



Sunderland Learning and Skills Service

Adult Education Course Directory 2023–24



Education & Skills
Funding Agency




Sunderland
City Council



Welcome to The Learning and Skills Service, Course Directory 2023–24

Sunderland City Council's Learning and Skills Service, which is rated Good by Ofsted, offers a wide range of courses for adults across all of Sunderland's localities.

This includes family learning, employability courses, health and wellbeing programmes and other accredited courses leading to qualifications and skills. These programmes are designed to support people to gain the skills and confidence they need to improve their lives and progress to employment, volunteering or further learning.

Please enjoy looking at the opportunities we have on offer. Eligibility criteria applies for course enrolment, please contact the training companies directly for more information.

For general enquiries, please email: facl.info@sunderland.gov.uk

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What to expect from Adult Learning

Choosing the right course

You will be offered information, advice and guidance about the course to help you to decide if the course is for you.

You will receive pre-course information to explain the purpose of the training.

You will receive an initial assessment to help you understand areas you may wish to develop.

What else will be covered on your course...

Safeguarding - making sure you understand how to stay safe and know how to report any concerns

Online safety - to support you to know how to keep yourself and your information safe online

Equality and diversity - to help you to understand the protected characteristics and to learn about equal opportunities and valuing others

Maths and English - this will be embedded in your learning to allow you to develop and practise these skills

Supporting your learning

If you think you may need additional support to complete your training programme, please discuss this with your tutor.

We can often support with things like:

- One-to-one support
- Childcare costs
- Travel costs
- Specialist equipment

At the end of your course

You will be offered:

- An opportunity to offer feedback on your training
- Advice on progression routes into further training
- Support to find work/voluntary placements

Adult Education Budget

What is the Adult Education Budget fund?

The Adult Education Budget (AEB) is a fund that has been set up by the government to help support the delivery of education and training to people aged 19* and over. AEB funding aims to engage adults in learning and provide them with learning opportunities to help them gain new skills and knowledge to gain employment, progress in work or to further their education.

Adult Education Budget in Sunderland

The Learning and Skills Service offers courses in a wide range of learning venues across Sunderland, via online platforms and distance learning. This means you can access learning locally in community centres, schools, libraries, central buildings and in your own home.

Eligibility

To be eligible for the AEB funding, you must meet the following criteria:

- Must be aged 19 or over on the 1 August 2023
- Must not have previously completed the course you are wanting to enrol on or another course where the content is similar
- Must not be currently enrolled on any other government funded education programme
- Must meet residency eligibility

Course fees and funding

To access training, all learners are subject to funding eligibility. We ask all learners for eligibility evidence on enrolment, this might include proof of address, payslips, and photographic identification.

English and maths courses are free for learners who do not hold a GCSE grade 4/C or above.

If you are unemployed and in receipt of state benefit or are working and earn less than £20,319, then you are likely to be entitled to a free course (eligibility requirements apply).

When you enrol you will need your personal details, including address, date of birth, telephone number, national insurance number, information about any benefits you receive and information on previous learning you have completed.

To discuss course fees and funding in detail please contact training providers directly.

*funding is available for learners under 19 on selected family courses



Choosing the right course for you

Functional skills

Do your maths and English skills need a refresh? Do you want to gain a recognised qualification to support your long-term goals into employment or further training. We offer a variety of courses to achieve this.

Skills for employment

Are you out of work? Do you want to change your career? Not sure what types of jobs are available? You can gain qualifications appropriate to your chosen career in the following sectors:

- Customer service and retail
- Logistics and warehousing
- Construction
- Health and social care
- Childcare and education
- Sport and nutrition
- Preparation for work and further training

Family learning

Family learning is delivered in community settings and schools across Sunderland, providing educational skills to the adult involved, whilst working with their children. This supports parents to gain literacy, numeracy and everyday life skills to develop confidence to support their child's learning.

Digital skills

Whether you're new to digital skills, would like to improve your computer skills, get to grips with a smartphone, camera or tablet or use the internet for job search, we have courses for you.

Health, wellbeing and confidence building

We have a range of courses designed to improve your health and wellbeing, social wellbeing and to build confidence to engage with others whilst learning practical skills.

MULTIPLY maths courses

A government-funded programme to help adults improve their numeracy skills, build confidence with numbers and gain a qualification.



Functional skills



Uplift Associates Functional English Entry Level 1, 2 and 3

Who is this course for?

Adult learners who want to develop their confidence, fluency and a positive attitude towards English.

What will I learn on the course?

You will develop skills and confidence with:

- Speaking and listening in everyday scenarios
- Reading and understanding information, signs and instructions
- Spelling, punctuation and grammar and writing for a range of purposes

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. You will be offered a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. Your tutor will support you to assess and record your own progress. You will sit an exam at the end of each entry level that you complete.

What next, after the course?

You could progress onto a higher level English course, seek volunteering roles, access employability courses or update/write a new CV to reflect your new qualifications.



Uplift Associates Functional Maths Entry Level 1, 2 and 3

Who is this course for?

Adult learners who want to develop an appreciation of the role mathematics in the world of work and life in general.

What will I learn on the course?

You will work on a range of activities and focus on:

- Number and number patterns
- Written calculation, handling information and data
- Multiplication, fractions, percentages and practical problems
- Shape, space and measures

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. You will be offered a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. Your tutor will support you to assess and record your own progress. You will sit a calculator and non-calculator exam at the end of each entry level that you complete.

What next, after the course?

You will have more confidence with number and could progress onto a higher level maths course, seek volunteering roles, access employability courses or update/write a new CV to reflect your new qualifications

How can I enrol?

Contact the Uplift Team for an informal discussion:

 contact@upliftassociates.co.uk  0191 500 1233

Functional skills



Northern Rights Functional Skills English

Who is this course for?

Adult learners who want to develop their confidence, fluency and a positive attitude towards English.

What will I learn on the course?

You will develop skills and confidence with:

- Speaking and listening in everyday scenarios
- Reading and understanding information, signs and instructions
- Spelling, punctuation and grammar and writing for a range of purposes

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. You will be offered a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. Your tutor will support you to assess and record your own progress. You will sit an exam at the end of each entry level that you complete.

What next, after the course?

You could progress onto a higher level English Course, seek volunteering roles, access employability courses or update/write a new CV to reflect your new qualifications.



Northern Rights Functional Skills Maths

Who is this course for?

For those who would like to develop maths skills to support applying for jobs and in daily life.

What will I learn on the course?

You will develop your confidence and knowledge of:

- Number
- Shape, space and measures
- Percentages
- Understanding and using data
- Everyday maths

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions. There will be an assessment at the end of the course

What next, after the course?

You could progress onto a higher level maths course, update your CV and access employability courses.

How can I enrol?

Get in touch with Paula McGuire or Jonny Hastings for more information

 pmcguire@northernrights.org.uk  07715 403 319

 jhastings@northernrights.org.uk  0191 466 1095

Functional skills



Brightsparks Functional Skills English

Who is this course for?

Residents of Swan Lodge who want to develop their English skills or gain a qualification for employment and further learning.

What will I learn on the course?

You will build confidence and skills in English and work on a range of reading and writing tasks, with a focus on:

- Spelling
- Punctuation
- Grammar
- Comprehension

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions. There will be an exam at the end of the course.

What next, after the course?

You could progress onto a higher level English course, seek volunteering roles, access employability courses or update/write a new CV to reflect your new qualifications.



Brightsparks Functional Skills Maths

Who is this course for?

Residents of Swan Lodge who want to develop their Maths skills or gain a qualification for employment and further learning.

What will I learn on the course?

You will build confidence and skills in Maths. You will work on a range of maths some of these are:

- Addition
- Multiplication
- Graphs
- Mean, mode and median

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions. There will be an exam at the end of the course.

What next, after the course?

You could progress onto a higher level maths course, update your CV and access employability courses.

How can I enrol?

Get in touch with Sonia Ritchie-Park for an informal discussion

 brightsparkstraining@yahoo.co.uk  0786084468

Functional skills



Learning Concepts Ltd Functional Skills Maths EL3, Level 1, Level 2

Who is this course for?


19+ learners without a L2 or equivalent in Maths

What will I learn on the course?

- Fractions, decimals and percentages
- Whole numbers
- Measures, shape and space
- Handling data

How can I enrol?

Contact the centre to arrange an appointment.

 0191 514 1215

How will I learn?

Classroom online learning with tutor support.

Remote learning available

What next, after the course?

Progression through each level up to Level 2, discussion of next steps, such as apprenticeships, further education or employment

Skills for employment



Penshaw View Training Certificate in Work Related Studies for Customer Service

Who is this course for?

Learners who want to develop a fundamental understanding of the importance of customer service.

What will I learn on the course?

You will develop understanding of customer service, relating to:

- Conversation
- Rapport building
- Communication methods
- Complaint resolution

How will I learn?

You will take part in a 3-day classroom course working through the qualification with an experienced tutor.

What next, after the course?

You will have access to interviews in the customer service sector.



Penshaw View Training Level 1 Award in Customer Service

Who is this course for?

Learners who are seeking employment in the customer service sector.

What will I learn on the course?

You will gain an understanding of what is required from you in a customer service role.

Topics include:

- Communication methods
- Organisational procedures
- Dealing with queries, problems and complaints
- Customer relations

How will I learn?

You will take part in a 1-day classroom course working through the qualification with an experienced tutor.

What next, after the course?

You will have access to interviews in the customer service sector.

Skills for employment



Penshaw View Training Diploma in Work related studies for Customer Service

Who is this course for?

Learners who want to gain a qualification and be fully versed in the principles of customer service in a way that contributes positively to a business.

What will I learn on the course?

You will learn about high customer service standards and gain a great introduction to the customer service environment, including:

- Conversation
- Rapport building
- Communication methods
- Complaint resolution

How will I learn?

You will take part in a 3-day classroom course working through the qualification with an experienced tutor.

What next, after the course?

You will have access to interviews in the customer service sector.



Penshaw View Training Level 2 Certificate in Lean Techniques

Who is this course for?

Learners who are looking to fulfil a role using lean techniques including manufacturing and engineering.

What will I learn on the course?

You will understand 'lean' techniques and how to contribute to reducing waste, improving efficiency and adding value to the customer. Topics include:

- The concept of a lean environment
- The productivity needs analysis process
- Producing a process map
- Continuous improvement techniques Kaizen
- The principles and techniques of workplace organisation
- Visual indicators to improve the work environment
- Ways to eliminate variance from processes in the workplace

How will I learn?

You will take part in classroom-based learning experienced tutor.

What next, after the course?

You will have access to interviews in the sector.

Skills for employment



Penshaw View Training Level 1 Award in Health and Safety within a Construction Environment

Who is this course for?

Learners looking to work within the construction sector.

What will I learn on the course?

Topics include:

- Knowledge of common hazards and risks in a construction environment
- Safe manual handling practices
- Working safely at height
- Working safely around plant and machinery
- The importance of effective teamwork and communication in ensuring safe working practices are followed in the construction industry

How will I learn?

Tutor led classroom learning.

What next, after the course?

The qualification has also been designed so that if you successfully complete it, you can go on to complete the CITB Operatives Health, Safety and Environment knowledge test will have fulfilled the knowledge needed to apply for the CSCS Labourer's Card.



Penshaw View Training Become Your Best You - CVs!

Who is this course for?

This course is for participants who may be looking to enhance their employability skills, be facing multiple barriers in being able to prepare for, training, employment or self-employment. It is particularly beneficial for the unemployed, over 50, living with health conditions, from an ethnic minority or haven't worked for some time.

What will I learn on the course?

- The core information a curriculum vitae (CV) needs and why they are important when applying for a job
- What personal information needs to be included on a curriculum vitae (CV)
- How general data protection regulations (GDPR) affects your CV and how to protect your information when applying for jobs
- Equality, diversity and inclusion - how information on CVs can discriminate against you and how to avoid including this on your CV

- Individual discussion between tutor and participant to discuss suitability of CV for chosen progression (is the CV fit for purpose).

How will I learn?

Taking part in face-to-face workshops, using session resources to develop suitable content for a CV. Using IT skills to research sector roles and identify relevant skills and attributes for specific jobs. There will not be any tests during the course as the tutor will assess how well you are doing by observing, seeing you participate in group tasks and chat about what knowledge you are gaining.

What next, after the course?

You could move on to gain a certificate with us or in your chosen job sector after having met local employers to look at employment opportunities.

Skills for employment



Penshaw View Training Become Your Best You - Step into Training

Who is this course for?

This course is for local residents who may be facing multiple barriers in being able to prepare for learning, or training. It is particularly beneficial if you are unemployed, over 50, living with health conditions, from an ethnic minority or haven't worked for some time.

What will I learn on the course?

