



A guide to community courses and support in Nottingham

Community & Family Learning Nottingham



Next Steps



Education & Skills Funding Agency



Nottingham City Council

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're in search of employment, further learning, or simply seeking personal assistance, explore our Next Steps guide to discover the support and opportunities that are available locally 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 Paths CIC
- ◆ 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
- ◆ Have resided in the UK or EU/EEA for 3 years or more

Next Steps Guide

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'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

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I would like to know more about...

Volunteering opportunities

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Health and wellbeing support

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Community & Family Learning Courses 2023/24

English Speakers of Other Languages

Course	Course Aims
An Introduction to ESOL (Pre-Entry)	Develop your skills and confidence if you have limited or no English communication skills.
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.

For further information please contact



 Rosie Fisher  0115 979 0015

 rosie.fisher@belongnottingham.co.uk

“The course has benefited me by giving me the confidence to speak English and go outside of my comfort zone to meet new people”



Family Learning

Course	Course Aims
Coping with Anxiety	Explore strategies for managing worries, supporting your child's health and well-being, and your own.
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.
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.
Specialist Workshops for Dads/Male Carers and Grandparents	Keep up-to-date on what your children / grandchildren are doing in school. Learn some fun activities with them.
Coding: an Introduction to a Career in Coding	Equips learners with coding skills, paving the way for considering coding as a career.
Relationships Education for Parents and Carers	Offers parents of children in years 4, 5, and 6 guidance on engaging in their child's relationships education, encouraging discussion at home and at school.
Talking Tough Topics	Equips parents with strategies to prepare their children for modern dangers such as online grooming, bullying, and substance abuse.
Steps to Mental Wellbeing	Explores evidence-based methods to enhance mental health for both adults and children, promoting happiness, positivity, and resilience.

For further information please contact



 Sue Archer  0115 965 3916

 Sue@lifeeducationeastmidlands.co.uk

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.

For further information please contact



 Ryan Rathbone  0115 853 3061

 ryan.rathbone@national-ice-centre.com

Family Literacy & Numeracy

Course	Course Aims
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.
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.
Reading Rucksacks	Promotes literacy through interactive engagement, creative storytelling, and fostering family involvement in children's learning.
Sow and Grow	Aims to foster family bonding through gardening, promoting skills and environmental awareness.
All Aboard	Family learning course is to involve families in exploring trains together through interactive activities, including a day trip on a train.

For further information please contact



 Paul Huskisson
  0115 9100 100
 paul.huskisson@nottinghamcollege.ac.uk

Health and Wellbeing

Course	Course Aims
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 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.

For further information please contact



 Karyn Stavert
  07722 783 467
 karyn@creativepaths.org.uk

Personal Development

Course	Course Aims
Equipped2succeed wellbeing and employability programme	Develop the skills to manage stress, build confidence and present the best version of yourself to potential employers.

For further information please contact



 Chloe Bacon

 07399 630 885

 chloe@scla.org.uk

ESOL for Hong Kong British Nationals

Course	Course Aims
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 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.

For further information please contact



 Begin team

 0115 978 0942

 enquiries@begin.org.uk

Multiply

Course	Course Aims
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.


For further information please contact



 Corynne Clarke

 07467 109 42

 corynne.clarke@stannsadvice.org.uk



“This course has helped me to make new friends, set new goals and re-ignite my passion for helping others.”

Further Learning

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

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

Begin
Impartial advice on ESOL, Functional Maths & English courses

☎ 0115 884 2072

✉ enquiries@begin.org.uk

🌐 sites.google.com/site/beginbyiza

New Art Exchange
Exhibitions, workshops for adults and children

☎ 0115 924 8630

✉ info@nae.org.uk

🌐 www.nae.org.uk

Green's Windmill
Science centre, baking workshops, community gardens

☎ 0115 915 6878

✉ greensmill@nottinghamcity.gov.uk

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

Nottingham Women's Centre
Arts club, life coach, beauty therapy, ESOL, counselling services for women

☎ 0115 941 1475

✉ reception@nottinghamwomenscentre.com

🌐 www.nottinghamwomenscentre.com

Skilled Hands Organisation
Jewellery, hat, and dress-making courses for women

☎ 07432 440 997

✉ skills.hands.org@gmail.com

🌐 www.skilledhandsorganisation.org

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

☎ 0115 941 9419

✉ boxoffice@nottinghamplayhouse.co.uk

🌐 www.nottinghamplayhouse.co.uk



“The tutor was lovely, it felt like you were going to meet a friend. I am now working at my child's school as a mid-day supervisor. The course made me feel confident enough to apply for the role”

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

Second Chance Learning Academy

Personalised 1-1 wellbeing & employability

☎ 07399 630 885

✉ chloe@scla.org.uk

🌐 www.scla.org.uk/contact-us

“It has helped me to become more confident and trust that I am capable of whatever I put my mind towards”



Volunteering Opportunities

Nottingham City Libraries

Volunteering opportunities

☎ 0115 883 8332

✉ library.volunteer@nottinghamcity.gov.uk

🌐 www.nottinghamcitylibraries.co.uk

Nottingham City Care NHS

Volunteering opportunities

☎ 07881 037 877

✉ volunteeringcitycare@nhs.net

🌐 www.nottinghamcitycare.nhs.uk

Nottingham Age UK

Volunteering opportunities

☎ 0115 844 0011

✉ volunteering@ageuknotts.org.uk

🌐 www.ageuk.org.uk

Nottingham Castle

Volunteering opportunities

☎ 0115 876 3100

✉ volunteer.programme@nottinghamcity.gov.uk

🌐 www.nottinghamcastle.org.uk

NCVS Services

Volunteering opportunities

☎ 0115 934 8400

✉ ncvs@nottinghamcvs.co.uk

🌐 www.nottinghamcvs.co.uk

Refugee Forum

Volunteering opportunities

☎ 0115 960 1230

✉ info@nottsrefugeeforum.org.uk

🌐 www.nottsrefugeeforum.org.uk

Sneinton Community CIC

Community & volunteering opportunities

☎ 0115 958 6892

✉ info@sneintoncommunity.co.uk

🌐 www.sneintoncommunity.co.uk

Nottingham City Council

Nottingham Together Volunteering

🌐 nottinghamcity.goassemble.com



“The things I’ve learnt helped me to manage my anxiety better and do more engaging things with my son.”



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

Health and Wellbeing

Health & 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

Family Hubs

Activities for children 0-12+, parenting programmes, Advice & support for families

✉ CityWideEarlyHelpTeams@nottinghamcity.gov.uk

🌐 www.asklion.co.uk/kb5/nottingham/directory/landing.page?directorychannel=3_2

Wellness in Mind

Primary care services include psychological, or talking therapies, information on safe & warm Hubs

☎ 0800 561 0073

🌐 www.wellnessinmind.org/finding-help/interventions/

Nottinghamshire Hospice

Bereavement counselling

☎ 0115 962 1222

✉ info@nottshospice.org

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

Nottingham City General Practice Alliance Weight Management Support

**12-week 'getting healthy' programme
Organisations Slimming World, Notts County, Oviva app**

🌐 www.ncgpa.org.uk/weight-management-support



“I now know how to manage my stress better, stay calm and stay well.”

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