



ATTFE College Free* Courses

August 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Level 1 Award in Stress Awareness	This qualification aims to improve learners' understanding of stress. They 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. We will explore different ways of coping with stress .	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Wednesdays, 10am - 2pm Starting 6th August until 27th August 2025	25ASF007
Level 1 Award in Stress Awareness	This qualification aims to improve learners' understanding of stress. They 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. We will explore different ways of coping with stress .	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Wednesdays, 4pm - 8pm Starting 6th August until 27th August 2025	25ASF008
Level 1 Award in the Awareness of Substance Misuse	This qualification enables the learner to develop a knowledge and understanding of substance misuse awareness - including alcohol - and its potential effects on individuals and others.	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Thursdays, 10am - 2pm Starting 7th August until 28th August 2025	25ASF005
Level 1 Award in the Awareness of Substance Misuse	This qualification enables the learner to develop a knowledge and understanding of substance misuse awareness - including alcohol - and its potential effects on individuals and others.	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Thursdays, 4pm - 8pm Starting 7th August until 28th August 2025	25ASF006

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Course Title	Description	Venue	Dates & Times	Course Code
Level 1 Award in Mental Health Awareness	This qualification aims to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues, and develop learners' knowledge of the rights of those with mental health issues.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 10am - 2pm Starting 5th August until 2nd September 2025	25ASF003
Level 1 Award in Mental Health Awareness	This qualification aims to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues, and develop learners' knowledge of the rights of those with mental health issues.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 4pm - 8pm Starting 5th August until 2nd September 2025	25ASF004
Level 5 Counselling	<p>This qualification is intended for candidates who want to develop CBT skills and theory as an integral part of their professional counselling work. It is designed to enhance the employability of counsellors in organisational settings and as independent practitioners by giving them a solid grounding in CBT skills and theory.</p> <p>This course may be partially funded or fully funded. Please check you eligibility for our Advanced Learner Loans.</p>	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Wednesdays, 3.30pm - 7.30pm Starting 10th September 2025 until 20th May 2026	25LCB005

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Course Title	Description	Venue	Dates & Times	Course Code
Fast Track - Level 2 Counselling Skills	This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Tuesdays, 9.30am - 2.30pm Starting 9th September 2025 until 3rd February 2026	25ASF001
Fast Track - Level 2 Counselling Skills	This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Tuesdays, 4pm - 8.30pm Starting 9th September 2025 until 3rd February 2026	25ASF002
Level 3 Certificate in Applied Counselling Studies (CAST-L3)	This qualification is intended for candidates who have already acquired a recognised qualification in counselling skills and want to: take the next step in training to become a counsellor, learn more about counselling theory, ethics and mental health, and/or be prepared for work as a professional counsellor in an agency setting. Please contact us to enquire regarding funding options.	Portland Pathways, Sutton-in-Ashfield	Fridays, 9.30am-2.30pm 12th September 2025 - 24th July 2026	25LCB004

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ATTFE College Free* Courses

August 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Level 4 Diploma in Therapeutic Counselling (First Year)	<p>This two year part-time qualification gives learners the knowledge, skills and competencies to work as a therapeutic counsellor in an agency context in both health care and non-medical settings.</p> <p>Successful completion of this course means you will be able to provide a therapeutic counselling service.</p> <p>This course may be partially funded or fully funded. Please check you eligibility for our Advanced Learner Loans.</p>	Portland Pathways, Sutton-in-Ashfield	<p>Dates are Subject to Change</p> <p>Mondays, 9.30am-2.30pm 8th September 2025 - 20th July 2026</p> <p>Thursdays, 9.30am-2.30pm 11th September 2025 - 23rd July 2026</p>	<p>Mondays: 25LCB003</p> <p>Thursdays: 25LCB002</p>
Level 4 Diploma in Therapeutic Counselling (Second Year)	<p>This two year part-time qualification gives learners the knowledge, skills and competencies to work as a therapeutic counsellor in an agency context in both health care and non-medical settings.</p> <p>Successful completion of this course means you will be able to provide a therapeutic counselling service.</p> <p>This course may be partially funded or fully funded. Please check you eligibility for our Advanced Learner Loans.</p>	Portland Pathways, Sutton-in-Ashfield	<p>Wednesdays, 9.30am-2.30pm 10th September 2025 - 22nd July 2026</p>	25LCB006

