



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
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	<p>Wednesdays, 3.30pm - 7.30pm</p> <p>Starting 10th September 2025 until 20th May 2026</p>	25LCB005
A More Confident Me - Healthy Eating and Nutrition	<p>A fun and interactive course supporting learners to learn more about basic healthy eating and nutrition to support you and your family to eat a healthier diet, helping you to feel happier and healthier.</p> <p>Young children welcome to attend.</p>	Trowell Court Community Centre, Mansfield NG18 4NT	<p>Wednesdays, 12.30pm – 3pm</p> <p>Starting 24 September - 10th December 2026</p>	25ASF141
A More Confident Me - Job Search and Employability Skills	<p>A great course supporting individuals to build their confidence to apply for jobs and progress into employment. This course will cover topics such as searching for jobs, CV writing and interview skills.</p> <p>Young children welcome to attend.</p>	Trowell Court Community Centre, Mansfield NG18 4NT	<p>Wednesdays, 12.30pm – 3pm</p> <p>Starting 17th December 2025 - 24th June 2026</p>	25ASF142

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

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

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 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><b>Dates are Subject to Change</b></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

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

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

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

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

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Supporting Positive Wellbeing for You and Your Family	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. This course is available for parents/ carers of the school as well as the wider community. Young children are welcome to attend.	Brierley Forest Primary and Nursery School, Westbourne View, Sutton-in-Ashfield	Wednesdays, 9.30am – 2.30pm Starting 17th December 2025 – 22nd April 2026	25ASF100
A More Confident Me – Job Search and Employability Skills	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. This course is available for parents/ carers of the school as well as the wider community. Young children are welcome to attend.	Brierley Forest Primary and Nursery School, Westbourne View, Sutton-in-Ashfield	Wednesdays, 9.30am – 2.30pm Starting 29th April – 15th July 2026	25ASF101
Confidence Building	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 9th September – 14th October 2025	25ASF074

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Confidence Building	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 4th November – 9th December 2025	25ASF102
Confidence Building	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 6th January – 10th February 2026	25ASF103
Confidence Building	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Tuesdays, 9.30am – 2.30pm Starting 24th February – 31st March 2026	25ASF104

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Confidence Building and Healthy Eating	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	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	You'll explore the power of confidence, discover your unique skills and transferable abilities, and learn how to communicate more effectively and assertively. We'll also cover ways to look after your health and wellbeing. Whether you're preparing for new challenges, returning to work, or simply want to boost your self-belief, this course will equip you to thrive.	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

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**





# ATTFE College Free\* Courses

## September 2025 Onwards

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

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

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

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
A More Confident Me - Employability and Personal Development Skills	This course will support learners to build their confidence with a focus on employability and craft skills making it fun and interactive, delivered in an inclusive environment. Ideal for individuals looking to build their confidence, meet others from their local community or those wanting to move into employment.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Thursdays, 9.30am - 2.30pm Starting 13th November 2025 - 30th April 2026	25ASF135
A More Confident Me - Skills for Job Search and Job Applications	This course will equip learners to build their skills, knowledge and confidence in job searching, applying for jobs and interview skills.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Thursdays, 9.30am - 2.30pm Starting 7th May - 16th July 2026	25ASF136
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 25th March – 21st May 2026	25ASF084

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Autumn-Themed Home Accessory Crafts	Join us for a fun, sociable, and interactive autumn-inspired weekly craft session! You'll be provided with all the resources you need to create your own autumnal wreaths and recycled book crafts—handmade home accessories that you can take home and display with pride.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Mondays, 9.30am - 2.30pm Starting 22nd September – 13th October 2025	25TL030
Wellbeing, Relaxation and Confidence Building	These well-being sessions are designed to help reduce stress and anxiety through simple, effective practices.  You will learn about relaxation techniques to soothe the mind, mindful living for everyday calm, supportive space for reflection & connection and guided meditation with soothing sounds.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Wednesdays, 10am - 12pm Starting 10th September – 15th October 2025	25TL031
Halloween Themed Crafts	Join us for this spooktacular weekly class supporting you to get organised for Halloween by making Halloween accessories to decorate your home. All resources will be provided. Young children welcome to attend.	Community Corner, Market Street, Sutton-in-Ashfield, NG17 1AQ	Wednesdays, 1pm - 3pm Starting 10th September – 15th October 2025	25TL032
Arts and Crafts Club	A fun and informal creative craft group supporting individuals to get creative whilst socialising with others in their local community, great for supporting positive wellbeing.	Lifespring Church & Centre at Warsop Town Hall, NG20 0AL	Tuesdays, 9am - 3pm Starting 16th September - 16th December 2025, but learners can join at any point.	25TL065

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Tai Chi for Wellbeing	Join our expert Tai Chi master Ken Mead for these weekly sessions to support positive wellbeing and movement.  Suitable for all abilities. Suitable for adults aged 19+ years.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Tuesdays, 1pm - 3pm  Starting 9th September - 23rd December 2025, but new attendees welcome at any point.	25TL036
Arts and Crafts Club	A fun and sociable craft group for adults aged 19+ years. Weekly themed craft activities will be delivered including making Remembrance poppies as well as Autumn and Christmas themed crafts.  Young children welcome to attend under the supervision of an adult.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Mondays, 9.30am - 2.30pm  15th September - 15th December 2026, but learners can join at any point.	25TL071
Welcome to ESOL (English for Speakers of Other Languages)	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.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Fridays, 10am - 2pm  Starting 7th November - 5th December 2025 (5 weeks)	25TL072

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**



# ATTFE College Free\* Courses

## September 2025 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Welcome to ESOL (English for Speakers of Other Languages)	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.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Fridays, 10am - 2pm Starting 12th December 2025 - 16th January 2026 (4 weeks, excluding 26th December and 2nd January)	25TL073
Welcome to ESOL (English for Speakers of Other Languages)	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.	Adult Learning, Sutton Community Academy, Sutton-in- Ashfield, NG17 1BW	Fridays, 10am - 2pm Starting 27th February - 27th March 2026 (5 weeks)	25TL074

\*Please contact us for eligibility criteria. Suitable for learners aged 19+. 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.**