You will develop skills and confidence in the areas that you have identified support is needed, following an individual discussion where you will be offered information, advice and guidance to allow you to plan what you want to achieve in your personal progression. You will have the chance to learn new skills, gain confidence, look at local opportunities and make decisions about your next steps. You will be introduced to sector specific courses to enable you to enter the local labour market once you are ready.

How will I learn?

A range of activities are included, and these can be adapted to suit you. At the end of each session, your tutor will discuss with you what has gone well in the session, what you have gained from it and plan what you want to move on to next. There will not be any tests during the course as the tutor will assess how well you are doing by observing, seeing you participate in group tasks and chat about what knowledge you are gaining.

What next, after the course?

You could move on to gain a certificate with us or in your chosen job sector after having met local employers to look at employment opportunities.



Penshaw View Training Become Your Best You - Step into Employment

Who is this course for?

This course is for local residents who may be facing multiple barriers in being able to prepare for learning, or training. It is particularly beneficial if you are unemployed, over 50, living with health conditions, from an ethnic minority or haven't worked for some time.

What will I learn on the course?

You will develop skills and confidence in the areas where you have identified support is needed. You will have the chance to learn new skills, gain confidence, look at local opportunities and make decisions about your next steps. You will get help with creating a CV, preparing for interview and placements and taking steps into work.

How will I learn?

A range of activities are included, and these can be adapted to suit you. At the end of each session, your tutor will discuss with you what has gone well in the session, what you have gained from it and plan what you want to move on to next. There will not be any tests during the course as the tutor will assess how well you are doing by observing, seeing you participate in group tasks and chat about what knowledge you are gaining.

What next, after the course?

You could move on to gain a certificate with us or in your chosen job sector after having met local employers to look at employment opportunities.

Skills for employment



Penshaw View Training Certificate in Warehousing and Storage Principles

Who is this course for?

Learners looking to work within the warehousing sector.

What will I learn on the course?

Topics included:

- The different careers and different types of organisations in the warehousing industry
- The different job roles available within the warehousing industry
- The different functions of the warehousing industry
- The digital skills required to work effectively in the warehousing industry

How will I learn?

You will take part in a 3-day classroom course working through the qualification with an experienced tutor.

What next, after the course?

The qualification can also be used to progress to a qualification in the same subject area but at a higher level, or where more specific knowledge, skills and understanding is required.

How can I enrol?

Call or email Loren Charlton on

 loren.charlton@penshawview.co.uk  0330 223 6144 or 07494 738 082



Learning Concepts Ltd Level 1 Certificate - Introduction to Construction

Who is this course for?

Learners who want to develop the knowledge and skills specific to the sector and how it operates.

What will I learn on the course?

The programme will cover:

- Understanding the industry
- Health and safety
- Construction practices
- Working, moving and handling

How will I learn?

Tutor led classroom learning.

What next, after the course?

Learners can sit CSCS test and apply for their card. Progression onto L2 construction. Apprenticeship and/or employment.

Skills for employment



Learning Concepts Ltd Level 1 Award in Preparing to Work in Express Logistics

Who is this course for?

Learners who want to develop the knowledge and skills specific to the sector and how it operates.

What will I learn on the course?

Units covered include:

- An introduction to express delivery and a sortation hub
- Health and safety

How will I learn?

Tutor led classroom learning.

What next, after the course?

Progression onto L2 construction. Apprenticeship and/or employment



Learning Concepts Ltd BTEC Certificate in Principles of Customer Service Level 1

Who is this course for?

Learners who want to develop the knowledge and attitudes required for working within a customer service environment.

What will I learn on the course?

You will learn about the sector and gain a better understanding in order to support their career choices.

How will I learn?


Tutor led classroom learning.

What next, after the course?

You could progress onto Level 2 Customer Service.

How can I enrol?

Contact the centre to arrange an appointment.

 0191 514 1215

Skills for employment



Sportscape Training Level 1 - Introduction to Retail with Personal Development

Who is this course for?

Learners who would like to gain exposure to life in the retail sector and to form a basis of further study or employment.

What will I learn on the course?

You will improve your knowledge and confidence on life working in retail.

This includes:

- Retail overview
- Customer service
- Health and safety
- Team work
- Personal development

How will I learn?

This is a classroom based course where you will set personal targets that are discussed along your learning journey to allow you to enhance your knowledge and confidence. Throughout the course, you will complete activities including research, group discussions, workbook questions and observations.

What next, after the course?

You can progress to gain an accredited retail Level 2 qualification or attend interviews with retail employers.



Sportscape Training Level 2 Retail

Who is this course for?

Learners who want to develop their knowledge and confidence in retail and would like a guaranteed interview upon completion of training.

What will I learn on the course?

You will improve your knowledge and confidence on the retail sector. This includes:

- Customer service within retail
- The importance of teamwork within retail
- Promoting and upselling within retail
- Retail health and safety
- Handling customer payments

How will I learn?

This is a classroom based course where you will set personal targets to allow you to progress your knowledge and confidence on retail. Throughout the course, you will complete activities including written questions and answers, single and group discussions and observations.

What next, after the course?

You could gain suitable employment or volunteering roles with the sector.

Skills for employment



Sportscape Training Level 1 – Introduction to Warehousing with Personal Development

Who is this course for?

Learners who would like to gain exposure to life in the warehousing sector and to form a basis of further study or employment. Completing this introduction to warehousing course gives a platform to gain an accredited qualification through further learning and the confidence to attend an interview in the warehousing sector.

What will I learn on the course?

You will improve your knowledge and confidence on life working in the warehousing sector.

This includes:

- The warehousing sector
- Customer service in warehousing

- Health and Safety
- A warehousing business overview
- Personal development

How will I learn?

This is a classroom based course where you will set personal targets that are discussed along your learning journey to allow you to enhance your knowledge and confidence. Throughout the course, you will complete activities including research, group discussions, workbook questions and observations.

What next, after the course?

You can progress to gain an accredited Level 2 Warehousing qualification or attend interviews at warehousing employers.



Sportscape Training Level 2 Warehousing

Who is this course for?

This course is for adults who are 19+ who would like to develop their knowledge and confidence on the warehousing sector. Completing this level 2 warehousing course supports employment opportunities within the sector and has a guaranteed interview upon completion.

What will I learn on the course?

You will improve your knowledge and confidence on the warehousing sector.

This includes:

- Receiving and storing goods
- Processing orders

- Delivering effective customer service
- Health, safety, security and legislation
- Teamwork

How will I learn?

You will set personal targets, to allow you to progress your knowledge and confidence on warehousing and gaining an accredited qualification. You will complete activities including written questions and answers, single and group discussions and observations.

What next, after the course?

You could gain suitable employment or volunteering roles with the sector.

How can I enrol?

Contact Sportscape for a chat.

hello@sportscapetraining.com 0191 337 1553

Skills for employment



Three13 Training & Enterprise Advance - AIMVOC Level 1 Award in Skills for Horticulture

Who is this course for?

Those lacking in confidence, and/or require work experience and support to move on to their next steps. This course aims to help you to move forward with your life and reach your full potential.

What will I learn on the course?

You will support with establishing a thriving community garden, growing produce and flowers, supporting those in sheltered housing and residential care in the local neighbourhoods to maintain their communal grounds, or building raised beds for a community garden project. We have found fostering community in this way has a powerful effect on inclusion, as well as on health, wellbeing, attitudes and confidence.

How will I learn?

We offer individuals the opportunity to 'do' not just sit and listen, and this 'hands on' programme enables this in a safe and supportive environment.

We want to ensure all our learning offers you the scope to try new things, increase your confidence and feel supported in your next steps.

What next, after the course?

You may want to consider further training with qualifications. Three13 also offer courses developing skills to work in construction and building industries. In addition, you may want to get your CSCS Green Card to enable you to work in this sector. You may want to consider other local courses to develop your skills further. We can suggest some volunteering opportunities and help you either find work or agree an action plan for your next steps.



Three13 Training & Enterprise Skills for Working in Construction

Who is this course for?

Learners who want to gain practical, hands-on experience with carpentry, landscaping or painting and progress into construction career.

What will I learn on the course?

The course will cover:

- Health and safety in the workplace and in practice
- Building and construction tasks
- Introduction to environmental sustainability
- Taking part in an activity project
- Job seeking
- How to improve your wellbeing

How will I learn?

We offer individuals the opportunity to 'do' not just sit and listen, and this 'hands on' programme enables this in a safe and supportive environment.

We want to ensure all our learning offers you the scope to try new things, increase your confidence and feel supported in your next steps.

What next, after the course?

Further training/qualifications, for example Three13 also offer a course to develop your knowledge so you can gain your CITB Green Card to enable you to work as a labourer in construction and building industries. You may want to consider other local courses to develop your practical construction skills for a specific trade.

Skills for employment



Three13 Training & Enterprise Level 1 Award in Health and Safety in a Construction Environment/CSCS Preparation

Who is this course for?

Learners who want to work in construction and building industries.

What will I learn on the course?

You will learn about all of the potential hazards that may present themselves whilst working on site and gain practical advice on keeping both yourself and others safe in a workplace setting.

How will I learn?

Via a range of activities, such as direct teaching,

discussions, workbooks, mock tests and tasks to develop your skills and knowledge. We know that a full day in a classroom can be difficult, so we will break up the day by undertaking some practical work either outside in our community garden or within our carpentry workshop.

What next, after the course?

You may want to consider further training/work experience with qualifications. Three13 also offer courses developing skills to work in construction and building industries.

How can I enrol?

For an informal chat or to come and see our centre, contact:

 Colin.fozzard@three13.co.uk  07886 965 412
 john.ramsden@three13.co.uk  07359 386 549



Northern Rights Learn to Earn

Who is this course for?

For those who would like to develop the skills to successfully apply for jobs using techniques to improve your CV, cover letters and interview techniques.

What will I learn on the course?

CV techniques and updating your CV to specific jobs, cover letters how they make a difference, Interview techniques and preparation, why researching a job/company can make all the difference in being successful.

How will I learn?





Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

What next, after the course?

Digital confidence courses or improve your English and maths skills.

How can I enrol?

Get in touch with Paula McGuire or Jonny Hastings for more information

 pmcguire@northernrights.org.uk  07715 403 319
 jhastings@northernrights.org.uk  0191 466 1095

Skills for employment



Training in Care Level 1 Award in Preparing to Work in Adult Social Care

Who is this course for?

For learners who want to develop a basic knowledge of the adult social care sector and is aimed at those learners who wish to explore roles in this field.

What will I learn on the course?

This qualification provides a pathway into the sector for individuals considering a career in health and/or social care or those returning to work after a career break. It does not confirm competence in a job role but provides an opportunity to develop knowledge about the wider health and social care sector before learners decide whether working in the sector is for them and gain information to make decisions about career progression.

How will I learn?

Online learning – The tutor will support learners to access resources, tasks and activities to develop skills and knowledge. Assessments will be completed and tutor feedback is given throughout.

Face-to-face learning – the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback. A total of 5 assessments will be completed.

What next, after the course?

Seek volunteering opportunities within adult care settings progress on to a Level 2 Diploma in Care.



Training in Care Level 2 Diploma in Care

Who is this course for?

For learners who want to develop the knowledge and skills required to work in a range of clinical healthcare support settings and in health and adult care environments.

What will I learn on the course?

It covers a wide range of areas including dementia awareness, mental health and well-being, supporting individuals with their physical and emotional care, daily living needs and healthcare procedures. The content is also aligned with the knowledge and skills required for the Adult Care Worker and Healthcare Support Worker apprenticeship standards and includes mandatory and optional units.

How will I learn?

The course includes a work experience element of 150 hours of placement where evidence of skills needs to be gathered.

Learners will be required to undergo a DBS check when enrolling onto this course.

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. Assessments will be completed and tutor feedback is given throughout.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback. An assessment will be completed at the end of each unit.

What next, after the course?

Apply for roles within the adult care sector or progress onto a Level 3 Diploma in Care.

Skills for employment



Training in Care Level 1 Award in an Introduction to Early Year's Settings

Who is this course for?

For learners who want to gain a basic knowledge of childcare in early years environments. The qualification is aimed at parents and volunteers wishing to participate in the provision made by early years environments, such as pre-schools.

What will I learn on the course?

The value of play, roles and responsibilities of carers and volunteers and the importance of developing links in the local community. It covers working with children up to the age of 5 years.

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. Assessments will be completed and tutor feedback is given throughout.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback. An assessment will be completed at the end of each unit.

What next, after the course?

Explore volunteering roles or progress into Level 2 Certificate for the Children and Young People's Workforce.



Training in Care Level 2 Certificate for the Children and Young People's Workforce

Who is this course for?

For learners to build the knowledge and skills needed when working with children and young people from birth to 19 years of age. It covers a diverse range of job roles and occupational areas working in children's environments including early years and social care.

What will I learn on the course?