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Course Title	Description	Venue	Dates & Times	Course Code
Functional Skills (Maths and English)	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.	Adult Learning, Sutton Community Academy, Sutton- in-Ashfield, NG17 1BW	Mondays, 9.15am - 2.45pm, <u>or</u> Tuesdays, 9.15am - 2.45pm Starting w/c 8th September 2025 until w/c 15th December 2025 (13 weeks, term-time only)	25ASF041
Functional Skills (Maths and English)	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.	Adult Learning, Sutton Community Academy, Sutton- in-Ashfield, NG17 1BW	Mondays, 9.15am - 2.45pm, <u>or</u> Tuesdays, 9.15am - 2.45pm Starting w/c 5th January 2026 until w/c 23rd March 2026 (11 Weeks, term-time only)	25ASF042
Functional Skills (Maths and English)	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.	Adult Learning, Sutton Community Academy, Sutton- in-Ashfield, NG17 1BW	Mondays, 9.15am - 2.45pm, <u>or</u> Tuesdays, 9.15am - 2.45pm Starting w/c 13th April 2026 until w/c 13th July 2026 (12 weeks, term-time only and excluding Bank Holidays)	25ASF043

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Course Title	Description	Venue	Dates & Times	Course Code
Let's Get Crafty with English	This course combines a chance for learners to get creative by completing weekly craft activities whilst upskilling in English skills for everyday life including speaking, listening, reading and writing skills. Learners will complete a Level 1 Certificate in Essential English Skills for everyday life.	Lifespring Church & Centre at Warsop Town Hall, NG20 0AL	Tuesdays & Thursdays 9am – 3pm Starting 2nd September – 9th October 2025	24ASF066
Employability & Crafts	Get work ready whilst engaging in weekly craft activities. Learners attending this course will complete a L1 Certificate in Occupational Studies for the workplace. This course is ideal for individuals looking to build their confidence or those preparing to enter employment.	Lifespring Church & Centre at Warsop Town Hall, NG20 0AL	Tuesdays & Thursdays 9am – 3pm Starting 14th October – 11th December 2025	24ASF067
Level 1 Diploma in Skills for Employability, Training and Personal Development	This course supports learners to improve their employability, build confidence and personal development whilst learning about a range of vocational sectors. Ideal for individuals looking to enter into employment.	Lifespring Church & Centre at Warsop Town Hall, NG20 0AL	Tuesdays & Thursdays 9am – 3pm Starting 16th December 2025 – 16th July 2026	24ASF068
Level 1 Certificate in Job Search Potential	This course aims to improve the learner's job search methods by exploring recruitment methods and job goals, supporting you to increase your confidence and employability skills.	Lifespring Church & Centre at Warsop Town Hall, NG20 0AL	Tuesdays & Thursdays 9am – 3pm Starting 5th August until 28th August 2025	25ASF057

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Course Title	Description	Venue	Dates & Times	Course Code
Crochet for Beginners	This course is perfect for adults aged 19+ who are new to crochet or looking to pick up the basics. Whether you're starting from scratch or just need a refresher, you'll learn in a relaxed, welcoming environment designed to build your skills and confidence, all while having fun and getting creative!	ATTFE in the Community Venue 9 - 11 Low Street, Sutton-in-Ashfield	Mondays, 6pm - 8pm Starting 8th September – 8th December 2025	25TL008
Developing Skills for Cooking, Catering and Hospitality	This 2-day course will support learners to develop their skills relevant to progressing in a career in the catering and hospitality sector. The course will cover employability and workplace skills as well as a chance to take part in weekly practical activities with a choice of cooking, sugar craft skills or volunteering at the Sherwood Observatory café to gain hands on experience in a catering and hospitality setting.	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	Wednesdays & Thursdays 9am – 3pm Starting 3rd September – 16th October 2025	25ASF082
Skills for Cooking, Catering and Hospitality	This 2-day course will support learners to develop their skills relevant to progressing in a career in the catering and hospitality sector. The course will cover employability and workplace skills as well as a chance to take part in weekly practical activities with a choice of cooking, sugar craft skills or volunteering at the Sherwood Observatory café to gain hands on experience in a catering and hospitality setting.	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	Wednesdays & Thursdays 9am – 3pm Starting 22nd October 2025 – 19th March 2026	25ASF083

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ATTFE College Free* Courses

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Course Title	Description	Venue	Dates & Times	Course Code
Level 2 in Understanding Nutrition and Health	This course will support learners to improve their knowledge of healthy eating principles and the role of food in maintaining a good health. Delivered in a practical way, learners will also take part in practical hands on cooking activities to enhance their knowledge of food nutrition and healthy recipes.	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	Wednesdays & Thursdays 9am – 3pm Starting 22nd March – 21st May 2026	25ASF084
Catering and Hospitality for Beginners	This 2-day course provides the perfect introduction to learners who are new to our catering and hospitality courses. During this short course learners will have a chance to engage in cooking and enterprise skills suitable for those starting the course to try something new or for individuals interested in entering the catering and hospitality industry.	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	Tuesdays & Fridays 9am – 3pm Starting 2nd September – 26th September 2025	25ASF085
Employability Skills for Catering and Hospitality	This 2-day course is ideal for learners who are interested in developing their employability skills with a view to entering the catering and hospitality sector. Learners will take part in a combination of practical cooking and catering activities as well as improving skills and confidence for progressing into employment.	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	Tuesdays & Fridays 9am – 3pm Starting 30th September 2025 – 17th April 2026	25ASF086

