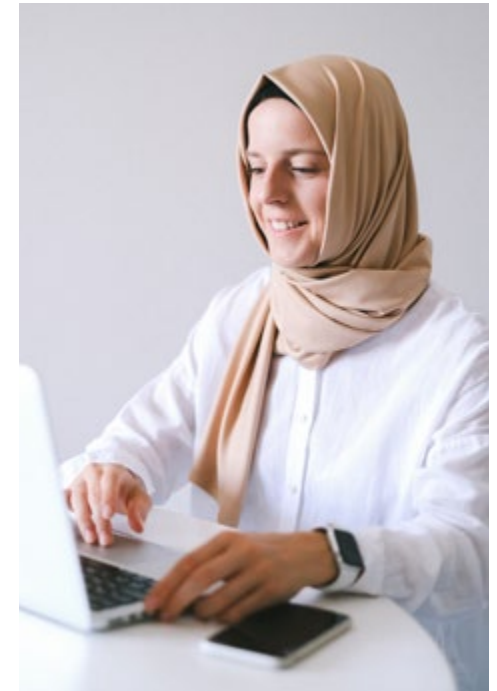
### IT for beginners and improvers

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

Email [involved@nottinghamcity.gov.uk](mailto: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](mailto: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/](http://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](mailto: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](mailto: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](mailto:involved@nottinghamcity.gov.uk) for more information.

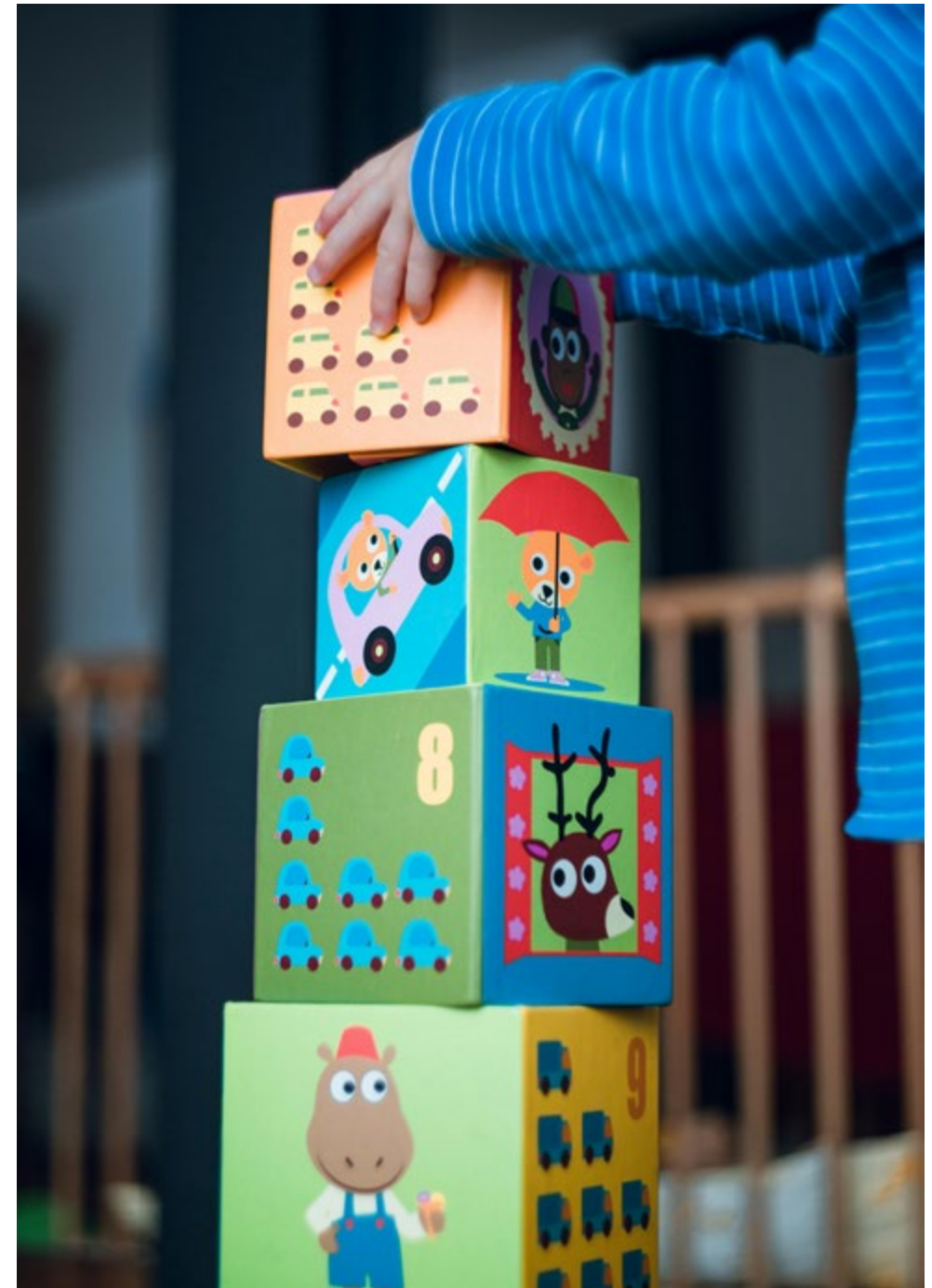


The poster features a red background with white and yellow text. At the top, it says 'SKILLS FOR LIFE' and 'work pays' with the Nottingham City Council logo. The main title 'MESSY MATHS!' is in large, bold, white letters. Below it, it says 'FOR PARENTS, GRANDPARENTS, CARERS AND LITTLE ONES!'. The poster includes illustrations of a girl and a boy, a clock, a house, a train, and a giraffe. A green box at the bottom contains contact information for Rachael Sellors.

