

A guide to Community & Family Learning in Nottingham



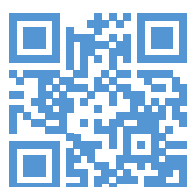
Community & Family
Learning Nottingham



Next Steps



 To register your interest in a course scan the QR code



Choosing your Next Steps?

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

Whether you're in search of employment, further learning, or simply seeking personal assistance, explore our Next Steps guide to discover the support and opportunities that are available locally to you.

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

Interested? Then get in touch by contacting:

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

You're always the right age to learn new skills

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

What is Community & Family Learning?

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

The partnership includes:

- ◆ Belong
- ◆ Bulwell Forest Garden
- ◆ Creative Paths CIC
- ◆ Groundwork Five Counties
- ◆ Life Education East Midlands
- ◆ Nottingham College
- ◆ Nottingham Ice Arena
- ◆ Second Chance Learning Academy

Who is Community & Family Learning for?

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

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

Are Community & Family Learning courses free?

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

- ◆ Actively looking for work or considering your future work options
- ◆ In receipt of eligible benefits and would like to improve your skills
- ◆ Working, but earning less than £25,000 per year
- ◆ Have lived in the UK or EU/EEA for 3+ years

Next Steps Guide

I would like to continue learning but...

I'm not sure what to do next

Talk to our careers advisor

Email learn@nottinghamcity.gov.uk

I'm not sure what courses are available

See what other courses we deliver

Go to page 4

I'm looking for a job but...

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

Try a skills assessment

www.nationalcareers.service.gov.uk/

I would like some extra support

See what support is available in Nottingham

Go to page 11

I would like to know more about...