It covers a wide range of areas including safeguarding, health and safety, supporting speech and language, and child development.

How will I learn?

The course includes a work experience element of 150 hours of placement where evidence of skills needs to be gathered. Learners will be required to undergo a DBS check when enrolling onto this course.

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. A total of 5 assessments will be completed and tutor feedback is given throughout.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback. An assessment will be completed at the end of each unit.

What next, after the course?

Apply for a variety of different job roles within the childcare sector or progress on to a Level 3 Diploma in the Children and Young People's Workforce.

Skills for employment



Training in Care Level 3 Diploma for the Children and Young Peoples Workforce

Who is this course for?

For those who want to build the knowledge and skills needed when working with children and young people from birth to 19 years. It covers a diverse range of job roles and occupational areas and is split into two pathways, Social Care and Learning, Development and Support Services

What will I learn on the course?

You will gain the knowledge and skills required to work in the following roles:

- Supporting teaching and learning Workers - who visit families of pre-school children at home
- Foster Carers
- Children and Families Social Workers
- Registered Managers of Children's Homes, plus Deputy and Assistant Managers
- Residential Childcare Workers

- Children and Family Court Advisory and Support Service Advisers
- Youth Worker
- Community Care Officer
- Professional Assistant
- Family Centre Worker

How will I learn?

This qualification includes knowledge and skills. This includes a work experience element of 250 hours of placement where evidence of skills needs to be gathered. Learners will be required to undergo a DBS check when enrolling onto this course.

What next, after the course?

Apply for a variety of different job roles within the childcare sector, including senior roles or progress onto university and higher education .



Training in Care Level 3 Diploma in Adult Care

Who is this course for?

For learners who would like to access Higher Education or assist with progression into the workplace.

What will I learn on the course?

This qualification supports progression into a wide range of job roles in the health and social care sector, including:

- Care Support Workers in adult residential settings
- Healthcare Assistants in community, primary care and acute health environments
- Care Support Workers in domiciliary services,

supported living or day services

- Community-based Support Workers

How will I learn?

This qualification includes knowledge and skills. This includes a work experience element of 250 hours of placement where evidence of skills needs to be gathered. Learners will be required to undergo a DBS check when enrolling onto this course.

What next, after the course?

Apply for a variety of different job roles within the care sector, including senior roles or progress onto university and higher education

How can I enrol?

Contact Oscar McFarlane

 oscarmcfarlane@trainingincare.co.uk  0191 537 5329

Skills for employment



Training in Care Level 1 Award in Mental Health Awareness

Who is this course for?

For learners who want to develop an understanding of Mental Health. They will look at the causes of mental health and the common perceptions of mental health.

What will I learn on the course?

You will learn about cultural diversity within mental health and where appropriate support can be sought. The course will:

- Raise awareness of the issues surrounding mental health difficulties
- Dispel some of the myths and misconceptions frequently linked to mental health issues
- Develop learners' knowledge of the rights of those with mental health issues.
- Individual and professional development, providing a clear pathway from vocational training into work

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. Learners are expected to complete a workbook of questions and activities related to mental health.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback. Learners are expected to complete a workbook of questions and activities related to mental health.

What next, after the course?

You could progress onto Level 1 awards in Employability or Volunteering.



Training in Care Level 1 Award in Nutrition and Health

Who is this course for?

For learners who want to develop understanding of the importance of eating healthily and maintaining hydration.

What will I learn on the course?

The course aims to:

- Develop understanding of the importance of eating healthily and maintaining hydration
- Develop learners' understanding of food choices and how to make healthy choices
- Help learners plan a healthy diet for self and others
- Increase understanding of eating disorders, the connections between food and feelings and ways to seek help and support

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. Learners are expected to complete a workbook of questions and activities related to nutrition and health.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback. Learners are expected to complete a workbook of questions and activities related to nutrition and health.

What next, after the course?

You could progress onto Level 1 awards in Employability, Mental Health, Stress Awareness or Volunteering.

Skills for employment



Training in Care ADHD Awareness

Who is this course for?

This is a mixed session with parents, students, and professionals; the aim of the session is to allow this entire group to gain a better understanding of the condition, triggers for behaviour and the possible strategies to alleviate the behaviour.

What will I learn on the course?

By the end of the course you will have a greater understanding of:

- The main characteristics of ADHD
- What ADHD means
- The emotions from the child and parents' point of view
- Possible triggers to anxiety
- Strategies that may support an individual with ADHD

- Other support available for people with ADHD

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed and feedback given.

Face-to-face learning – the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could progress onto our additional awareness courses, relating to dementia, ASD or our food safety or first aid courses.



Training in Care ASD Awareness

Who is this course for?

This is a mixed session with parents, students, and professionals; the aim of the session is to allow this entire group to gain a better understanding of the condition, triggers for behaviour and the possible strategies to alleviate the behaviour.

What will I learn on the course?

By the end of the course you will have a greater understanding of:

- The main characteristics of ASD
- What ASD means
- The emotions from the child and parents' point of view
- Possible triggers to anxiety

- Strategies that may support an individual with ASD
- Other support available for people with ASD

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed and feedback given.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could progress onto our additional awareness courses, relating to dementia, ADHD or our food safety or first aid courses.

Skills for employment



Training in Care Dementia Awareness

Who is this course for?

This is a mixed session with students and professionals. The aim of the session is to allow the group to have a better understanding of mental health, factors that influence mental health and possible strategies that can be put in place

What will I learn on the course?

By the end of the course you will have a greater understanding of:

- What is dementia
- Statistics regarding dementia
- Reasons for misdiagnosis
- Common types of dementia
- The impact of dementia

- What it means by being dementia friendly

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed and feedback given.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could progress onto our additional awareness courses, relating to ASD, ADHD or our food safety or first aid courses.



Training in Care Introduction to Care and Volunteering

Who is this course for?

Learners who want to understand the different roles within the childcare and adult care sector and what skills are required.

What will I learn on the course?

This course covers the essential elements of safeguarding, prevent, working as part of a team and the role of the volunteer. Learners will cover appropriate behaviours and attitudes for within the workplace.

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed and feedback given.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could progress onto Level 1 Award in an Introduction to Early Years Settings or Level 1 Award in Preparing to Work in Adult Social Care.

Skills for employment



Training in Care Level 1 Award in Volunteering

Who is this course for?

This qualification is suitable for learners who are thinking about working as a volunteer. It is also suitable for those learners who are already in a volunteering role and will enhance both their knowledge and skills.

What will I learn on the course?

The objectives of this qualification are to help learners to:

- Understand the role of a volunteer within a voluntary organisation
- Understand the activities of voluntary organisations
- Identify the skills required to be a successful volunteer
- Understand the regulatory frameworks that may apply to being a volunteer

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. Learners are expected to complete a mixture of written assessment questions and activities related to the different topics.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback. Learners are expected to complete a mixture of written assessment questions and activities related to the different topics.

What next, after the course?

You could explore volunteering roles or progress onto awards in nutrition and health or our awareness courses in ADHD, ASD, stress or mental health.



Training in Care First Aid in the Workplace

Who is this course for?

This First Aid at Work course is suitable for people who are designated as an appointed person in the workplace. This programme will give students the knowledge and skills they need to help meet the needs of those supporting a qualified First Aid at Work (FAW) practitioner. The content also fulfils the requirements for the FAW annual refresher.

What will I learn on the course?

By the end of the course you will have a greater understanding of:

- Unconscious (including seizure)
- Not breathing normally
- Cardiopulmonary resuscitation
- Bleeding severely
- Suffering from shock

- Choking
- Suffering from a heart attack

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed and tutor feedback is given.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could explore volunteering roles or progress onto our awareness courses in ADHD, ASD or mental health.

Skills for employment



Training in Care Level 1 Food Safety

Who is this course for?

The aim of this training course is to provide candidates with a fundamental knowledge of food hygiene and to enable them to apply this knowledge to essential practical skills in order to prevent food poisoning.

What will I learn on the course?

By the end of the course you will have a greater understanding of:

- Introduction to food safety
- Hazards associated with food safety
- Food poisoning and contamination
- HACCP
- Temperatures
- Personal hygiene
- Allergies and intolerances

- Premises, equipment and pest control
- Cleaning and disinfecting
- Legislation and requirements

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed and tutor feedback is given.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could move into Level 2 Food Safety, one of our awareness courses or first aid courses.



Training in Care Level 2 Food Safety

Who is this course for?

For learners who would like to gain the knowledge and skills they need to explain the term food hygiene, looking at ways in which we can minimise the risk of food poisoning.

What will I learn on the course?

- Legislation and hazard analysis in relation to good food hygiene
- Different types of contamination
- All issues involved in food poisoning, most common types, their source and symptoms
- How bacteria multiply and explain the measures we can take to prevent this
- Understand the importance of personal hygiene
- Name a variety of pests, their signs, and risks in the

workplace

- Relate design and maintenance of premises and utensils to good food hygiene

How will I learn?

Online learning - the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed and tutor feedback is given.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could move on to one of our awareness courses or first aid courses.

How can I enrol?

Contact Oscar McFarlane

 oscarmcfarlane@trainingincare.co.uk  0191 537 5329

Skills for employment



Brightsparks Career Preparation

Who is this course for?

Residents of Swan Lodge who would like to gain confidence in looking for a career, recognise skills, achievements and qualities

What will I learn on the course?

You will build confidence and skills in finding a career and work on a range of skills, such as:

- Identifying your skills
- Identify where to look for a job
- Learn how to apply for a job

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge.

What next, after the course?

Progress onto other courses, update your CV or become a volunteer.



Brightsparks Skills for employment, training and personal development

Who is this course for?

Residents of Swan Lodge who would like to gain confidence and skills with managing a tenancy
And develop transferable life skills.

What will I learn on the course?

You will work on a range of tasks, and focus on:

- Owning your own tenancy
- Cooking
- Budgeting
- Managing bills
- Household skills

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge.

What next, after the course?

Access employability courses and update or write your CV.

How can I enrol?

Get in touch with Sonia Ritchie-Park for an informal discussion

 brightsparkstraining@yahoo.co.uk  0786 084 468

Skills for employment



Foundation of Light Vantec - Introduction to Manufacturing and Logistics

Who is this course for?

Learners considering a career in manufacturing/logistics

What will I learn on the course?

Participants build key skills such as CV writing, interview preparation, workplace tours, job application support and guidance, qualities, and skills transferable across employment, career progressions and tasters of industries through the world of work zones. The next couple of weeks participants are on work placement with Vantec.

How will I learn?

The course includes scaffolded delivery built to foster successful periods of work placement provided towards the end of the course.

What next, after the course?

At the end of the course, participants will have successfully completed employability skills alongside a two-week work placement including hands on experience of the labour market obtained through a substantial work placement to support positive progressions to partner employers. Participants are also offered full-time employment depending on their performance and attendance.

How can I enrol?

All referrals to be made to Anthony Parkinson

 anthony.parkinson@foundationoflight.co.uk  0191 563 4801



Foundation of Light Basic First Aid

Who is this course for?

Learners who would like to develop their first responder skills.

What will I learn on the course?

You will build confidence and skills in first aid. You will work on a range of tasks, and focus on:

- Primary and secondary survey
- CPR
- Choking
- Heart attack and cardiac arrest
- Roles and responsibilities
- The different type of bleeds

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge.

Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

There will be an exam at the end of the course.

What next, after the course?

You could move on to a higher level course, access employability course, update or write a CV.

How can I enrol?

Contact Melanie Jones for an informal discussion.

 Melanie.jones@foundationoflight.co.uk  0191 563 4777

Skills for employment



Foundation of Light Food Hygiene

Who is this course for?

Adults wishing to develop knowledge of food safety and hygiene

What will I learn on the course?

Participants will gain vital information on food safety and hygiene including safe storage and preparation of food, personal hygiene in the kitchen and food packaging and labelling.

How will I learn?

Participants will complete online learning at the Beacon of Light.

What next, after the course?

Participants can take part in other non-accredited courses at the Foundation of Light, as well as accredited courses such as Level 1 and 2 Home Cooking and Level 1 Hospitality and Tourism.



Foundation of Light Level 1 Award in Home Cooking Skills

Who is this course for?

Adults wishing to develop basic cooking skills, knowledge of nutrition, and knowledge of food safety and hygiene

What will I learn on the course?

You will develop cooking skills to make homecooked food that does not use pre-prepared, ready cooked food.

- Select and prepare ingredients for a recipe
- Use cooking skills when following a recipe
- Demonstrate food safety and hygiene throughout the preparation and cooking process.
- Understand the value of passing on information about home cooking:

- Reflect on own learning about the value of gaining cooking skills
- Identify ways to pass on information about home cooking

How will I learn?