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Course Title	Description	Venue	Dates & Times	Course Code
Level 1 Award in Nutrition and Health	<p>During this 2-day course you will learn the basics of food and nutrition and the impact on our health including:</p> <ul style="list-style-type: none"> • Healthy eating guidelines • The role of nutrients • The importance of a balanced diet <p>Practical food related activities such as cooking healthy recipes will also be part of this course making it perfect for anyone interested in this subject area or those looking to improve their diet and nutrition.</p>	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	<p>Tuesdays & Fridays</p> <p>9am – 3pm</p> <p>Starting 21st April – 15th May 2026</p>	25ASF087
An Introduction to Catering and Hospitality Skills	<p>The prefect course for individuals considering a career in catering and hospitality or those interested in developing their cooking skills. The course will combine a combination of practical and written based tasks making it interactive and informative for learners.</p>	Shine Café, King Street, Sutton-in-Ashfield, NG17 1AT	<p>Tuesdays & Fridays</p> <p>9am – 3pm</p> <p>Starting 19th May – 24th July 2026</p>	25ASF088

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Course Title	Description	Venue	Dates & Times	Course Code
A More Confident Me – Job Search and Employability Skills	This 1-day course will support learners to develop skills needed for seeking employment by completing a Level 1 Certificate in Job Search and Employment potential. Perfect for individuals looking to enter employment for the first time or for those looking to re enter employment or change careers.	Mansfield Civic Centre, Mansfield NG19 7BH	Wednesdays, 9.30am – 2.30pm Starting 10th September – 3rd December 2025	25ASF076
A More confident Me – Employability Skills	A 1-day course perfect for building your confidence and employability skills. Ideal for individuals looking to gain confidence and learn new skills to get work ready before whilst seeking employment.	Mansfield Civic Centre, Mansfield NG19 7BH	Wednesdays, 9.30am – 2.30pm Starting 10th December 2025 – 20th May 2026	25ASF077
English Skills for Everyday Life	This course will support learners to develop their confidence with every day English skills by completing a Level 1 Certificate in English Skills for Everyday life. Delivered in an inclusive, friendly and supportive environment.	Mansfield Civic Centre, Mansfield NG19 7BH	Wednesdays, 9.30am – 2.30pm Starting 27th May – 8th July 2026	25ASF078
Confidence Building and Healthy Eating	This course is designed to help learners boost their confidence while building a solid understanding of healthy eating and nutrition. Through friendly, supportive sessions, you'll gain practical knowledge to help you make healthier choices—supporting your wellbeing and helping you feel happier and in control of your lifestyle.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 9th September – 14th October 2025	25ASF074

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Confidence Building and Healthy Eating	This course is designed to help learners boost their confidence while building a solid understanding of healthy eating and nutrition. Through friendly, supportive sessions, you'll gain practical knowledge to help you make healthier choices—supporting your wellbeing and helping you feel happier and in control of your lifestyle.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 4th November – 9th December 2025	25ASF102
Confidence Building and Healthy Eating	This course is designed to help learners boost their confidence while building a solid understanding of healthy eating and nutrition. Through friendly, supportive sessions, you'll gain practical knowledge to help you make healthier choices—supporting your wellbeing and helping you feel happier and in control of your lifestyle.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 6th January – 10th February 2026	25ASF103
Confidence Building and Healthy Eating	This course is designed to help learners boost their confidence while building a solid understanding of healthy eating and nutrition. Through friendly, supportive sessions, you'll gain practical knowledge to help you make healthier choices—supporting your wellbeing and helping you feel happier and in control of your lifestyle.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 24th February – 31st March 2026	25ASF104

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Confidence Building and Healthy Eating	This course is designed to help learners boost their confidence while building a solid understanding of healthy eating and nutrition. Through friendly, supportive sessions, you'll gain practical knowledge to help you make healthier choices—supporting your wellbeing and helping you feel happier and in control of your lifestyle.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 14th April – 19th May 2026	25ASF105
Confidence Building and Healthy Eating	This course is designed to help learners boost their confidence while building a solid understanding of healthy eating and nutrition. Through friendly, supportive sessions, you'll gain practical knowledge to help you make healthier choices—supporting your wellbeing and helping you feel happier and in control of your lifestyle.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 2nd June – 7th July 2026	25ASF106
A More Confident Me – Skills for Employment	This course is perfect for building your confidence and employability skills. Ideal for individuals looking to gain confidence and learn new skills to get work ready before whilst seeking employment.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Wednesdays & Thursdays 9.15am – 2.45pm Starting 7th September 2025 – 12th March 2026 (term time only)	25ASF052

