



# ATTFE College Free Courses

## April 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Craft Club	A fun and sociable craft session for adults aged 19+ years. <b>Learners can start at any point.</b> Children welcome to join in with a responsible adult.	Rainworth Social Action Hub	Wednesdays, 9am – 12pm Starting 26th March to 16th July 2025	24TL220
Craft Club	A fun and sociable craft session for adults aged 19+ years. <b>Learners can start at any point.</b> Children welcome to join in with a responsible adult.	Trowel Court Community Centre	Wednesdays, 9am – 12pm Starting 26th March to 11th June 2025	24TL221
Sutton in Bloom Gardening Group	A fun and friendly group supporting you to learn something new, socialise with others and build your confidence.	Salvation Army Church, Sutton-in-Ashfield	Thursdays, 10am - 12pm Starting 24th April until 17th July 2025 (excluding 1st May)	24TL214
Stress Awareness	This qualification is designed to develop learners' knowledge and understanding of stress. Learners will look at the causes of stress and the effects stress can have on health. They will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress.	ATTFE in the Community Venue, 9-11 Low Street, Sutton in Ashfield, NG17 1DH	Wednesdays, 4pm - 8pm Starting 23rd April until 5th June 2025	24ASF291

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](mailto:college.info@attrust.org.uk). **Please quote course codes when signing up.**



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Course Title	Description	Venue	Dates & Times	Course Code
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.  Suitable for learners aged 19+ years.	Community Corner, Market Street, Sutton in Ashfield	Tuesdays, 9.30am – 12pm Starting 6th May until 24th June 2025	24ASF157
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.  Suitable for learners aged 19+ years.	Community Corner, Market Street, Sutton in Ashfield	Tuesdays, 12.30pm – 3pm Starting 6th May until 24th June 2025	24ASF158
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.  Suitable for learners aged 19+ years.	Rainworth Social Action Hub	Wednesday, 9am – 12pm Starting 21 May until 16 July 2025 (8 weeks, no session on 28th May)	24ASF164
Creative Crafts	A fun, inclusive and sociable craft group suitable for all levels. A different craft activity will be done each week.	Oak Tree Family Hub, Mansfield NG18 3PJ	Mondays, 3.30pm – 6.30pm 7th, 14th, 21st and 28th July 2025	24TL213

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Course Title	Description	Venue	Dates & Times	Course Code
Cooking on a Budget	A hands-on cooking session supporting you to learn new low-cost recipes and to eat fresh healthy meals without breaking the bank. At the end of the session, you are welcome to take your food home or stay and eat with other participants.	Oak Tree Family Hub, Mansfield NG18 3PJ	Mondays, 3.30pm - 6.30pm Starting 12th May until Monday 30th June 2025 (except 9th of June 2025)	24TL212
Understanding Mental Health in Early Years	This qualification is designed for learners who wish to understand mental health in young children in the early years and the role of the Early Years Practitioner to support children's mental health and wellbeing.	ATTFE in the Community Venue, 9-11 Low Street, Sutton in Ashfield, NG17 1DH	Tuesdays, 9.30am - 1.30pm Starting 22nd April until 24th June 2025	24ASF290

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