You will engage in practical cooking sessions and classroom theory sessions, to develop key food preparation and cooking skills, as well as knowledge of how to plan and cook a meal that is balanced and affordable.

What next, after the course?

Participants can progress on to Level 2 Award in Home Cooking.

How can I enrol?

Contact Daniel Coyne- Skills Officer

 Daniel.coyne@foundationoflight.co.uk  0191 563 4777

Skills for employment



Foundation of Light Level 1 Award in Hospitality and Tourism

Who is this course for?

Adults wishing to gain an introduction to content and career opportunities in the hospitality and tourism sector.

What will I learn on the course?

You will learn how to prepare and cook food safely and hygienically.

Learning outcomes are:

Unit A2: Developing a personal progression plan.

A - Explore the skills and behaviours needed to meet personal progression goal.

B - Produce a progression plan to meet intended progression goal.

Unit HT5: Preparing and cooking food.

A - Plan a dish to meet specified requirements of a given recipe.

B - Prepare and cook food safely and hygienically.

How will I learn?

Participants will take part in classroom theory sessions and practical cooking sessions, following tutor demonstrations. All equipment and ingredients are provided.

What next, after the course?

Participants can progress on to other higher education programmes, volunteering opportunities or employment in the hospitality sector.

How can I enrol?

Contact Daniel Coyne- Skills Officer

 Daniel.coyne@foundationoflight.co.uk  0191 563 4777



Foundation of Light Level 1 Certificate in Sport

Who is this course for?

Adults who would like to develop their understanding of careers in sport and enhance skills for sports leading and development.

What will I learn on the course?

You will build confidence, skills and experience in the sports industry. You will work on a range of tasks, and focus on:

- Progression plan for your career and being organised
- Assisting in a sporting activity
- Affects of exercise on the body systems
- Getting people active

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge.

Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

There will be an exam at the end of the course.

What next, after the course?

You could move onto a higher level sport course or access employability courses.

How can I enrol?

Contact Neil Jones for an informal discussion

 Neil.jones@foundationoflight.co.uk  0191 563 4819

Skills for employment



Foundation of Light Customer Service

Who is this course for?

Adults who would like to develop knowledge and skills in various customer service roles.

What will I learn on the course?

Customer service is an essential part of most career paths, whether you are working in retail, hospitality or a vast range of jobs, customer service is crucial in making sure you are performing your job role adequately.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge.

Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

What next, after the course?

Progress into employment within a customer service environment or update a CV

How can I enrol?

Contact Leanne Somerville for an informal discussion

 Leanne.somerville@foundationoflight.co.uk  0191 563 4777

Skills for employment



Foundation of Light Introduction to Caring for Children Under 5

Who is this course for?

Learners who would like to develop knowledge and skills within caring for children under 5.

What will I learn on the course?

You will build confidence and skills in Child Care. You will work on a range of activities and focus on:

- Progression plan for career development
- Encouraging healthy nutrition for children under 5
- Health and safety and safeguarding children
- Activities to help encourage children to read

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

There will be an exam at the end of the course.

What next, after the course?

Gain a work placement within a child care setting or progress onto the Child Care Certificate

How can I enrol?

Contact Melanie Jones for an informal discussion.

 Melanie.jones@foundationoflight.co.uk  0191 563 4777



Foundation of Light Award in Support and Schools

Who is this course for?

Learners who would like to develop knowledge and skills that all those working in a school setting will need

What will I learn on the course?

You will build confidence and skills in a teaching assistant role.

You will work on a range of activities, and focus on the school context of:

- Safeguarding
- Communication

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

There will be an exam at the end of the course.

What next, after the course?

Gain a work placement within a school setting or progress onto further teaching and learning qualifications.

How can I enrol?

Contact Melanie Jones for an informal discussion.

 Melanie.jones@foundationoflight.co.uk  0191 563 4777

Skills for employment



Uplift Associates Level 1 Award in Volunteering

Who is this course for?

Adults who are thinking about working as a volunteer, or those already in a volunteering role and want to enhance both their knowledge and skills.

What will I learn on the course?

You will work on a range of activities, and focus on:

- Understanding the role of a volunteer within a voluntary organisation
- Understanding the activities of voluntary organisations
- Identifying the skills required to be a successful volunteer
- Understanding the regulatory frameworks that may

apply to being a volunteer

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. There will be a workbook to complete throughout. You will also get the opportunity to take part in practical activities to demonstrate your understanding and encourage group participation. There will be an exam at the end of the course.

What next, after the course?

You could move onto a higher level volunteering course or gain volunteer work.



Uplift Associates GROW (Get ready for opportunities at Work) - Get to know yourself

Who is this course for?

Ideal for learners who are unsure of what next steps to take to get into work, people who have recently been made redundant, people who have experienced unexpected life events affecting their career paths and people who are looking for work.

What will I learn on the course?

You will work on a range of activities, and focus on:

- Personality characteristics and interests
- Your knowledge and skills
- Financial resources and obligations
- Family/peer support
- Physical strength and abilities
- Assessing your strengths
- Researching possible careers that support your skills and abilities

- Create a vision and set a career path
- Determine your skill set and education
- Develop and enhance your knowledge and skills

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. There will be a workbook to complete throughout. You will also get the opportunity to take part in practical activities to demonstrate your understanding and encourage group participation.

What next, after the course?

You could move onto a higher level employability course or the next GROW- CV Workshop.

Skills for employment



Uplift Associates GROW (Get ready for opportunities at Work) - CV Workshop

Who is this course for?

Learners who want to understand how to create a professional CV and to be able to develop CVs to match individual job specifications.

What will I learn on the course?

- Understanding the structure of a CV
- Understanding how to create a personal profile and its importance
- Outlining how personal skills and abilities would be useful in different roles
- Identifying details from previous job roles (including voluntary work)
- Identifying qualifications, training and education
- The importance and use of references
- Understanding the relevance of hobbies and

interests on your CV

- Understanding the need to develop your CV to match individual job specifications

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. There will be a workbook to complete throughout. You will also get the opportunity to take part in practical activities to demonstrate your understanding and encourage group participation.

What next, after the course?

You could move onto a higher level employability course or the next GROW- Interview techniques course



Uplift Associates GROW (Get ready for opportunities at work) - Interview Techniques

Who is this course for?

Adults who are job seeking and need support with the key elements to consider when preparing for an interview and being interviewed.

What will I learn on the course?

- Listing your skills and abilities and reviewing your CV to identify skills
- Understanding interview techniques and introduction of the STAR method
- Understand and practice how to answer competency based interview questions
- Learning about interview skills and procedures
- Key things to consider before an interview- clothing, personal hygiene etc
- Key things to do in an interview
- Understanding the importance of body language during an interview

- Engaging in a mock interview with feedback
- Gaining an insight into how digital interview methods are used and how to perform effectively in a digitally focused interview for example using phones or video call methods.

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. There will be a workbook to complete throughout. You will also get the opportunity to take part in practical activities to demonstrate your understanding and encourage group participation.

What next, after the course?

You could move onto a higher level employability course or the next GROW – Take action course

Skills for employment



Uplift Associates GROW (Get ready for opportunities at Work) - Take Action 1-2-1 Support

Who is this course for?

Adults who have completed a CV and are looking for employment.

What will I learn on the course?

You will work 1:1 with your tutor on a range of activities and focus on:

- Tailor different CVs to specific job goals, for example retail, care, and warehousing
- 1-2-1 job search with employment advisor
- Target local employers to move you further towards labour market and sustainable employment
- Complete a diagnostic to ensure you have all skills needed for your chosen job sector

- Discuss whether the jobs you are looking for sustainable in the current market
- Look at your transferable skills to match current labour market needs

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning via a self assessment. They will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence.

What next, after the course?

Progress into your chosen career and gain sustainable employment

How can I enrol?

Contact the Uplift Team for an informal discussion:

 contact@upliftassociates.co.uk  0191 500 1233



Northern Rights Learn to Earn

Who is this course for?

For those who wish to improve CVs, cover letters and learn how to use the STAR technique in interviews, take part in mock interviews to develop your confidence in these situations

What will I learn on the course?

You will learn CV techniques and updating your CV to specific jobs, Cover letters how they make a difference, Interview techniques and preparation, why researching a job/company can make all the difference in being successful.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

What next, after the course?

Digital Confidence courses or improve your English and maths skills.

How can I enrol?

Get in touch with Paula McGuire or Jonny Hastings for more information

 pmcguire@northernrights.org.uk  07715 403 319

 jhastings@northernrights.org.uk  0191 466 1095

Skills for employment



Winnovation Training Level 1 award in introduction to health and social care settings, Children and Young people

Who is this course for?

Those who want to develop knowledge and awareness of health, social care and children's and young people's settings.

What will I learn on the course?

This qualification provides pathways into the sector for anyone considering a career in health and/or social care. It will develop knowledge about the wider health and social care sector.

How will I learn?

Workshop activities which will enable you to provide evidence to meet the national standards for this award. The course will be split into daily sections, to cover all four units of the qualification and the evidence that you collate will be a combination of;

- Written work
- Case studies with questions
- Tutor observation/discussions
- Questions and answers
- Group activities
- Mind maps

What next, after the course?

Learners can progress onto level 2 Certificate in Dignity and Safeguarding which will support employment opportunities. All learners will receive a guaranteed job interview with a local care company with genuine job opportunities. Learners who decide that this vocation is not for them will be appropriately sign posted to further training opportunities.



Winnovation Training Level 2 Certificate in understanding Dignity and Safeguarding in Adult Health and Social Care

Who is this course for?

This qualification is designed primarily for individuals working with, or intending to work with, vulnerable adults in the health and social care sectors.

What will I learn on the course?

- Unit 01 Understand safeguarding in adult health and social care
- Unit 02 Principles of dignity in adult health and social care practice
- Unit 03 Understand duty of care in adult health and social care
- Unit 04 Understand dilemmas and public concerns in adult health and social care

How will I learn?

Daily workshop activities which will enable you to provide evidence to meet the national standards for this award. The evidence that you collate will be a combination of;

- Written work
- Case studies with questions
- Tutor observation/discussions
- Questions and answers, group activities
- Mind maps

What next, after the course?

Learners will receive a guaranteed job interview with a local care company with genuine job opportunities.

Skills for employment



Winnovation
Training

Winnovation Training Level 3 Diploma for Residential care

Who is this course for?

Learners who are working, volunteering or on practical placement in a residential childcare setting, as they need to show competence in both knowledge and skills.

What will I learn on the course?

The qualification enables the learner to gain essential skills and knowledge to support children and young people in residential childcare settings, including, wellbeing and resilience, positive relationships and attachments, health and safety, sexual exploitation, communication, positive behaviour and positive outcomes.

How will I learn?

All units will be internally assessed using standard

methods: coursework, portfolio of evidence, practical demonstration/assignment. Together with your tutor you will decide which forms of evidence work best and meet your individual learning needs and throughout the course you will have chance to discuss your progress and achievement.

What next, after the course?

Learners can progress onto the Level 5 Diploma in Leadership and Management for Residential Childcare (England), or a Foundation Degree in a related discipline. Learners can also progress job roles, such as, residential childcare workers, registered residential childcare managers, deputy and assistant managers in other adult or children and young people's social care settings.



Winnovation
Training

Winnovation Training Level 3 Diploma in Adult care

Who is this course for?

This qualification is designed for those who wish to work or are already working in health and social care settings in England. Learners will need to be working, volunteering or on practical placement, as they need to show competence in both knowledge and skills

What will I learn on the course?

The qualification covers a wide range of areas which includes units covering:

- aspects of support
- specialisms
- clinical skills or healthcare tasks
- leadership and management skills

How will I learn?

Together with your tutor you will decide which forms of evidence work best and meet your individual learning needs and throughout the course you will have chance to discuss your progress and achievement.

What next, after the course?

You could progress to Level 4 Diploma in Adult Care, Level 5 Diploma in Leadership and Management for Adult Care, Level 5 Diploma in Leadership for Health and Social Care and Children and Young People's Services (England)

How can I enrol?

Enrolment is through your local JCP or work coach. Direct enrolment can be sought by contacting:

info@winnovation.org.uk 01670 457 320



Family learning



Apextra C.I.C Creativity in Storytelling (English)

Who is this course for?

For parents/carers of children in an early years setting that want to develop their English skills and can attend a family learning course based in a school.

What will I learn on the course?

The sessions contain a mixture of practical, associated activities, written tasks, puzzles, problem solving, role play, developing creativity, and critical thinking skills. English to include communication, language, early reading, and early writing skills.

How will I learn?

You will participate in ten different story-based sessions to equip you with the knowledge and understanding of how to be more confident in exploring storytelling further. The course will also offer stretch and challenge English activities as appropriate to meet individual need.

What next, after the course?

You can progress onto an accredited English/maths course or enrol on our Kitchen Chemistry maths course.