Volunteering opportunities

Go to page 12

Health and wellbeing support

Go to page 13




Community & Family Learning Courses

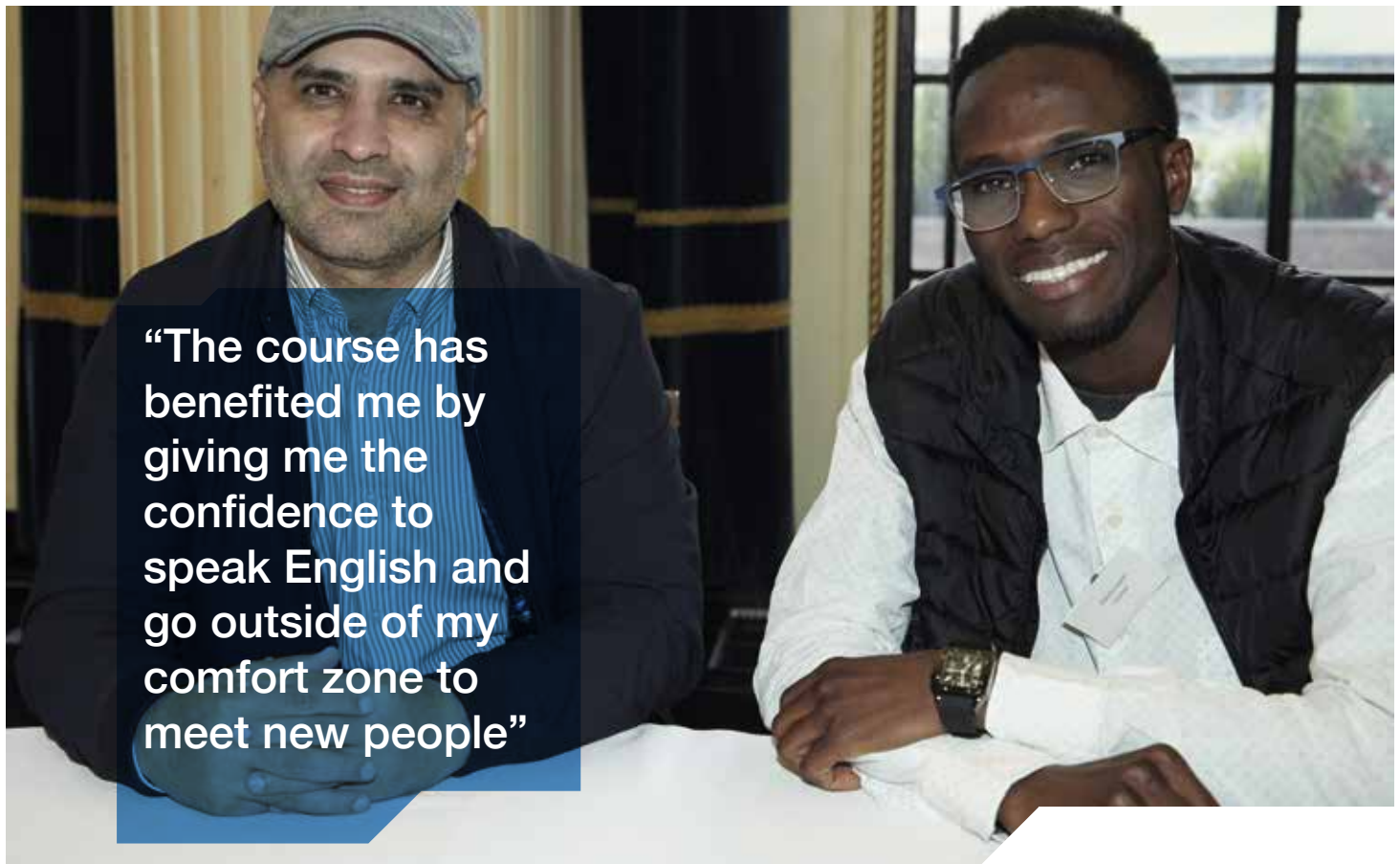
English for Speakers of Other Languages

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

To register your interest, scan the QR code or contact



 Rosie Fisher  0115 979 0015
 rosie.fisher@belongnottingham.co.uk



Family Learning

Course	Course Aims
Coping with Anxiety	Explore strategies for managing worries, supporting your child's health and well-being, and your own.
Family Fortunes	Build financial capability and develop positive money habits. Adults only or families together.
Feel Good Families	Boost your parenting skills, discover the secrets of successful parenting, and help your children make healthy choices. Learn stress management and improve your child's well-being.
Family SEAL	Learn to support your child's behaviour for learning. Topics include motivation, building a positive attitude, making friends, and social skills. Children join for the last part of each session.
Family Cyberwise	An introduction to helping parents to keep themselves and their children safe online, including setting parental controls and useful websites for parents.
Workshops for Dads, Male Carers and Grandparents	Keep up-to-date on what your children/grandchildren are doing in school. Learn some fun activities with them.
Talking Tough Topics	Equips parents with strategies to prepare their children for modern dangers such as online grooming, bullying, and substance abuse.
Steps to Mental Wellbeing	Explores evidence-based methods to enhance mental health for both adults and children, promoting happiness, positivity, and resilience.

To register your interest, scan the QR code or contact



 Sue Archer
  0115 965 3916
 Sue@lifeeducationeastmidlands.co.uk



Values, Money & Me	Interactive family workshop based around budgeting, exploring family finances. Join in the activities and have a free ice skating lesson with the children at the end of every session.
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To register your interest, scan the QR code or contact



 Ryan Rathbone
  0115 853 3061
 ryan.rathbone@national-ice-centre.com



Family Literacy & Numeracy

Course	Course Aims
Keeping up with the Children Literacy	Boost your English while assisting your child's education. This course provides a chance to enhance language skills and support your child's learning journey.
Keeping up with the Children - Family English & Language	Improve your English and help your child become good at telling facts from opinions; and become confident about using punctuation, grammar, nouns, adjectives, verbs, and more.
Keeping up with the Children Numeracy - Family Maths	Update your maths knowledge addition, subtraction, multiplication, and division as taught in today's schools for various age groups in KS1 and KS2, making learning fun and enjoyable.
Reading Rucksacks	Promotes literacy through interactive engagement, creative storytelling, and fostering family involvement in children's learning.
Sow and Grow	Aims to foster family bonding through gardening, promoting skills and environmental awareness.
All Aboard	Family learning course is to involve families in exploring trains together through interactive activities, including a day trip on a train.

To register your interest, scan the QR code or contact



Helen Murphy 0115 9100 100
helen.murphy@nottinghamcollege.ac.uk



Health and Wellbeing

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

To register your interest, scan the QR code or contact



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



Green Skills

Course	Course Aims
Green Skills	Enhance your health and wellbeing while gaining green skills like sustainable gardening, biodiversity, DIY garden decor, and community space creation.

