



A guide to community courses and support in Nottingham



Next Steps



Choosing your Next Steps?

If you are new to Community & Family Learning or if you have just completed one of our many courses, our Next Steps guide could be for you.

Whether you are looking for a job, a course or just seeking some personal support, follow our Next Steps guide opposite to discover what support and opportunities area available and local to you.

Or, if you are enrolled or recently completed one of our Community & Family Learning courses, you might prefer to arrange a FREE appointment with our careers adviser, Tracy, to discuss your options and Next Steps.

Interested? Then get in touch by contacting:

Tracy Winter
CFL Partnership & IAG Coordinator
07929 667 364
learn@nottinghamcity.gov.uk

You're always the right age to learn new skills

Lifelong learning for a better tomorrow
Community & Family Learning courses have already improved lives of many adults living in Nottingham. Our creative courses are designed to inspire and give adults the confidence to learn again, develop new skills and achieve personal goals.

What is Community & Family Learning?

Community & Family Learning is a partnership of high-quality training providers who are part-funded by Nottingham City Council. Together, the partnership offers a wide range of creative and engaging courses that are delivered in the heart of local communities.

For 2023/24, the partnership includes:

- ◆ Belong
- ◆ Creative Pathways
- ◆ Life Education East Midlands
- ◆ Nottingham College
- ◆ Nottingham Ice Arena
- ◆ Second Chance Learning Academy

Who is Community & Family Learning for?

Community & Family Learning is for adults of all backgrounds aged 19+ who want to gain new skills to improve their own learning, support their children's learning and/or develop work skills to improve chances of employment or promotion. We offer a range of courses that:

- ◆ Encourage adults to take the first steps back into learning
- ◆ Improve basic literacy, including ESOL
- ◆ Improve numeracy skills, including budget management
- ◆ Develop techniques to manage personal health & wellbeing
- ◆ Improve digital skills and online safety
- ◆ Support adults to improve their personal development and work-related skills

Are Community & Family Learning courses free?

All courses are free of charge if you are aged 19+ and:

- ◆ Actively looking for work or considering your future work options
- ◆ In receipt of eligible benefits and would like to improve your skills
- ◆ Working, but earning less than £20,319 per year

Next Steps

I'm looking for a job but...

I'm not sure what I would like to do...

Try a skills assessment

www.nationalcareers.service.gov.uk/

I would like some extra support

See what support is available in Nottingham

Go to page 9

I would like to continue learning but...

I'm not sure what to do next

Talk to our careers advisor

Email learn@nottinghamcity.gov.uk

I'm not sure what courses are available

See what other courses we deliver

Go to page 4

I would like to know more about...

Health and wellbeing support

Go to page 11





Volunteering opportunities

Go to page 10

Community & Family Learning Courses 2023/24









If you are interested in enrolling on any of our courses contact the delivery partner for further details including locations, dates and times.

English Speakers of Other Languages

Course	Course Aims	Delivery Partner	Contact Details
An Introduction to ESOL (Pre-Entry)	Develop your skills and confidence if you have limited or no English communication skills.		<p>  Rosie Fisher  0115 979 0015  rosie.fisher@belong.nottingham.co.uk </p>
Building a Foundation in ESOL (Entry 1)	Enhance your language skills, expand your vocabulary and develop the ability to communicate effectively in a variety of everyday situations.		
Building Confidence in Using English Every Day (Entry 2)	Build on Entry 1 by expanding your vocabulary and introducing more complex grammar structures, moving from “simple sentence level” to “compound sentence level”.		
ESOL for Integration (Entry 3)	Integrate your learning goals and enhance your language skills by working on more complex grammar structures, expanding vocabulary and fluency.		
Working Towards Fluency in ESOL (Level 1)	Gain the skills to participate fully in UK life, including how to access opportunities for employment and further or higher education.		





Family Learning

Course	Course Aims	Delivery Partner	Contact Details
Coping with Anxiety	Explore strategies for managing worries, supporting your child's health and well-being, and your own.		<p> Sue Archer</p> <p> 0115 965 3916</p> <p> Sue@lifeeducationeastmidlands.co.uk</p>
Cyber Heroes	Keep your family safe online and explore non-internet hobbies. Adults and children learn together for the last part of each session.		
Family Fortunes	Build financial capability and develop positive money habits. Adults only or families together.		
Family Fun with Tablets	Explore safe apps for your children's tablets, regardless of Android or Apple devices.		
Feel Good Families	Boost your parenting skills, discover the secrets of successful parenting, and help your children make healthy choices. Learn stress management and improve your child's well-being.		
Family SEAL	Learn to support your child's behaviour for learning. Topics include motivation, building a positive attitude, making friends, and social skills. Children join for the last part of each session.		
Family SEAL for Transition	Explore strategies for managing worries, supporting your child's health and well-being, and your own.		
Robots and Coding	Use coding apps to control robots and Lego, keeping up with what your children learn in school. Adults only or families together.		
Values, Money & Me	Interactive family workshop based around budgeting, exploring family finances. Join in the activities and have a free Ice skating lesson with the children at the end of every session.		<p> Ryan Rathbone</p> <p> 0115 853 3061</p> <p> ryan.rathbone@national-ice-centre.com</p>