Apextra C.I.C Kitchen Chemistry (Maths)

Who is this course for?

For parents/carers of children and would like to learn about kitchen chemistry experiments and maths. This course is for parents who can attend a family learning course based in a school.

What will I learn on the course?

You will develop your understanding and learn how to use everyday kitchen items and ingredients to create science experiments. You will be able to embed maths into the fun, and informative sessions, including number, measurement, geometry, statistics, ratio and proportion

How will I learn?

The course includes scientific experiments, explanations, and challenges, whilst enabling you to further develop your scientific knowledge and maths skills. The sessions include a range of appropriate, age-related experiments which include, custard bouncy balls, popping candy, sweet science, Lava lamps, elephant toothpaste, Fruit science, Oobleck, turn milk into plastic and bath bombs.

What next, after the course?

You can progress onto an accredited English/maths course or enrol on Creativity in Storytelling course.

How can I enrol?

Contact Denise Hepplewhite for an informal discussion.

 dhepplewhite@apextra.co.uk  07747 832 225

Family learning



**FOUNDATION
OF LIGHT**
THE WORLD AT YOUR FEET

Foundation of Light Baking by Numbers

Who is this course for?

Parents/carers of children of children of primary age who wish to develop basic maths skills through themed baking.

What will I learn on the course?

This course aims to refresh and develop basic numeracy skills through baking. Families will complete a sweet bake and a savoury bake, with sessions embedding maths, English and cooking skills as well as key health and safety information.

How will I learn?

Participants will take part in two practical baking sessions, following tutor demonstrations.

What next, after the course?

Participants can take part in other family learning courses, including healthy cooking and maths and English. Participants can also be referred to accredited functional skills maths and English sessions as well as other accreditations.



**FOUNDATION
OF LIGHT**
THE WORLD AT YOUR FEET

Foundation of Light Healthy Cooking

Who is this course for?

Parents/carers of children in Key Stage 2 who are keen to develop their basic cooking skills whilst learning how to make positive changes to their family's diet.

What will I learn on the course?

Participants will learn basic cooking skills and how to make home-made versions of things they usually buy ready-made. Recipes include:

- Soup
- Chinese stir-fry
- Curry
- Pasta

How will I learn?

Participants will engage in practical cooking sessions where tutors will demonstrate and instruct learners to cook each dish. All equipment and ingredients are provided

What next, after the course?

Learners can progress onto other Family Learning courses as well as related accredited courses such as Level 1 Hospitality and Tourism, Level 1 and 2 Home Cooking and Food Safety and Hygiene.

Family learning



Foundation of Light Murder Mystery (English and Maths)

Who is this course for?

Parents/carers of children in Key Stage 2 who wish to refresh their basic maths and English skills in order to support their children with homework, as well as to develop their own maths and English skills to use in everyday life and employment.

What will I learn on the course?

Sessions will cover a range of maths and English topics including properties of shapes, code-breaking, spelling, punctuation and grammar for example. Participants will also develop problem solving, communication and team work skills.

How will I learn?

Participants will engage in 1 hour of classroom-based learning, completing independent, paired and group activities that are fun and engaging. Participants will then engage in 1 hour of sports-based active games, embedding maths and English skills.

What next, after the course?

Participants can take part in other family learning courses, including healthy cooking and mental health. Participants can also be referred to accredited functional skills maths and English sessions as well as other accreditations.



Foundation of Light Online Safety

Who is this course for?

Parents/carers of children who wish to learn more about how to keep themselves and their families safe online.

What will I learn on the course?

This course aims to equip adults with the knowledge and skills to keep their family safe online. The course will explore popular apps, social media platforms, games and websites used by children and young people today. Adults will be introduced to key terminology used in the digital world today as well common scams and pitfalls.

How will I learn?

In face-to-face classroom sessions, participants will take part in independent, paired and group tasks and discussions, as well as other practical and written tasks.

What next, after the course?

Participants can take part in other family learning courses, including healthy cooking and maths and English. Participants can also be referred to accredited functional skills maths and English sessions as well as other accreditations.

Family learning



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

Foundation of Light Disability Awareness

Who is this course for?

This course is designed to support parents who have a child who has recently been given a diagnosis of a disability or waiting for a diagnosis via CAHMs or CYPS.

What will I learn on the course?

Learners will develop a wider knowledge of a range of conditions and how they affect everyday life. They will practice ways to support these conditions and where they can go for more help.

How will I learn?

In face-to-face classroom sessions, participants will take part in independent, paired and group tasks and discussions, as well as other practical and written tasks.

What next, after the course?

Participants can take part in other family learning courses, including healthy cooking and maths and English. Participants can also be referred to accredited functional skills maths and English sessions as well as other accreditations.



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

Foundation of Light Body Image and Self-esteem

Who is this course for?

Parents/carers of children of children of primary ages who wish to know more about supporting their children.

What will I learn on the course?

This course aims to raise awareness of how body image and self-esteem can impact mental health. Adults will explore the factors that can both positively and negatively impact how we view ourselves in today's world. The course will present various strategies that can be used to develop good self-esteem.

How will I learn?

In face-to-face classroom sessions, participants will take part in independent, paired and group tasks and discussions, as well as other practical and written tasks.

What next, after the course?

Participants can take part in other family learning courses, including healthy cooking and maths and English. Participants can also be referred to accredited functional skills maths and English sessions as well as other accreditations.

Family learning



Foundation of Light Early Years Mental Health

Who is this course for?

Parents/carers of children in Key Stage 1 who wish to learn more about supporting their children's mental health.

What will I learn on the course?

Sessions will cover a range of wellbeing topics including confidence and self-esteem, effective communication, mindfulness and emotions.

How will I learn?

Participants will read a popular children's book together before exploring the moral or theme of the story through a range of activities including arts and crafts and other practical tasks.

What next, after the course?

Participants can take part in other family learning courses, including healthy cooking and maths and English. Participants can also be referred to accredited functional skills maths and English sessions as well as other accreditations.

How can I enrol?

Contact Sarah Coyne for an informal discussion.

 Sarah.coyne@foundationoflight.co.uk  0191 5634755



Digital skills



Northern Rights Digital Confidence Byte 1

Who is this course for?

For those who want to start using a computer/laptop and to learn how to do this safely using a mouse and other shortcuts along with keyboard skills.

What will I learn on the course?

How to safely use a computer, mouse and keyboard. A perfect course if you are new to using a computer/laptop or just need to refresh your skills.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

What next, after the course?

You could progress onto an English or maths course, further digital skills courses or access employability courses.



Northern Rights Digital Confidence Byte 2

Who is this course for?

For those who want to start using a computer for more than just the occasional google search.

What will I learn on the course?

How to use Microsoft word to write documents and save them securely, create folders. Edit and improve documents by using fonts and colour.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions. There will be an assessment at the end of the course

What next, after the course?

You could progress onto an English or maths course, further digital skills courses or access employability courses.

Digital skills



Northern Rights Digital Confidence Byte 3

Who is this course for?

For those who want to use the internet more often but make sure you are safe and protecting your personal information.

What will I learn on the course?

How to use the internet safely and securely, what is your digital footprint and how can employers use this. Effective searching on the internet which keeps you and your personal information safe.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

What next, after the course?

You could progress onto an English or maths course, further digital skills courses or access employability courses.



Northern Rights Digital Confidence Byte 4

Who is this course for?

Anyone who wants to use email more effectively than just opening and reading an email.

What will I learn on the course?

Effective use of email and email etiquette, using folders within email accounts, password strength, adding attachments to emails. How to use email effectively and professionally in your personal and work life.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions. There will be an assessment at the end of the course.

What next, after the course?

You could progress onto an English or maths course, further digital skills courses or access employability courses.

Digital skills



Northern Rights Digital Confidence Byte 5

Who is this course for?

For those who want to use IT skills to job search and apply for jobs using the internet, email and be able to carry out research effectively to seek more job opportunities.

What will I learn on the course?

How to be effective when corresponding by email with employers, effective job search and company search, applying for jobs online, how to work smart when applying for jobs and looking beyond online job sites.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

What next, after the course?

You could progress onto an English or maths course, further digital skills courses or access employability courses.



Northern Rights Digital Confidence Byte 6

Who is this course for?

For those who want to use excel to create simple tables and use formulae in a spreadsheet.

What will I learn on the course?

Creating tables and what the tool bar in excel is, how to use a formula in excel to carry out budgeting or maths problems in life or work.

How will I learn?





Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions. There will be an assessment at the end of the course

What next, after the course?

You could progress onto an English or maths course, further digital skills courses, Step Ahead or Learn to earn.

How can I enrol?

Get in touch with Paula McGuire or Jonny Hastings for more information

 pmcguire@northernrights.org.uk  07715 403 319
 jhastings@northernrights.org.uk  0191 466 1095

Digital skills



Learning Concepts Ltd Level 2 Certificate in Digital Technologies

Who is this course for?

Learners who want to be equipped with the knowledge, skills and resources to have opportunities that progress their personal aspirations and circumstances.

What will I learn on the course?

This qualification is made up of 5 mandatory units that will support learners in developing their skills to access the available and relevant opportunities to their capabilities and aspirations. These units

provide additional learning opportunity to expand on skills previously learned and underpin a greater understanding of relevant occupational areas.

How will I learn?


Tutor led classroom learning

What next, after the course?

Progression onto Level 3 digital qualifications. Apprenticeship and/or employment.

How can I enrol?

Contact the centre to arrange an appointment.

 0191 514 1215



Brightsparks Digital Media

Who is this course for?

Residents of Swan Lodge who want to gain confidence in using digital media in different formats and help you to visit different places outdoors and help improve digital skills.

What will I learn on the course?

You will build confidence and skills in digital media specifically a digital camera. You will work on a range of skills some of these are:

- Using a drone for footage
- Using a PC to edit your images
- Using different digital technology
- Editing your own work

How will I learn?


Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing you on the course.

What next, after the course?

You could progress onto photography, a higher level media course, update your CV and seek volunteering work.

How can I enrol?

Get in touch with Sonia Ritchie-Park for an informal discussion

 brightsparkstraining@yahoo.co.uk  0786 084 468

Digital skills



Uplift Associates Digital for beginners

Who is this course for?

Adults with minimal digital skills who need to build confidence with their devices and learn the basics of IT and online safety.

What will I learn on the course?

This course focuses on the areas of everyday life that are impacted by the internet and the digital world. You will understand how to enrich your social life, stay safe online, and gain more awareness of the area and community. You will work on a range of activities, and focus on emails, understanding icons, toolbars, folders and shortcuts, online safety, social media, Zoom/ Teams and applications that support your life, such as online banking, NHS and shopping.

How can I enrol?

Contact the Uplift Team for an informal discussion:

 contact@upliftassociates.co.uk  0191 500 1233

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. There will be a workbook to complete throughout that your tutor will look at and ask questions to observe your progress.

What next, after the course?

You will be more confident with digital devices and the internet; you could access a higher level digital course or an employability course.



**FOUNDATION
OF LIGHT**
THE WORLD AT YOUR FEET

Foundation of Light Esports Taster

Who is this course for?

Adults who would like to enhance their understanding of the Esports industry linking to local education and career developments.

What will I learn on the course?

You will build an understanding of the Esports Industry linking to education and career developments. You will work on a range of tasks to explore:

- Education opportunities in Esports
- Career opportunities in Esports
- Practical introduction to Esports
- Planning next steps

How can I enrol?

Contact Neil Jones for an informal discussion.

 Neil.jones@foundationoflight.co.uk  0191 563 4819

How will I learn?

You will set appropriate targets at the start of the course to guide your learning. A range of practical activities will allow you to demonstrate, and development key skills linked to the Esports industry. Throughout the course you will be assessed through observations, question and answer and practical demonstrations.

What next, after the course?

You could consider an educational pathway into Esports through Level 1 or Level 3 qualifications or access National Esports Performance Centre.



Health, wellbeing and confidence building



Northern Rights Step Ahead

Who is this course for?

For those who are unsure about the next step to employment or just getting on with life, this is the course for you.

What will I learn on the course?

This course will develop confidence in new situations and look at how you can deal with the daily stresses which we all feel and deal with.

How will I learn?

Your tutor will support you to set appropriate targets

at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions.

What next, after the course?

You could progress to our Learn to Earn course, Digital Confidence courses or improve your English and maths.

How can I enrol?

Get in touch with Paula McGuire or Jonny Hastings for more information

 pmcguire@northernrights.org.uk  07715 403 319

 jhastings@northernrights.org.uk  0191 466 1095



Training in Care Awareness of Mental Health and Wellbeing

Who is this course for?

For learners who would like to gain better understanding of mental health factors that influence mental health and possible strategies that can be put in place.

What will I learn on the course?