To register your interest, scan the QR code or contact



Charles Nembhard 07771 394 387 (primary contact)
 Rish Mills 07771 538 025 (secondary contact)
environment@groundworknottingham.org.uk



Sustainable Gardening	Covering water conservation and mulching techniques, composting and worm farming, gardening for pollinators and other wildlife, and cost-free gardening methods.
Gardening for Free	Learn how to save and sow seeds, picking out and potting seedlings and taking cuttings and root division.
Seed to Plate - Cooking on a Budget	Grow and cook with fresh ingredients from our Community Garden. Learn to sow, harvest, and create healthy, budget-friendly meals. Take home fresh dishes and enjoy access to home-grown produce each week.
Wild Family Fun	A course for the whole family to enjoy. Activities include building outdoor shelters and obstacle courses, identifying mini beasts and plants, lighting fires, and preparing a campfire feast.
Aromatherapy for Beginners	Start your journey into aromatherapy by learning the basics of essential oils, their benefits, and safe usage. This course covers commonly used oils, basic massage techniques, and how to use aromatherapy for relaxation and wellbeing.

To register your interest, scan the QR code or contact



Barbara Bates 07890 557 854
admin@bulwellforestgarden.co.uk



Personal Development

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

To register your interest, scan the QR code or contact



Chloe Bacon



07399 630 885



chloe@scla.org.uk



Digital Skills

Course	Course Aims
Basic Digital Skills	Use computers, phones, and the internet confidently, manage emails and online security, and handle documents. Navigate social media and shop online securely.
Digital Express	Designed for beginners looking to improve, this course will help you expand your knowledge and master essential tools. Whether for work or personal use, this course will give you the practical knowledge you need to navigate the digital world with ease.
Digital Safety Navigator	A practical course for beginners. Understand how to protect yourselves online from common threats such as phishing and scams, as well as protecting your information on online social media. Join us to become confident and informed citizens.
Eco-Digital Initiatives	Explore how to use tools like cloud computing, digital platforms, and data analytics to reduce carbon footprints and promote eco-friendly practices.
Digital Job Quest	Create CVs and job applications, communicate online, and build a professional network. Give presentations, collaborate remotely, and understand the digital workplace.

To register your interest, scan the QR code or contact



Rosie Fisher



0115 979 0015



rosie.fisher@belongnottingham.co.uk



ESOL for Hong Kong British Nationals

Course	Course Aims
ESOL provision for Hong Kong British Nationals (HKBN)	Develop your confidence in speaking & listening, reading & writing. We offer a wide range of ESOL courses for HKBNO at various levels from pre-entry up to Level 2. These are offered in a location in the city and in some cases also online. Begin undertake all referrals, undertake an initial assessment and signpost to the most appropriate provider.

To register your interest, scan the QR code or contact

BEGIN 
basic educational guidance in Nottinghamshire

 Begin team

 0115 978 0942

 enquiries@begin.org.uk



Multiply

Course	Course Aims
Multiply	Whether you need help managing your bills, budgeting or you just want to improve your potential at work, Multiply offers easy access to free numeracy courses and initiatives that can support you to brush up on your maths skills to be more confident with numbers.

To register your interest, scan the QR code or contact

MULTIPLY

 Corynne Clarke

 07467 109 42

 corynne.clarke@stannsadvice.org.uk



Further Learning

Nottingham College

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

☎ 0115 9100 100

✉ enquiries@nottinghamcollege.ac.uk

🌐 www.nottinghamcollege.ac.uk

Shifting your Mindset

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

☎ 07816 597 100

✉ info@shiftingyourmindset.co.uk

🌐 www.shiftingyourmindset.co.uk

Begin

Impartial advice on ESOL, Functional Maths & English courses

☎ 0115 884 2072

✉ enquiries@begin.org.uk

🌐 sites.google.com/site/beginbyiza

New Art Exchange

Exhibitions, workshops for adults and children

☎ 0115 924 8630

✉ info@nae.org.uk

🌐 www.nae.org.uk

Green's Windmill

Science centre, baking workshops, community gardens

☎ 0115 915 6878

✉ greensmill@nottinghamcity.gov.uk

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

Nottingham Women's Centre

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

☎ 0115 941 1475

✉ reception@nottinghamwomenscentre.com

🌐 www.nottinghamwomenscentre.com

Skilled Hands Organisation

Jewellery, hat, and dress-making courses for women

☎ 07432 440 997

✉ skills.hands.org@gmail.com

🌐 www.skilledhandsorganisation.org

Nottingham City Libraries

Online digital courses, Step Ukraine employment support, English

Conversation and ESL women groups.

