



ATTFE College Free Courses

November 2024

Course Title	Description	Venue	Dates & Times	Course Code
An Introduction to Daily Digital Skills	<p>A perfect course for anyone wanting to improve their digital skills for daily use, whether that be searching online, editing documents, using your mobile phone more effectively.</p> <p>Skills taught during the sessions will be based on needs identified by learners attending. This course is also a great introduction to anyone wanting to progress on to a formal digital skills qualification.</p> <p>Suitable for learners aged 16 years and over. Individuals can attend as many sessions as they wish.</p>	Healdswood Community Centre, Skegby	<p>Thursdays, 9.30am – 11.30am</p> <p>7th November – 28th November 2024</p>	24DSP007
An Introduction to Daily Digital Skills	<p>A perfect course for anyone wanting to improve their digital skills for daily use, whether that be searching online, editing documents, using your mobile phone more effectively.</p> <p>Skills taught during the sessions will be based on needs identified by learners attending. This course is also a great introduction to anyone wanting to progress on to a formal digital skills qualification.</p> <p>Suitable for learners aged 16 years and over. Individuals can attend as many sessions as they wish.</p>	Sutton Community Academy, NG17 1BW	<p>Wednesdays, 6pm - 8pm</p> <p>20th November - 18th December 2024</p>	24DSP003

All courses are **FREE** to attend unless stated otherwise. Places will be limited, and should be booked in advance. For more details or to sign up, please contact 01623 441310 or email college.info@attrust.org.uk. **Please quote course codes when signing up.**



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Course Title	Description	Venue	Dates & Times	Course Code
Christmas Crafts	Join us for these weekly Christmas Craft sessions to get you into the Christmas spirit. We'll be making a range of Christmas themed items throughout the weeks including Christmas wreaths.	The ATTIC, Sutton Community Academy, NG17 1BW	Wednesdays, 6pm - 8pm 6th of November – 18th December 2024	24TL074
English for Speakers of Other Languages (ESOL)	The perfect introduction to anyone who does not speak English as a first language and are looking to improve their English speaking, listening and writing skills. Suitable for adults aged 19+ years.	Sutton Community Academy, NG17 1BW	Fridays, 10am – 2.30pm 8th November – 20th December 2024	24TL076
Introduction to Photo Editing	Explore key photoshop style photo editing techniques, such as combining images and removing backgrounds. Develop your skills to create beautiful photos and unique, or surreal and creative compositions.	Sutton Community Academy, NG17 1BW	Thursdays, 6pm - 8pm 21st November – 18th December 2024	24DSP004
Mindfulness and Relaxation	You will learn about the 7 principles of mindfulness, Various Breathing methods, Self-awareness, being kinder to yourself and how to use mindfulness to support you to feel calmer and less stressed. You will have an understanding of how to set aside time to focus on the mind-body connection and where mindfulness can be used in daily life. Learners may need to bring a cushion and a blanket for personal comfort. Suitable for learners aged 19+ years.	The Tin Hat Centre, Selston	Tuesdays, 1pm - 3pm 5th November – 17th December 2024	24TL098

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Cooking on a Budget	Fun and interactive sessions supporting adults to learn new healthy and affordable meals to try at home.	LOCO Centre, Netherfield	Mondays, 10am - 11.30am Starting 11th November to 16th December 2024	24TL069
Cooking on a Budget	Fun and interactive sessions supporting adults to learn new healthy and affordable meals to try at home.	LOCO Centre, Netherfield	Mondays, 12pm - 2pm Starting 11th November to 16th December 2024	24TL070
Creative Crafts	The perfect course to get creative by trying different crafts skills, techniques and resources whilst having fun and socialising with others.	Tin Hat Centre, Selston	Fridays, 9am – 11.30am Starting 8th November 2024 – 2nd May 2025 (including February half-term and Easter, excluding 27th of December 2024 and Easter Friday)	24ASF130a
Creative Crafts	The perfect course to get creative whilst meeting and socialising with others. Workbooks will be completed as part of the course. All learners completing the course will gain a Level 1 Award in Creative Crafts. Available for learners aged 19+ years.	Huthwaite Methodist Church	Tuesdays, 9am – 2pm Starting 12th November 2024 – 11th February 2025 (excluding Christmas and New Year's holidays)	24ASF136a

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Course Title	Description	Venue	Dates & Times	Course Code
1-Day Emergency Paediatric First Aid (accredited)	You will learn the roles and responsibilities of the emergency paediatric first aider, and will be equipped with the skills needed to deal with a range of paediatric first aid situations, such as performing CPR and controlling external bleeding. Suitable for learners aged 19+.	Gymstarz Pavilion, Southwell Road East, Mansfield, NG21 0HJ	Tuesday, 26th November 2024 8.30am - 3pm	24TL123

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