We will discuss strategies used when working with a person with mental health issues. Learners will also gain knowledge of how to improve their own mental health. By the end of the session the students will have a greater understanding of:

- Mental health and wellbeing
- Identifying possible triggers and strategies that may influence change in mental wellbeing.

- How to improve own mental health and the stigma of mental health

How will I learn?

Online learning – the tutor will support learners to access resources, tasks and activities to develop skills and knowledge. An end of course assessment will be completed, and tutor feedback is given.

Face-to-face learning - the tutor will offer direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess your work, observe your group interactions and offer feedback.

What next, after the course?

You could move on to one of our awareness courses, First Aid or Food Safety courses.

How can I enrol?

Contact Oscar McFarlane

 oscarmcfarlane@trainingincare.co.uk  0191 537 5329

Health, wellbeing and confidence building



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

Foundation of Light Cooking on a Budget

Who is this course for?

Adults wishing to develop basic cooking skills and knowledge of recipes and ingredients that are economical.

What will I learn on the course?

Through practical cooking sessions, participants will develop key food preparation and cooking skills, as well as knowledge of how to plan and cook a meal according to a budget. Recipes will include items that are commonly provided by food banks.

How will I learn?

Participants will take part in practical sessions, following tutor demonstrations. All equipment and ingredients are provided.

What next, after the course?

Participants can take part in other non-accredited courses at the Foundation of Light, as well as accredited courses such as Level 1 and 2 Home Cooking and Level 1 Hospitality and Tourism.

How can I enrol?

Contact Daniel Coyne for an informal discussion.

 Daniel.coyne@foundationoflight.co.uk  0191 5634777



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

Foundation of Light The History of Sunderland AFC

Who is this course for?

Adults who may be interested in the History of Sunderland Football Club.

What will I learn on the course?

You will learn about how Sunderland Football Club were formed and the heritage of the region.

How will I learn?

Through a variety of activities including videos, quizzes and walks/tours participants will get to find out information around the football club.

What next, after the course?

Participants may wish to enrol on another course to develop digital or cookery skills.

How can I enrol?

Contact Anthony Parkinson for more information.

 Anthony.parkinson@foundationoflight.co.uk  0191 563 4801

Health, wellbeing and confidence building



Foundation of Light Healthy Summer Sports Activities

Who is this course for?

Those who would like to improve their knowledge around physical, mental and nutritional health. Completing this course will give you the skills and confidence to lead a healthier lifestyle.

What will I learn on the course?

You will build confidence in creating a healthy lifestyle. You will work on a range of activities, and focus on:

- Physical health and strategies to improve
- Mental health and way to manage daily life
- Nutritional guidance and maintaining a balance diet
- Various sport activities to help improve lifestyles

How can I enrol?

Contact Neil Jones for more information.

Neil.jones@foundationoflight.co.uk 0191 5634819



Brightsparks Baking with food parcels

Who is this course for?

Residents of Swan Lodge who want to gain confidence in cooking, to learn different baking methods and how to stay safe in a kitchen

What will I learn on the course?

You will build confidence and skills in baking and work on a range of skills, like:

- Using food bank ingredients
- Using baking ingredients
- Using bakeware
- Staying safe in a kitchen

How will I learn?

You will set appropriate targets at the start of the course to guide your learning. You will then complete a range of activities, such as direct teaching, discussion and practical activities to gain, develop and embed healthy habits and strategies. Throughout the course your tutor will assess you by looking at your work, asking questions and observing as you join in with discussions and practical activities

What next, after the course?

Participants may wish to enrol on more formal qualifications in health and wellbeing.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing you bake.

What next, after the course?

You could progress onto a higher level cooking course, update your CV and seek volunteering roles.

Health, wellbeing and confidence building



Brightsparks Photography

Who is this course for?

Residents of Swan Lodge who would like to develop their photography skills.

What will I learn on the course?

You will build confidence and skills in digital media specifically a digital camera and work on a range of skills, like:

- Using a camera
- Using colour and black and white
- Different angles
- Identifying best images

How can I enrol?

Get in touch with Sonia Ritchie-Park for an informal discussion

 brightsparkstraining@yahoo.co.uk  0786 084 468



Michael Erskine Needle and Wet Felting - Beginners

Who is this course for?

Adults who would like to develop their crafting and design skills, confidence and mental wellbeing.

What will I learn on the course?

You will build confidence and skills in needle and wet felting in a safe and friendly environment and learn how to:

- Develop your needle felting techniques
- Use different types of needles, roving and embroidery floss
- Develop your wet felting technique on soap and polystyrene shapes
- Personalise with hand embroidery techniques
- Produce quality items with a professional finish

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities, such as direct teaching, discussion and tasks to develop your skills and knowledge. Throughout the course your tutor will assess you by looking at your work, asking questions and observing you take your photographs.

What next, after the course?

You could progress onto a higher level photography course, update your CV and seek volunteering roles.

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities that will enable you to compile a small portfolio and practical activities to develop your skills, knowledge and confidence. There will be one to ones, group discussions with course content being adapted to the needs of the learner.

What next, after the course?

You could progress onto further learning or seek volunteering opportunities.

Health, wellbeing and confidence building



Michael Erskine Introduction to Massage and Wellbeing

Who is this course for?

Adults who would like to develop their knowledge and skills around massage, reflexology and general wellbeing practices.

What will I learn on the course?

You will build confidence and knowledge in holistic therapies in a safe a friendly environment. You will be focusing on a variety of wellbeing practices including:

- Indian head massage
- Hand and arm massage
- Safe use of essential oils
- Reflexology and relaxation techniques

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities that will enable you to compile a small portfolio and practical activities to develop your skills, knowledge and confidence. There will be one to ones, group discussions with course content being adapted to the needs of the learner.

What next, after the course?

You could progress onto further learning or seek volunteering opportunities.



Michael Erskine Sewing for all Beginners

Who is this course for?

Adults who would like to develop their crafting and design skills, confidence and mental wellbeing.

What will I learn on the course?

You will build confidence and skills in sewing in a safe and friendly environment and work on a variety of personal projects, learning how to:

- Use a sewing machine, digital embroidery machine and over locker.
- Draft your own basic patterns for small items
- Basic sewing techniques
- Produce quality items with a professional finish

How will I learn?

Your tutor will support you to set appropriate targets at the start of the course to guide your learning. They will offer a range of activities that will enable you to compile a small portfolio and practical activities to develop your skills, knowledge and confidence. There will be one to ones, group discussions with course content being adapted to the needs of the learner.

What next, after the course?

You could progress onto further learning or seek volunteering opportunities.

How can I enrol?

Contact Michael Erskine or Angela Grainger for an informal discussion.

 michaeljerskine@aol.com  07565 339 617

Health, wellbeing and confidence building



Cultural Creatives CIC Environmental Textiles - Beginners

Who is this course for?

Adults who are interested in textiles, sewing and environmental issues.

What will I learn on the course?

We will be giving much consideration to the environment, sustainability and identifying examples of good practice among textiles manufacturers. We will also include repair, how you can extend the life of your clothes and household linens and explore patchwork and quilting, learning how to use your small pieces of fabric to make beautiful items.

How will I learn?

Your tutor will support you to learn basic skills across a range of textile techniques both by hand and machine by providing you with the materials and skills to:

- Make a patchwork square and a 3D sewn

patchwork bag with fastenings

- Sew applique to fabric using Bondaweb
- Create a reverse applique design on an item of clothing
- Hand/machine sew using a variety of stitches
- Create an envelope cushion
- Create a small clippy product
- Tie dye fabric with multiple colour and design
- Hand sew a repair to an item of clothing or household linen
- Create a traditional patchwork block and decorate with applique

What next, after the course?

Upon completion of the course, you will be able to move onto Environmental Textiles Next Steps and more in-depth courses and subject specialisms.



Cultural Creatives CIC Environmental Textiles - Next Steps

Who is this course for?

For those who have already completed the 10-week Beginner Environmental Textiles course with Cultural Creatives CIC and would like to develop skills further.

What will I learn on the course?

Hand and machine sewing and fabric design and print skills. You will see how to make items such as tablemats, pot stands, oven gloves, mini quilt, or a book or kindle cover. You will also design and dye cotton fabric with resist techniques, experiment with screen printing fabric, create a single colour print using

silk screen and create overlapping and multicolour prints.

How will I learn?

Your tutor will support you to extend your skills further by providing guidance and resources to complete new sewing projects and experiment with fabric printing.

What next, after the course?

Upon completion of the course, you will be able to move onto more in-depth courses and subject specialisms.

How can I enrol?

Contact Joy Dagless

 culturalcreativescic@outlook.com  07941 009 347

Health, wellbeing and confidence building



Uplift Associates Wellbeing Coaching 1-2-1

Who is this course for?

Adults who require initial intensive support to enable them to move onto face-to-face group learning.

What will I learn on the course?

You will work on a range of activities, and focus on:

- Establishing your current needs to identify which progression route is needed to start your journey
- Drill down on areas of anxiety and areas of support and ensure the correct pathway is implemented,
- Identify changes to plan/help your routine
- Identify a technique to help you promote a more positive mindset/attitude

- Identify techniques to stay positive
- Identify ways of connecting with others
- Identify what you want for your future

How will I learn?

1-2-1 phone calls over 3 sessions and activities to complete in your own time to prepare you for training expectations.

What next, after the course?

You will have specific goals for the future and may move onto group learning for functional skills, employability or further confidence building courses.



Uplift Associates Time for Change

Who is this course for?

Adults who would like to build their self-confidence and change their mindset to 'can do' and 'I want to'. This is ideal for people with low self-esteem and confidence who lack motivation and direction and people who have negative attitudes and mindsets

What will I learn on the course?

You will work on a range of activities and focus on:

- Confidence building
- Resilience
- Mindset
- Mindfulness
- Body language
- Comfort zones
- Strengths and weaknesses
- Personality preferences

How will I learn?

You will work in an inclusive environment where learners can build on communication skills, working in groups and taking part in activities to promote a more positive outlook on life and build connections with others.

What next, after the course?

You will develop resilience and understand more about yourself. may consider functional skills, employability or further confidence building courses

Health, wellbeing and confidence building



Uplift Associates Time for Life

Who is this course for?

Adults who have completed Time for Change and are committed to making positive changes in their life.

What will I learn on the course?

You will work on a range of activities, and focus on:

- Key elements of a healthy lifestyle
- Social interaction
- Diet and nutrition
- Sleep
- Exercise
- Mental and emotional wellbeing

How will I learn?

You will get the opportunity to be actively involved in using the techniques provided on the course such as the importance of teamwork and taking part in practical activities to promote this, trying healthy food options, exercise techniques, meditation, and relaxation techniques etc.

What next, after the course?

You will better understand the key aspects of a healthy lifestyle, you may wish to join community groups or further training.



Uplift Associates Basic DIY in the Home

Who is this course for?

Those who want to learn more about basic DIY and tasks around the home. Ideal for anyone who is moving into their first home, anyone living alone or anyone who needs support to become more independent.

What will I learn on the course?

You will work on a range of activities, and focus on:

- Taking meter readings correctly
- Learning how to bleed a radiator
- Changing a plug/fuse
- Organisation of hazardous materials in the home
- Handy tools to have around the home for basic DIY
- Using a drill
- Understand what is in a basic toolbox and what to use certain tools for.

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. You will also get the opportunity to take part in practical activities to demonstrate your understanding and encourage group participation.

What next, after the course?

You will feel more confidence, independent and resourceful and you may wish to access further training.

Health, wellbeing and confidence building



Uplift Associates Living life with the Menopause

Who is this course for?

Adults who want to increase their knowledge and awareness of menopause or peri-menopause, how it can impact people and what they can do to manage it.

What will I learn on the course?

You will work on a range of activities, and focus on:

- Recognising and understanding symptoms - including a symptom checker and diary tool
- Who to go to for information, advice and guidance
- Treatments, therapies and self-care strategies.

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. There will be a workbook to complete throughout that your tutor will look at and ask questions to observe your progress. Your tutor will also observe you taking part in any group discussions, and you will be asked to write your own comments to record your own progress.

What next, after the course?

You will understand the different types of treatment available to you and could use your knowledge to support others.



Uplift Associates Mansformation

Who is this course for?

For men and those who identify as men, who want to improve their self-esteem and confidence in an environment with other men who perhaps share similar feelings and experiences.

What will I learn on the course?

You will work on a range of activities:

- Share your barriers, including any societal or cultural expectations that are gender specific.
- Reflect on where you sit in a landscape of Equality, Diversity and Inclusion.
- Understand what support is available within the community
- Encouragement to work with others in a relaxed setting

- Participate in creative therapy
- Self-care techniques
- Plan and review personal goals

How will I learn?

Your tutor will offer a range of activities, such as direct teaching, discussion and activities to develop your skills and knowledge as well as build your confidence. You will also get the opportunity to take part in practical and holistic activities to demonstrate your understanding and encourage group participation.

