



ATTFE College Free Courses

January 2025

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>	Tin Hat Centre, Selston	<p>Fridays, 1.30pm – 3pm</p> <p>10th January - 24th January 2025</p>	24DSP009
Functional Skills (Maths and English)	<p>Supporting you to develop your maths and English skills in a friendly environment with our experienced tutors. Learners will be assessed at the beginning of the course to enable us to support you at the appropriate level for your needs.</p>	ATTFE College, Sutton Community Academy, NG17 1BW	<p>Mondays OR Tuesdays, 9am - 3pm</p> <p>Starting w/c 6th of January until w/c 31st March 2025 (excl. February half-term).</p> <p>This is a 1-day a week course. Regardless of your chosen day, all learners are expected to attend the initial Monday session, after which you'll be assigned a specific day to attend based on your individual learning needs.</p>	<p>24ASB60b (Mondays)</p> <p>24ASB98b (Tuesdays)</p>

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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Family Messy Play for 0-5 years	An interactive sensory messy play session for parents/carers and their little ones to have fun whilst socialising with others and positively supporting your child's development.	Cotgrave Welfare, Woodview, NG12 3PJ	Mondays, 10am – 11am Starting 6th January until 10th February 2025	24TL153
Cooking on a Budget	A hands-on cooking session supporting you to learn new low cost recipes, supporting you to eat fresh healthy meals without breaking the bank.	Cotgrave Welfare, Woodview, NG12 3PJ	Mondays, 12pm – 2pm Starting 6th January until 10th February 2025	24TL154
A More Confident Me - Improving Your Wellbeing and Life Skills	A 2-days a week course covering a range of skills including crafts, wellbeing, life skills and employability. A chance to build your confidence and socialise with others from your local community in a friendly and inclusive environment.	Sutton Community Academy	Wednesdays and Thursdays (2-days per week) 9.15am – 2.45pm Starting 8th January until 27th March 2025	NC24ASF100b
Level 1 Award in Volunteering	A great course for individuals who are already volunteering in the local community or looking to get involved in volunteering.	Community Corner, Market Street, Sutton in Ashfield	Tuesdays, 9.30am – 12pm Starting 14th January until 4th March 2025	24ASF149
Level 1 Award in Volunteering	A great course for individuals who are already volunteering in the local community or looking to get involved in volunteering.	Community Corner, Market Street, Sutton in Ashfield	Tuesdays, 12.30pm – 3pm Starting 14th January until 4th March 2025	24ASF150

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Wellbeing Courses: Mindfulness and Relaxation, and Seated Tai Chi	ATTFE College are working in Partnership with Mill Waters to bring you these new group classes designed to support your physical and mental wellbeing in a beautiful local setting, delivered by our experienced tutor, Ken.	The Discovery Room (next to the café), Kings Mill Reservoir	Mindfulness and Relaxation: Tuesdays, 10am – 11am Seated Tai Chi: Tuesdays, 11am – 12pm 7th January to 11th February 2025	Mindfulness and Relaxation: 24TL163 Seated Tai Chi: 24TL164
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	Fridays, 10am – 2.30pm Starting 10th January until 14th February 2025	24TL162
Introduction to Digital Skills	This course offers an informal approach to supporting learners with daily digital skills needs. Our tutor will support and guide you to make better use of your digital devices including mobile phones, laptops and iPads or tablets. Perfect for anyone who has had a new device for Christmas or have an existing one you'd like to learn how to use more effectively.	Sutton Community Academy	Thursdays, 10am – 12pm Starting 16th January to 30th January 2025	24DSP014

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Digital Skills Support - Applying for Job Vacancies	This course is ideal for individuals looking to apply for job vacancies whether that be creating a CV online, searching for jobs online or filling in online job applications. Support will be tailored to your needs.	ATTFE College, Sutton Community Academy, NG17 1BW	Thursdays, 1pm – 3pm Starting 16th January to 30th January 2025	24DSP015

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