🌐 www.nottinghamcitylibraries.co.uk/online-and-community-learning/



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

Employment Support

St Ann's Advice Centre

Welfare services, employability & skills

☎ 0115 950 6867

✉ info@stannsadvic.org.uk

🌐 www.stannsadvic.org.uk

The Bestwood Partnership

Employment support for long-term unemployed

☎ 0115 975 5758

✉ admin@bestwood.org.uk

🌐 bestwood.org.uk

Framework Housing

Housing, employment support & skills services

☎ 0115 841 7711

✉ www.frameworkha.org/contact

🌐 www.frameworkha.org

The Bridges Community Trust

Employment support

☎ 0115 671 0200

✉ info@bridgescommunitytrust.org.uk

🌐 www.thebridgescommunitytrust.org.uk

Second Chance Learning Academy

Personalised 1-1 wellbeing & employability

☎ 07399 630 885

✉ chloe@scla.org.uk

🌐 www.scla.org.uk/contact-us

National Careers Service

Careers advice, explore employment & skills, find local courses

☎ 0800 100 900

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

🌐 nationalcareers.service.gov.uk

Evolve

Employment, community & family support within Broxtowe and Strelley

☎ 07851 292 071

✉ evolvenottingham@outlook.com

🌐 www.evolvenottingham.com

Working Well East Midlands

Employment support for people with mental health conditions or disabilities

☎ 0330 053 8639

🌐 www.workingwell-eastmidlands.org.uk

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



Volunteering Opportunities

Nottingham City Libraries

Volunteering opportunities

☎ 0115 883 8332

✉ library.volunteer@nottinghamcity.gov.uk

🌐 www.nottinghamcitylibraries.co.uk

Nottingham City Care NHS

Volunteering opportunities

☎ 07881 037 877

✉ volunteeringcitycare@nhs.net

🌐 www.nottinghamcitycare.nhs.uk

Nottingham Age UK

Volunteering opportunities

☎ 0115 844 0011

✉ volunteering@ageuknotts.org.uk

🌐 www.ageuk.org.uk

Nottingham Castle

Volunteering opportunities

☎ 0115 876 3100

✉ volunteer.programme@nottinghamcity.gov.uk

🌐 www.nottinghamcastle.org.uk

NCVS Services

Volunteering opportunities

☎ 0115 934 8400

✉ ncvs@nottinghamcvs.co.uk

🌐 www.nottinghamcvs.co.uk

Refugee Forum

Volunteering opportunities

☎ 0115 960 1230

✉ info@nottsrefugeeforum.org.uk

🌐 www.nottsrefugeeforum.org.uk

Sneinton Community CIC

Community & volunteering opportunities

☎ 0115 958 6892

✉ info@sneintoncommunity.co.uk

🌐 www.sneintoncommunity.co.uk

Nottingham City Council

Nottingham Together Volunteering

🌐 nottinghamcity.goassemble.com



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



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

Health and Wellbeing

Health & Wellbeing Hub Nottingham

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

☎ 0800 028 5598

✉ info@nottinghamwellbeinghub.org

🌐 www.nottinghamwellbeinghub.org

Green Spaces

Social prescribing programme

☎ 0115 934 8400

✉ ncvs@nottinghamcvs.co.uk

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

Family Hubs

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

✉ CityWideEarlyHelpTeams@nottinghamcity.gov.uk

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

Wellness in Mind

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

☎ 0800 561 0073

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

Nottinghamshire Hospice

Bereavement counselling

☎ 0115 962 1222

✉ info@nottshospice.org

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

Nottingham City General Practice Alliance Weight Management Support

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

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



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

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

Notes

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

learn@nottinghamcity.gov.uk