What next, after the course?

You will understand the different types of treatment available to you and could use your knowledge to support others.

How can I enrol?

Contact the Uplift Team for an informal discussion:

 contact@upliftassociates.co.uk  0191 500 1233

$$7 + 3x = 28$$

$$3x = 28 - 7$$

$$\frac{3x}{3} = \frac{21}{3}$$

$$x = 7$$

4-

MULTIPLY in Sunderland

What is Multiply?

The overall objective of Multiply is to increase the levels of functional numeracy in the adult population across the UK. It aims to support more adults to attend maths courses and increase achievement of maths qualifications up to and including Functional Skills Level 2. Multiply courses are broken down into categories known as interventions. These interventions will help you to choose the right Multiply course, to take your maths to the next level.

Many of the Multiply courses are designed to support you if you find it difficult to access training due to:

- Access to venues
- Access to digital equipment
- Family commitments
- Finances (for example meeting travel costs to courses)

Multiply courses are flexible to fit around your life, with online or face to face training in a wide range of venues across Sunderland, such as community centres, schools, libraries and central buildings.

Eligibility

To be eligible for Multiply course funding, you must meet the following criteria:

- Must be aged 19 or over
- Must not have previously completed the course you are enrolling on or another course in the same intervention
- Must be living or working in Sunderland
- Must NOT currently hold a Maths GCSE at C/4 grade, or Level 2 Maths Functional Skills, or equivalent
- Must meet residency eligibility

Course fees and funding

To check funding eligibility, we ask all learners for eligibility evidence on enrolment, this might include proof of address, payslips, and photographic identification. When you enrol you will need your personal details, including address, date of birth, telephone number, national insurance number and information about any benefits you receive, and information on previous learning you have completed.

To discuss course fees and funding in more detail, please contact training providers directly.

Choosing the right Multiply course for you

Here are the Multiply interventions we offer in Sunderland:

Increase confidence with number

Courses designed to increase confidence with numbers for those needing first steps towards formal numeracy qualifications

Support with managing money

Courses designed to help people use numeracy to manage their money

Employer-based number skills

Innovative numeracy programmes delivered together with employers - including courses designed to cover specific numeracy skills required in the workplace

Number skills to access new and better jobs

Courses aimed at people who can't apply for certain jobs because of lack of numeracy skills and/or to encourage people to upskill in numeracy to access a certain job/career

Number skills to support your children and own development

Courses for parents wanting to increase their numeracy skills in order to help their children and help with their own progression

Community based maths

Numeracy activities, course or provision developed in partnership with community organisations and other partners, aimed at all learners

MULTIPLY in Sunderland

Increase confidence with number



Cool Blue College

Confidence in Numbers

Who is this course for?

Those who want to develop skills and understanding of maths to a deeper level, building on your confidence to apply maths in day-to-day life with a practical element of working with functions and conversions, developing a higher understanding of basic maths.

What will I learn on the course?

- Different maths functions and combining these such as add, subtract, multiply, divide and percentages
- Working with fractions and how these link to daily life
- Understanding decimal, rounding up and down

- Understanding loan interest payment
- Conversions from metric to imperial

How will I learn?

Your teacher will use a range of activities, discussions and tasks to help you to develop your maths skills and recognise value for money offers on the high street. The sessions will be delivered in a relaxed and friendly environment


What next, after the course?

You could progress onto functional skills maths.

How can I enrol?

Contact:

 recruitment@coolbluecollege.com or  Rebecca.unsworth@coolbluecollege.com

 0191 510 0414



Penshaw View Training

Number Ninjas

Who is this course for?

Those who want to increase confidence with numbers and to take first steps towards formal numeracy qualifications.

What will I learn on the course?

You will learn from a combination of maths modules from Entry 3 to Level 1, depending on the entry level of each participant. A range of resources and activities will be used to develop your basic maths skills.

How will I learn?

Taught sessions will be delivered over a 4-day period where you will have personal tutor support with specific feedback aimed to improve your personal understanding with numbers and calculations.

What next, after the course?

You could progress onto functional skills maths or employability courses.

How can I enrol?

Contact Penshaw View Training on:

 info@penshawview.co.uk  03302 236 144

MULTIPLY in Sunderland

Increase confidence with number



Eden Training Academy Making Numbers Count

Who is this course for?

Anyone who would like to take first steps towards achieving a formal qualification.

What will I learn on the course?

A practical topic such as cooking, driving theory budgeting skills or nail art, which includes:

- How to plan on a budget
- Measurements, shape and space
- Using numbers and the number system
- Basic business planning skills

How can I enrol?

For more information:

 katrina@edentrainingacademy.org.uk  01642 807 229 or Call/Text 07932 975 939



Groundwork NE & Cumbria Balance your Li£e

Who is this course for?

Learners who do not have a numeracy level 2 qualification or equivalent and want to develop everyday maths skills.

What will I learn on the course?

Sessions will support people to remove 'the fear' of numbers and maths, bringing confidence and addressing and supporting other topics:

- Budgeting and understanding energy and carbon footprint
- Online banking
- In work benefits

How can I enrol?

For more information:

 gemma.davison@groundwork.org.uk

How will I learn?

Face to face classroom delivery with full tutor support. Learning will take place in a welcoming environment and activities will suit learning needs.

What next, after the course?

Progression opportunities to achieve a formal numeracy qualification.

- Essential bills, rental and credit agreements

How will I learn?

Our staff will work with you on either a one-to-one or group basis Identifying numeracy skills achieved through sessions. Helping you to know what transferrable skills you already have. Identifying how numeracy fits in to these sessions and then how it could fit into your life and potential job.

What next, after the course?

We will identify additional training and qualifications and support you in this process.

MULTIPLY in Sunderland

Increase confidence with number



FIRST

Navigating the Numbers – Finance made easy (Level 1 Award in Business Accounting)

Who is this course for?

Learners who are wanting to be self-employed or start a business, those who are looking to manage their own personal finances better or better their chances of promotion.

What will I learn on the course?

- Knowledge of income, expenditure, budget and banking procedures
- Gain knowledge of legislation for business accounting
- Use online software to manage personal and/or business finances more effectively
- Produce reports in relation to business accounts

- Confidently manage day to day business banking transaction for small businesses

How will I learn?

Sessions are face to face with full computer access and uses Sage software and a workbook to guide you through the course. The course is cloud based so you can access it anytime and continue your learning outside of the session if you want to.

What next, after the course?

The course will give you with a Level 1 Award in Business Accounting. FIRST can then signpost you to a Level 2 in Business Accounting if you wish

How can I enrol?

For more information  masud@youarefirst.co.uk  07856 730 408

 www.youarefirst.co.uk/projects/qualification-computerised-accounting



Training in Care

Healthy Eating

Who is this course for?

Adults who have not previously attained a GCSE Grade 4/C or higher maths qualification at Level 2 or equivalent and want to develop understanding of the importance of eating healthily and maintaining hydration.

What will I learn on the course?

Understanding of food choices and how to make those healthy choices, also to help learners understand body image and alcohol awareness.

How will I learn?

Face-to-face learning – the tutor will support learners by offering a range of different activities, such as direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess the learner by looking at their work, asking questions and observing as they join in with group discussions.

What next, after the course?

Further learning opportunities.

MULTIPLY in Sunderland

Increase confidence with number



Training in Care Maths in Action – A Beginners Guide

Who is this course for?

This course for beginners will be a short introductory course into maths and how it links with the areas of delivery so that learners know what to expect and where they can progress before they enrol onto the other courses.

What will I learn on the course?

You will cover a range of maths skills that are used in everyday life to build your confidence and knowledge.




How will I learn?

Face-to-face learning – the tutor will support learners by offering a range of different activities, such as direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess the learner by looking at their work, asking questions and observing as they join in with group discussions.

What next, after the course?

Further learning opportunities.

How can I enrol?

For more information  oscarmcfarlane@trainingincare.co.uk  0191 537 5329
 www.trainingincare.co.uk

MULTIPLY in Sunderland

Support with managing money



Cool Blue College Manage Money

Who is this course for?

For those who want to understand the current financial climate and develop maths skills for confidence in everyday maths situations.

What will I learn on the course?

- How to manage a simple household budget with income and expenditure
- Budgeting to support day to day living and understanding essential spend and priority bills
- Gain knowledge in addition, subtraction and multiplication
- Understand how maths fits into daily life such as loan interest rates, Annual Percentage Rates (APR)

and cost of living

- Gain information on the importance of financial planning




How will I learn?

Your tutor will use a range of activities, discussions and tasks to help you to develop your maths skills and recognise value for money offers on the high street. The sessions will be delivered in a relaxed and friendly environment where you will meet other students who are also developing their maths skills. There is no formal assessment or exam.

What next, after the course?

Move on to a functional maths qualification.

How can I enrol?

Contact:  recruitment@coolbluecollege.com or  Rebecca.unsworth@coolbluecollege.com
 0191 510 0414



Penshaw View Training Divide and Conquer

Who is this course for?

For those who struggle with budgeting and need the skills and tools to manage own money. You could be worrying about debt or being supporting by a debt advice service.

What will I learn on the course?

You will work through 'real' life money management situations. Hints and Tips will also be given to stay out of debt along with information to referral agents if money management continues to become a problem. One-to-one advice sessions are also offered with our tutors, where you can speak in confidence to ensure appropriate help can be found.

How will I learn?

Your tutor will work with you to identify your own personal learning targets, enabling your personal development and understanding of budgeting and money management. Throughout the course your tutor will assess your work, giving supportive and developmental feedback, asking you questions about the topics and observing your contribution to the discussions. There is no exam at the end of the course.

What next, after the course?

You could progress onto functional skills maths or employability courses.

How can I enrol?

Contact Penshaw View Training  info@penshawview.co.uk  03302 236 144

MULTIPLY in Sunderland

Support with managing money



Training in Care Living on a Budget

Who is this course for?

This course is for anyone aged over 19 years who have not previously attained a GCSE Grade 4/C or higher maths qualification at Level 2 or equivalent.

What will I learn on the course?

This course prepares learners with the skills, knowledge and understanding of how to live on a budget. This course helps learners to manage money when on a low income, focusing on aspects of essential spend and non-essential. Learners will consider budgeting, investigate ways to cut costs,

ensure they are claiming the correct benefits and those they are entitled to, emergency borrowing and loans.

How will I learn?

Face-to-face learning – the tutor will support learners by offering a range of different activities, such as direct teaching, discussion and tasks to develop skills and knowledge. The tutor will assess the learner by looking at their work, asking questions and observing as they join in with group discussions.

What next, after the course?

Further learning opportunities.

How can I enrol?

For more information  oscarmcfarlane@trainingincare.co.uk  0191 537 5329

 www.trainingincare.co.uk



Pallion Action Group Thrive and Survive

Who is this course for?

This course is for 19+ adults who would like to improve their maths skills who do not already hold a Level 2 or above qualification in Maths.

What will I learn on the course?

You will build confidence with everyday maths in your daily life and increase your knowledge of:

- Budgeting - managing your money
- How to work out rates of pay and understand your payslips
- Create a CV and cover letter
- How to search for jobs more efficiently
- Researching training opportunities

- Improved interview techniques

How will I learn?

Through a range of activities such as creating budgeting sheet, looking at different wage slips and rates of pay, better off calculations, creating CV and cover letter, mock interviews and job searching activities. Computers and worksheets will be used as well as group discussions and one to one. Discussions will take place to help you improve your maths skills and prepare you to be job ready or to take your next step in training or employment.

What next, after the course?

Further learning opportunities.

How can I enrol?

Contact Hazel Cox for more information or just to chat about the course.

 hazel.cox@pallionactiongroup.co.uk  0191 514 2011

MULTIPLY in Sunderland

Support with managing money

**Education
Partnership
NorthEast**

**Sunderland College
Highstreet Deals**

Who is this course for?

This course is for 19+ adults who would like to develop their everyday maths skills. It will support you to understand the current financial climate, highlighting value for money deals available locally and online whilst developing your maths skills.

What will I learn on the course?

- Investigate local high street deals
- Calculate the best/worst savings across a range of products sourced locally
- Are online deals better than deals on the high street?
- Food shopping - are you really saving money?
- Utilities - how much is it costing you? Is your bill correct?

**Education
Partnership
NorthEast**

**Sunderland College
Money Essentials**

Who is this course for?

This course is for 19+ adults who would like to develop their everyday maths skills. It will support you to understand the current financial climate, looking at household finances and budgeting whilst developing your maths skills.

What will I learn on the course?

- Household budgeting - what does this include?
- Needs versus wants - what are they?
- Managing your own money
- Can you save on money essentials?
- Food shopping - are you really saving money?
- Utilities - how much is it costing you? Is your bill correct?