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:learn@nottinghamcity.gov.uk)





# Employability

## Work clubs

Need help looking for work? Drop in to speak to an employment advisor from the Nottingham City Council Housing Services Employability Team at the following libraries:

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

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

## Work Club – using IT for Employment

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

- Wednesdays 10am to 12.15pm starting 11 September at Southglade Access Centre, Southglade Road, Bestwood NG5 5GU.
- Thursdays, 9.30am to midday starting 19 September at Evolve, Helston Drive, Strelley, NG8 6JZ
- Thursdays, 1pm to 3pm at Snapewood Community Centre, Snapewood Road, Bulwell NG6 7GH.

Email [involved@nottinghamcity.gov.uk](mailto:involved@nottinghamcity.gov.uk) for more 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](mailto:involved@nottinghamcity.gov.uk).

The poster features the Evolve Nottingham CIC logo at the top, with the word 'Evolve' in a stylized font and 'Nottingham CIC' below it. The main title 'Employment' is in large, bold, green letters. Below the title, there is a graphic of several arrows pointing right, with the words 'SUPPORT', 'Learning', 'Jobs', 'Skills', and 'Goals' written on them. The text 'Based at convenient locations citywide, our support is tailored to you.' is positioned to the left of the arrows. Below this, it says 'Our experienced Employment Team are here to help you take those next steps.' followed by 'OPEN TO ALL AGE GROUPS' in large, bold letters. The contact information '07305 056 424', 'employment-evolve@outlook.com', and 'www.evolve-nottingham.com' is listed. At the bottom, there are social media icons for Facebook and Instagram, and logos for 'Funded by UK Government', 'Nottingham City Council', and 'LEVELLING UP'.

## Introduction to business and information technology

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



**INTRODUCTION TO BUSINESS AND INFORMATION TECHNOLOGY**

**10 Day Fully-Funded Training Course**

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

**Free Digital Device upon completion!**

**Programme of training includes:**

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

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

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

**Free Digital Device upon completion!**

**We will also help you to develop your CV!**

Contact [nsa@skillspeoplegroup.com](mailto:nsa@skillspeoplegroup.com)  
or call 07971 570919 to find out more!

Nottingham Skills Academy, Unit 2 Clarence Court, Nottingham, NG3 2FB | [skillsacademies.com](http://skillsacademies.com)

**RNN GROUP**  
Education & Skills Funding Agency  
Nottingham College

## Diageo Learning for Life: Bartending and hospitality

Online course

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

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

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

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

## Diageo Learning for Life: Hospitality

Online course

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

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

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



To find out more about either of these Diageo courses, email [involved@nottinghamcity.gov.uk](mailto: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.

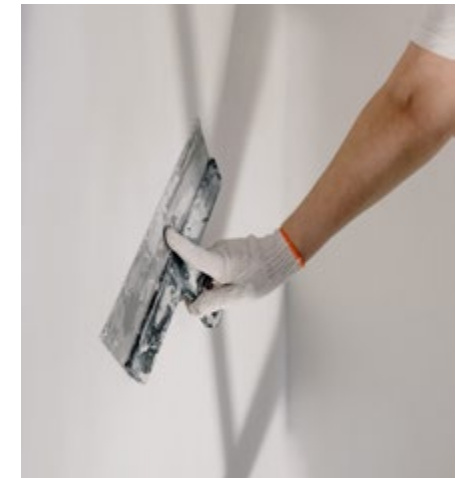
## Nottingham Skills Academy: Plastering boot-camp

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](mailto: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](mailto:involved@nottinghamcity.gov.uk) for more information.

## Green energy skills development

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

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

### The course covers skills like:

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

Upcoming courses start Monday 4 November, Monday 6 January and Monday 24 February.

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

Scan the QR code below, email [greenskills@futuresforyou.com](mailto:greenskills@futuresforyou.com) or call **0800 085 8520** for more information.



Funded by  
UK Government



Fu+ures

POWERED BY  
LEVELLING  
UP

# 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](mailto:involved@nottinghamcity.gov.uk) and we'll be in touch!

## Nottingham Community and Volunteering Services

[www.nottinghamcvs.co.uk/volunteering](http://www.nottinghamcvs.co.uk/volunteering)

Search hundreds of volunteering opportunities available now.

## Stonebridge City Farm

Go to [www.stonebridgocityfarm.com](http://www.stonebridgocityfarm.com) and click on 'More' and 'Volunteering and Vacancies' to find the latest opportunities.

## Nottingham City Libraries

[www.nottinghamcitylibraries.co.uk](http://www.nottinghamcitylibraries.co.uk)

Support educational growth by volunteering – call **0115 883 8332** or email [library.volunteer@nottinghamcity.gov.uk](mailto:library.volunteer@nottinghamcity.gov.uk).

## Nottingham AgeUK

[www.ageuk.org.uk](http://www.ageuk.org.uk)

Call **0115 844 0011** or email [volunteering@ageuknotts.org.uk](mailto:volunteering@ageuknotts.org.uk) to find out about opportunities.

## Nottingham City Care NHS volunteering opportunities

[www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)

Email [volunteeringcarenhs@nhs.net](mailto: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](http://www.nottsrefugeeforum.org.uk)

Find out about volunteering opportunities by emailing [volunteering@nottsrefugeeforum.org.uk](mailto:volunteering@nottsrefugeeforum.org.uk) or call **0115 960 1230**.

## Refugee Roots

Find out about volunteering opportunities and apply at [www.refugeeroots.org.uk/volunteer](http://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](http://www.ncchousing.org.uk)**



**NottmCCHousing**



**@NottmCCHousing**