Family Literacy & Numeracy

Course	Course Aims	Delivery Partner	Contact Details
Keeping up with the Children Literacy	Boost your English while assisting your child's education. This course provides a chance to enhance language skills and support your child's learning journey.	 NOTTINGHAM COLLEGE	 Paul Huskisson  0115 9100 100  paul.huskisson@nottinghamcollege.ac.uk
Keeping up with the Children - Family English & Language	Improve your English and help your child become good at telling facts from opinions; and become confident about using punctuation, grammar, nouns, adjectives, verbs, and more.		
Keeping up with the Children Numeracy - Family Maths	Update your maths knowledge addition, subtraction, multiplication, and division as taught in today's schools for various age groups in KS1 and KS2, making learning fun and enjoyable.		


Health and Wellbeing

Course	Course Aims	Delivery Partner	Contact Details
Crafts for Fundraising Make a Difference	Explore how to successfully promote and make your own crafts, gain knowledge on fundraising and how to launch your own craft business.	 Creative PATHS	 Karyn Stavert  07722 783 467  karyn@creativepaths.org.uk
Creative Paths to Feeling Good	Creative course exploring the positive effects on mental health. Learn stress reduction techniques, boost self-esteem and engage in creative activities aligned with 'Wellbeing Five a Day' principles.		
Journaling the Artist's Way	Discover the art of keeping a diary and its profound impact on mental health. Master diary writing for self-discovery, creativity, and personal growth.		
Watercolours for Wellbeing	An introduction to the basics of watercolour painting, with a focus on the wellbeing benefits of the art form.		

Personal Development

Course	Course Aims	Delivery Partner	Contact Details
Equipped2 Succeed for Employment	Become more confident and better equipped to present yourself, your experience and skills in professional situations.	 Second Chance Learning Academy	👤 Chloe Bacon ☎️ 07399 630 885 ✉️ chloe@scla.org.uk

ESOL for Hong Kong British Nationals

Course	Course Aims	Delivery Partner	Contact Details
ESOL provision for: Hong Kong British Nationals (HKBN)	<p>Develop your confidence in speaking & listening, reading & writing.</p> <p>We offer a wide range of ESOL courses for HKBNO at various levels from pre-entry up to Level 2. These are offered in a location in the city and in some cases also online. Begin undertake all referrals, undertake an initial assessment and signpost to the most appropriate provider.</p>	 BEGIN <small>basic educational guidance in Nottinghamshire</small>	👤 Begin team ☎️ 0115 978 0942 ✉️ enquiries@begin.org.uk

Multiply

Course	Course Aims	Delivery Partner	Contact Details
Multiply	Whether you need help managing your bills, budgeting or you just want to improve your potential at work, Multiply offers easy access to free numeracy courses and initiatives that can support you to brush up on your maths skills to be more confident with numbers.	MULTIPLY	👤 Corynne Clarke ☎️ 07467 109 421 ✉️ corynne.clarke@stannsadvice.org.uk



Courses & Workshops

Green's Windmill

Science centre, baking workshops,
community gardens

☎ 0115 915 6878

✉ greensmill@nottinghamcity.gov.uk

🌐 www.greensmill.org.uk/visiting-the-mill

Shifting your Mindset

Supporting BAME community. Young
dads programme, single mums parenting
course, Let's Talk group

☎ 07816 597 100

✉ info@shiftingyourmindset.co.uk

🌐 www.shiftingyourmindset.co.uk

Skilled Hands Organisation

Jewellery, hat, and dress-making
courses for women

☎ 07432 440 997

✉ skills.hands.org@gmail.com

🌐 www.skilledhandsorganisation.org

New Art Exchange

Exhibitions, workshops for adults and
children

☎ 0115 924 8630

✉ info@nae.org.uk

🌐 www.nae.org.uk

Nottingham Women's Centre

Arts club, life coach, beauty therapy,
ESOL, counselling services for women

☎ 0115 941 1475

✉ reception@nottinghamwomenscentre.com

🌐 www.nottinghamwomenscentre.com

Nottingham College

Community & Family courses, ESOL,
plus vocational courses, Multiply and
Functional Maths & English