How will I learn?

Your tutor will use a range of activities, discussions and tasks to help you to develop your maths skills and recognise value for money offers on the high street. The sessions will be delivered in a relaxed and friendly environment where you will meet other students who are also developing their maths skills. There is no formal assessment or exam.

What next, after the course?

You will be able to progress onto further maths qualifications.

How will I learn?

Your tutor will use a range of activities, discussions and tasks to help you to develop your maths skills and household budgeting skills.

The sessions will be delivered in a relaxed and friendly environment where you will meet other students who are also developing their maths skills.

There is no formal assessment or exam.

What next, after the course?

You will be able to progress onto further maths qualifications.

MULTIPLY in Sunderland

Support with managing money

**Education
Partnership
NorthEast**

**Sunderland College
Out of the Red**

Who is this course for?

This course is for 19+ adults who would like to develop their everyday maths skills. It will support you to understand the current financial climate, looking at personal finances and budgeting whilst developing your maths skills.

What will I learn on the course?

- What is credit and what does it cost?
- What is your money personality?
- Managing your finances
- 'Good debt' versus 'bad debt' - truth or myth?
- Utilities - how much is it costing you? Is your bill correct?

How can I enrol?

Contact:

 employability@sunderlandcollege.ac.uk or  heather.harrop@sunderlandcollege.ac.uk

How will I learn?

Your tutor will use a range of activities, discussions and tasks to help you to develop your maths skills and personal finance skills.

The sessions will be delivered in a relaxed and friendly environment where you will meet other students who are also developing their maths skills. There is no formal assessment or exam.

What next, after the course?

You will be able to progress onto further maths qualifications.

MULTIPLY in Sunderland

Employer-based number skills



Cool Blue College Numeracy in the Workplace

Who is this course for?

Those who want to develop skills in using maths within the workplace, supporting a better understanding of calculations such as percentages, decimal places.

What will I learn on the course?

- Using positive and negative numbers
- Working with decimal places, fractions and percentages
- Calculate compound interest, using formulas and rounding numbers
- Calculate shapes and sizes, working with 2D and 3D shapes
- Understanding the mean, median and mode and apply these calculations

- Use maths to solve problems, calculate outcomes and measure tolerance levels
- Understand probability and using two-way tables

How will I learn?

Your tutor will use a range of activities, discussions and tasks to help you to develop your maths skills and recognise value for money offers on the high street. The sessions will be delivered in a relaxed and friendly environment where you will meet other students who are also developing their maths skills. There is no formal assessment or exam.


What next, after the course?

You could progress onto functional skills maths.

How can I enrol?

Contact:

 recruitment@coolbluecollege.com or  Rebecca.unsworth@coolbluecollege.com

 0191 510 0414



Penshaw View Training Root to Success

Who is this course for?

For employers with a specific need for numeracy skills in your workplace who want to enable employees to develop specific skills, tailored to the need in the sector.

What will I learn on the course?

Specific maths modules are tailored around skills gaps to equip participants with immediate maths skills to aid performance and promotion in the workplace. Tool kits and teaching sessions have been developed to work through real life work situations. In addition to workshops one-to-one advice sessions are offered with our tutors.

How will I learn?

Your tutor will work with you to create an unique Individual Learner Plan (ILP) which will help identify personal learning targets. Working to set goals and milestone targets to enable learner development. There will be continuous assessment to ensure learner understanding and there is no exam at the end of the course.

What next, after the course?

You could progress onto functional skills maths or employability courses.

MULTIPLY in Sunderland

Employer-based number skills



Penshaw View Training **Between the Spreadsheets**

Who is this course for?

Employers who require staff to upskill their numeracy level, for example the Care Sector and the need to confidently administer medication, or travel sector and understanding currency rates and exchange.

What will I learn on the course?

The course content will be developed in conjunction with individual employers via our employer engagement team, prior to course design and implementation based on need and demand, to enable career progression and continuous personal development for employees. Tool kits and teaching sessions have been developed to work through real life work situations.

How will I learn?

Your tutor will work with you to create an unique Individual Learner Plan (ILP) which will help identify your own personal learning targets. Working with you to set goals and milestone targets to enable your personal development and understanding spreadsheets. Throughout the course your tutor will assess your work, giving supportive and developmental feedback, asking you questions about the topics and observing your contribution to the discussions. There is no exam at the end of the course.

What next, after the course?

You could progress onto functional skills maths or employability courses.

How can I enrol?

Contact Penshaw View Training  info@penshawview.co.uk  03302 236 144

MULTIPLY in Sunderland

Number skills to access new and better jobs



Penshaw View Training Strength in Numbers

Who is this course for?

Those who are in work and unable to apply for other jobs or promotion due to lack of certificated numeracy skills.

What will I learn on the course?

You will follow a structured initial assessment and diagnostic process to identify your skills gaps. These gaps will be addressed by a dedicated functional skills tutor through to exam. You will have the opportunity to achieve Functional Skills Maths from Entry Level 1, through to Level 2. We will work in partnership with the jobcentre and large employers in the local area to support the important steppingstone process.

How will I learn?

Tool kits and teaching sessions have been developed to work through, in addition to workshops, and one-to-one advice sessions are offered with our tutors. Taught sessions will be delivered over a time frame where you will have personal tutor support with specific feedback aimed to improve your personal understanding with maths.

What next, after the course?

You could progress onto functional skills maths or employability courses

How can I enrol?

Contact Penshaw View Training  info@penshawview.co.uk  03302 236 144



Pallion Action Group Let's Work it Out

Who is this course for?

Suitable for learners who prefer to work on a one to one basis in a relaxed atmosphere with your tutor.

What will I learn on the course?

Increase knowledge in:

- Budgeting - managing your money
- How to work out rates of pay and understand your payslips
- Create a CV and cover letter
- How to search for jobs more efficiently
- Researching training opportunities
- Improved interview techniques

How will I learn?

With activities such as creating budgeting, looking at different wage slips and rates of pay, better off calculations, creating CV and cover letter, mock interviews and job searching activities. Computers and worksheets will be used to prepare you to be job ready or to take your next step in training or employment.

What next, after the course?

Further learning opportunities.

How can I enrol?

Contact Hazel Cox for more information or just to chat about the course.

 hazel.cox@pallionactiongroup.co.uk  0191 514 2011

MULTIPLY in Sunderland

Number skills to support your children and own development



Apextra C.I.C Calculate, Cook and Achieve

Who is this course for?

Learners who want to be more confident using maths in everyday situations, want to make informed choices when budgeting and buying everyday food items and seek to improve their cooking skills, making cost effective, nutritious meals.

What will I learn on the course?

You will learn:

- How to use a slow cooker
- Health and safety procedures
- Food hygiene to level 2 qualification
- Maths connected with cooking
- Costing meals and portions

- Financial skills to manage your budget
- How to work as part of a team

How will I learn?

Your tutor will demonstrate cooking a meal using a slow cooker, supported by nutritional information and pricing, developing your maths skills as you learn to plan and budget nutritious meals. You will also learn from guest speakers qualified in their chosen fields, including health and safety and food hygiene.

What next, after the course?

Progress to another suitable Multiply intervention course, or Maths Functional Skills qualification to suit your needs.

How can I enrol?

For more information or to get involved, contact Denise Hepplewhite

 dhepplewhite@apextra.co.uk  07747 832 225

**Education
Partnership
NorthEast**

**Sunderland College
Family Learning Preparing for SATs**

Who is this course for?

This course will give parents the opportunity to improve their maths skills and become more confident with numbers. It will focus on the methods used in schools today to enable you to support your children at home.

What will I learn on the course?

- Calculation methods, used in school to solve problems
- Fractions, decimals, and percentages
- Shape, space and measures
- Data, statistics and probability
- SATs preparation - how can parents help to support their children?

How will I learn?

Your tutor will use a range of activities, discussions and tasks to help you to develop your maths skills so you can help your children prepare for SATs. The sessions will be delivered in a relaxed and friendly environment where you will meet other students who are also developing their maths skills. There is no formal assessment or exam.

What next, after the course?

You will be able to progress onto further maths qualifications.

How can I enrol?

Contact:  employability@sunderlandcollege.ac.uk or  heather.harrop@sunderlandcollege.ac.uk

MULTIPLY in Sunderland

Number skills to support your children and own development



Penshaw View Training

Be a parent you can 'count' on

Who is this course for?

Parents, carers or guardians who want to improve numeracy skills.

What will I learn on the course?

Build on your numeracy skills and confidence using maths tool kits, resources and teaching sessions. In addition to workshops, one to one advice sessions are offered with our tutors. Maths content will be tailored to develop your ability, as well as ensuring you can support your children at their school level.

How will I learn?

Your tutor will work with you to create a unique Individual Learner Plan (ILP), this will help identify your own personal learning targets. Working to set goals and milestone targets to enable your personal development. Throughout the course your tutor will assess your work, giving supportive and developmental feedback. There will be continuous assessments to assess your understanding and there is no exam at the end of the course.

What next, after the course?

You could progress onto functional skills maths or employability courses.

How can I enrol?

Contact Penshaw View Training  info@penshawview.co.uk  03302 236 144



Eden Training Academy

Teach Yourself To Help Your Kids

Who is this course for?

A course designed to take the fear out of numeracy, enabling individuals to improve their skills and be able to support their children with the maths homework that they bring back from school.

What will I learn on the course?

- Increase confidence with numbers
- Using numbers and the number system
- Measurements, shape and space
- Information and data
- Improve numeracy skills for life

How will I learn?

Face to face classroom delivery with full tutor support. Learning will take place in a welcoming environment and activities will suit learning needs. Activities will be engaging and will give opportunities to improve numeracy skills in stages.

What next, after the course?

Progression opportunities to achieve a formal numeracy unit certificate or a maths functional skill qualification. Further support available from Eden Training Academy to upskill and progress towards various courses and employment opportunities.

How can I enrol?

For more information:

 katrina@edentrainingacademy.org.uk  01642 807 229 or Call/Text 07932 975 939

MULTIPLY in Sunderland

Community based maths



Penshaw View Training Life in the Maths Lane

Who is this course for?

For those who struggle with maths and want to improve your skills and increase your confidence with numeracy.

What will I learn on the course?

Tool kits, resources and teaching sessions have been developed to help you increase your Maths ability and confidence. In addition to workshops, one-to-one advice sessions are offered with our tutors.

How will I learn?

Your tutor will work with you to create a unique

Individual Learner Plan (ILP) which will help identify your own personal learning targets. Working with you to set goals and milestone targets to enable your personal development. Throughout the course your tutor will assess your work, giving supportive and developmental feedback, asking you questions about the topics and observing your contribution to the discussions. There is no exam at the end of the course.

What next, after the course?

You could progress onto functional skills maths or employability courses.

How can I enrol?

Contact Penshaw View Training  info@penshawview.co.uk  03302 236 144



Apextra C.I.C Calculate, Create and Achieve

Who is this course for?

Learners who want to be more confident using maths in everyday situations and want to develop these in a fun and supportive environment.

What will I learn on the course?

You will learn:

- How to craft with wood
- Maths connected with craft projects, starting from an individual learning assessment
- Working safely with tools and equipment
- To plan, design and create wooden items to suit a chosen area

How will I learn?

Sessions are face to face with all resources included to complete the course. Sessions include both theory-based and practical activities. You will also be introduced to money saving and budgeting advice and guidance, often with guest speakers that are qualified in their chosen field of expertise including sessions led by a master craftsman.

What next, after the course?

Progress to another suitable Multiply intervention course, or Maths Functional Skills qualification to suit your needs. You could also consider joining LG Design pre-traineeship programme.

How can I enrol?

For more information or to get involved, contact Denise Hepplewhite

 dhepplewhite@apextra.co.uk  07747 832 225

MULTIPLY in Sunderland

Community based maths

Eden Training Academy

Numbers 4 You

Who is this course for?

For individuals that may have a “fear factor” in addressing their numeracy needs and delivery sessions will take place in a welcoming environment. The small group size allows you to meet new people and will help you in your everyday life.

What will I learn on the course?

Activities include:

- How to plan on a budget – cooking, driving sessions and self-care
- Basic business planning skills – information, data and money

- Measurements, shape and space
- Using numbers and the number system

How will I learn?

Numeracy skills are embedded into a practical topic such as cooking, driving theory, budgeting skills or nail art.

What next, after the course?

Further support is available from Eden Training Academy to upskill and progress towards various courses and employment opportunities.

How can I enrol?

For more information:

 katrina@edentrainingacademy.org.uk  01642 807229 or Call/Text 07932 975 939

Contact us:

Learning and Skills Service, Sunderland City Council,
City Hall, Plater Way, Sunderland SR1 3AA

Email FACL.info@sunderland.gov.uk

Web: www.sunderland.gov.uk/learning-skills



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