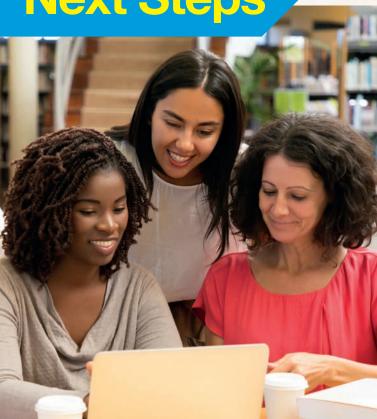
A guide to community courses and support in **Nottingham**















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.

I'm not sure www. Try a skills what I would nationalcareers. ľm assessment like to do... service.gov.uk/ looking for a job See what I would like but... support is Go to page 9 some extra available in support **Nottingham Email** I'm not sure Talk to our learn@ I would nottinghamcity. what to do next careers advisor like to gov.uk continue **learning** I'm not sure See what other but... what courses Go to page 4 courses we are available deliver Health and wellbeing I would Go to page 11 support like to know more **Volunteering** Go to page 10 about... opportunities

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. | 25 | Rosie Fisher 0115 979 0015 rosie.fisher@ |
| 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. | Belong | belong nottingham.co.uk |
| 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. | Life Education East Midlands Helping children make healthy choices | Sue Archer 115 965 3916 Sue@life educationeast midlands.co.uk |
| 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. | National Ice Centre | Ryan Rathbone 0115 853 3061 ryan.rathbone@ national-ice- centre.com |







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 | Paul Huskisson O115 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@creative paths.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) | Develop your confidence in speaking & listening, reading & writing. We offer a wide range of ESOL courses for HKBNO at various levels from preentry 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. | BEGIN LA LONG DE LA LO | 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

\$\text{©} 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

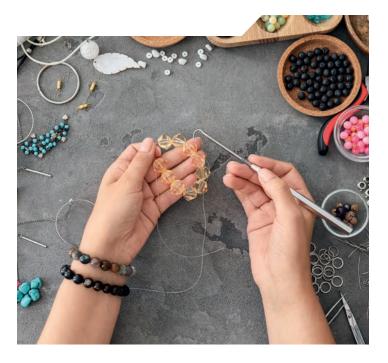
Begin

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

© 0115 841 7711

services

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

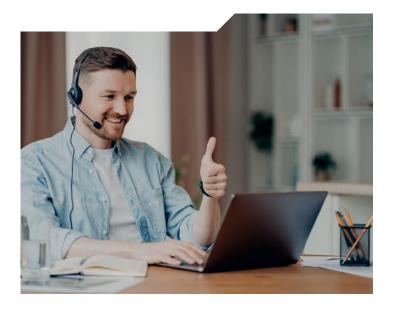
equipped2succeed

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@nottinghamcvs.co.uk

www.nottinghamcvs.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 CentreGregory Boulevard, Hyson Green NG7 6ND

Harvey Hadden Sports Village Wigman Road, Bilborough, NG8 4PB

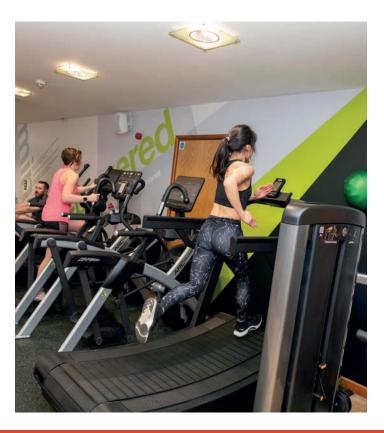
Ken Martin Leisure Centre Hucknall Lane, Bulwell, NG6 8AP

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



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