☎ 0115 9100 100

✉ enquiries@nottinghamcollege.ac.uk

🌐 www.nottinghamcollege.ac.uk

Nottingham Playhouse

'Pay what you can' shows, adult
community groups and workshops

☎ 0115 941 9419

✉ boxoffice@nottinghamplayhouse.co.uk

🌐 www.nottinghamplayhouse.co.uk

Begin

Impartial advice on ESOL, Functional
Maths & English courses

☎ 0115 884 2072

✉ enquiries@begin.org.uk

🌐 sites.google.com/site/beginbyiza



Employment Support

St Ann's Advice Centre

Welfare services, employability & skills

☎ 0115 950 6867

✉ info@stannsadvice.org.uk

🖱 www.stannsadvice.org.uk

The Bestwood Partnership

Pathways to health and social care, employment support

☎ 0115 975 5758

✉ admin@bestwood.org.uk

🖱 bestwood.org.uk

Framework Housing

Housing, employment support & skills services

☎ 0115 841 7711

✉ www.frameworkha.org/contact

🖱 www.frameworkha.org

The Bridges Community Trust

Employment support

☎ 0115 671 0200

✉ info@bridgescommunitytrust.org.uk

🖱 www.thebridgescommunitytrust.org.uk

Futures

Employment support & skills services

☎ 08000 85 85 20

✉ hello@futuresforyou.com

🖱 www.futuresforyou.com

National Careers Service

Careers advice, explore employment & skills, find local courses

☎ 0800 100 900

✉ nationalcareers.service.gov.uk/contact-us

🖱 nationalcareers.service.gov.uk

Evolve

Employment, community & family support within Broxtowe and Strelley

☎ 07851 292 071

✉ evolvenottingham@outlook.com

🖱 www.evolvenottingham.com

equipped2succeed

Personal development and employability

☎ 07399 630 885

✉ chloe@scla.org.uk

🖱 www.equipped2succeed.co.uk/community



This is just some of the support available in Nottingham.
For further information visit asklion.co.uk.

Volunteering Opportunities

Nottingham Age UK

Volunteering opportunities

☎ 0115 844 0011

✉ volunteering@ageuknotts.org.uk

🌐 www.ageuk.org.uk

NCVS Services

Volunteering opportunities

☎ 0115 934 8400

✉ ncvs@nottinghamcvvs.co.uk

🌐 www.nottinghamcvvs.co.uk

Nottingham City Care NHS

Volunteering opportunities

☎ 07881 037 877

✉ volunteeringcitycare@nhs.net

🌐 www.nottinghamcitycare.nhs.uk

Sneinton Community CIC

Community & volunteering opportunities

☎ 0115 958 6892

✉ info@sneintoncommunity.co.uk

🌐 www.sneintoncommunity.co.uk

Nottingham Castle

Volunteering opportunities

☎ 0115 876 3100

✉ volunteer.programme@nottinghamcity.gov.uk

🌐 www.nottinghamcastle.org.uk

Refugee Forum

Volunteering opportunities

☎ 0115 960 1230

✉ info@nottsrefugeeforum.org.uk

🌐 www.nottsrefugeeforum.org.uk

Nottingham City Libraries

Volunteering opportunities

☎ 0115 883 8332

✉ library.volunteer@nottinghamcity.gov.uk

🌐 www.nottinghamcitylibraries.co.uk

Nottingham City Council

Nottingham Together Volunteering

🌐 nottinghamcity.goassemble.com



This is just some of the support available in Nottingham.
For further information visit asklion.co.uk.

Health and Wellbeing

Active Nottingham

Clifton Leisure Centre

Southchurch Drive, Clifton, NG11 8AB

Djanogly Community Leisure Centre

Gregory Boulevard, Hyson Green NG7 6ND

Harvey Hadden Sports Village

Wigman Road, Bilborough, NG8 4PB

Ken Martin Leisure Centre

Hucknall Lane, Bulwell, NG6 8AP

Southglade Leisure Centre

Southglade Road, Bestwood, NG5 5GU

Victoria Leisure Centre

Gedling Street, City Centre, NG1 1DB

☎ 0115 876 1600

✉ sportandleisure@nottinghamcity.gov.uk

🌐 www.activenottingham.com/

Health and Wellbeing Hub Nottingham

Support for mental health, drugs or alcohol use, benefits support and employment

☎ 0800 028 5598

✉ info@nottinghamwellbeinghub.org

🌐 www.nottinghamwellbeinghub.org

Green Spaces

Social prescribing programme

☎ 0115 934 8400

✉ ncvs@nottinghamcvs.co.uk

🌐 www.nottinghamcvs.co.uk/voice-and-partnerships/greenspace

Nottinghamshire Hospice

Bereavement counselling

☎ 0115 962 1222

✉ info@nottshospice.org

🌐 www.nottshospice.org/service/bereavement-support



This is just some of the support available in Nottingham.
For further information visit asklion.co.uk.



**Community & Family
Learning Nottingham**
Lifelong learning for a better tomorrow

learn@nottinghamcity.gov.uk