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Course Title	Description	Venue	Dates & Times	Course Code
Essential Digital Skills (Entry Level 3)	This course is designed to equip learners with basic digital skills needed for life and work. The course will cover topics such as using devices and handling information, creating and editing documents, communication using digital skills and keeping safe online.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 9.30am – 2.30pm Starting 2nd September – 18th November 2025	25ASF112
Essential Digital Skills (Level 1)	This course offers a progression to our Entry Level 3 Digital courses supporting learners with the skills and knowledge to effectively use digital skills for a range of environments and workplaces.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 9.30am – 2.30pm Starting 25th November 2025 – 10th February 2026	25ASF113
Essential Digital Skills (Entry Level 3)	This course is designed to equip learners with basic digital skills needed for life and work. The course will cover topics such as using devices and handling information, creating and editing documents, communication using digital skills and keeping safe online.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 9.30am – 2.30pm Starting 24th February – 10th May 2026	25ASF114
Essential Digital Skills (Level 1)	This course offers a progression to our Entry Level 3 Digital courses supporting learners with the skills and knowledge to effectively use digital skills for a range of environments and workplaces.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 9.30am – 2.30pm Starting 19th May – 21st July 2026	25ASF115

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Welcome to Catering and Hospitality	Try this taster course giving you a chance to get a flavour for our Catering and Hospitality courses starting in September including cooking skills and learning basic food hygiene.	ATTIC Kitchen, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	18th and 19th August 2025 9am – 3pm	25TL011
Butterfly Bakery Sugar Craft workshop for Beginners	Join this 2-day workshop where you will have a go at various cake decorating skills, the perfect introduction to our sugar craft and cake decorating.	ATTIC Kitchen, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	20th and 21st August 2025 9am – 3pm	25TL012
Cooking from Scratch	A 2-day workshop designed to build your confidence and ideas for cooking meals from scratch using fresh and healthy ingredients	ATTIC Kitchen, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	27th and 28th August 2025 9am – 3pm	25TL013

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Course Title	Description	Venue	Dates & Times	Course Code
Introduction to Adult Learning	<p>ATTFE College are working in partnership with Brierley Forest Primary and Nursery School to provide a range of free adult learning opportunities for parents/ carers of the school as well as members of the wider community during September to July. Join our friendly tutor Stacie, for these introductory sessions for a chance to find out more and ask any questions you have.</p> <p>Young children are welcome to attend these sessions and our future courses. No need to book, just drop in.</p>	Brierley Forest Primary and Nursery School, Westbourne View, Sutton-in-Ashfield	<p>3rd and 10th September 2025</p> <p>9.30am – 2.30pm</p>	
Creative Crafts	<p>This fun and interactive course will support learners to get creative using a range of resources, techniques and ideas to create a final creative project piece of your choice. A great course for trying something new and meeting other parents and carers from the Brierley Forest community.</p> <p>Members of the wider community are also welcome as well as young children attending with parents/ carers.</p>	Brierley Forest Primary and Nursery School, Westbourne View, Sutton-in-Ashfield	<p>Wednesdays, 9.30am – 2.30pm</p> <p>Starting 17th September – 10th December 2025</p>	25ASF099

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Supporting Positive Wellbeing for You and Your Family	<p>A fun and informative course designed to support you and your family lead a healthier lifestyle by learning tips, knowledge and information in topics such as healthy eating, being more active and supporting positive mental health.</p> <p>This course is available for parents/ carers of the school as well as the wider community. Young children are welcome to attend.</p>	Brierley Forest Primary and Nursery School, Westbourne View, Sutton-in-Ashfield	<p>Wednesdays, 9.30am – 2.30pm</p> <p>Starting 17th December 2025 – 22nd April 2026</p>	25ASF100
A More Confident Me – Job Search and Employability Skills	<p>Thinking about going back to work or entering employment for the first time? This course supports learners to develop skills and knowledge for employability, developing your CV and confidence and searching for jobs in an interactive and inclusive environment.</p> <p>This course is available for parents/ carers of the school as well as the wider community. Young children are welcome to attend.</p>	Brierley Forest Primary and Nursery School, Westbourne View, Sutton-in-Ashfield	<p>Wednesdays, 9.30am – 2.30pm</p> <p>Starting 29th April – 15th July 2026</p>	25ASF101

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