



ATTFE College Courses

April 2026 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
Essential Digital Skills (Level 1)	This course supports 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 2nd June - 14th July 2026	25ASF115
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	Mondays, 5pm - 8pm Starting 13th April - 20th July 2026	25ASF186
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, 10 King Street, Sutton-in-Ashfield, NG17 1AT	Wednesdays, 9am – 3pm Starting 1st April - 8th July 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. **Please quote course codes when signing up.**



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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
Entry Level Functional Skills Maths	This course is ideal for learners who would like to build their confidence with maths skills that can be applied in everyday life, for employment or to be able to progress onto further training. Learners will complete an assessment at the start of the course to ensure that course sessions are delivered at a level appropriate to your learning needs.	Lifespring Centre, Warsop Town Hall, Church Street, NG20 0AL	Tuesdays, 9.30am - 3pm Starting 5th May - 14th July 2026	25ASF243
Level 1 Award in Mental Health Awareness	This qualification aims to raise awareness of the issues surrounding mental health difficulties, helping learners to better understand the challenges individuals may face. It also seeks to dispel common myths and misconceptions often associated with mental health, while developing learners' knowledge and understanding of the rights of those living with mental health issues.	Adult Learning, Sutton Community Academy, Sutton- in-Ashfield, NG17 1BW	Thursdays, 4pm - 7pm Starting 16th April until 25th June 2026	25ASF293

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Tai Chi and Stress Awareness	Each weekly session will involve a Tai Chi activity session as well as the chance to learn about stress, what it is and how to prevent or reduce it. Attendees will complete a L1 Award in stress awareness, through the completion of discussion and workbook activities.	ATTFE College Community Hub, Idlewells Shopping Centre, Sutton-in-Ashfield	Tuesdays, 1pm - 3pm Starting 14th April until 30th June 2026	25ASF275
Mindfulness Painting Techniques	The Mindfulness Painting Techniques course will include topics such as Mixed Media, Water Colours, Oils, Pastels, Mindfulness. All the courses will embed the Level 1 Award in Stress Awareness Qualification.	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Thursdays, 6pm - 9pm Starting 4th June - 9th July 2026 (6 weeks)	25ASF288
Mindfulness Painting Techniques	The Mindfulness Painting Techniques course will include topics such as Mixed Media, Water Colours, Oils, Pastels, Mindfulness. All the courses will embed the Level 1 Award in Stress Awareness Qualification.	ATTFE Lifelong Learning Space, 15 Kingsway, Kirkby-in-Ashfield, NG17 7BB	Tuesdays, 10am - 1pm Starting 2nd June - 7th July 2026 (6 weeks)	25ASF285

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Wellbeing & Mindfulness	This Wellbeing & Mindfulness course will include topics such as Gratitude Journaling, Mindfulness Techniques, Meditation, Art Therapy, Reiki Healing. All the courses will embed the Level 1 Award in Stress Awareness Qualification.	ATTFE in the Community venue, 9 - 11 Low Street, Sutton-in-Ashfield, NG17 1DH	Tuesdays, 6pm - 9pm Starting 2nd June - 7th July 2026 (6 weeks)	25ASF286
Wellbeing & Mindfulness	This Wellbeing & Mindfulness course will include topics such as Gratitude Journaling, Mindfulness Techniques, Meditation, Art Therapy, Reiki Healing. All the courses will embed the Level 1 Award in Stress Awareness Qualification.	ATTFE Lifelong Learning Space, 15 Kingsway, Kirkby-in-Ashfield, NG17 7BB	Thursdays, 10am - 1pm Starting 4th June - 9th July 2026 (6 weeks)	25ASF287
Cooking & Healthy Eating	A practical and hands on cooking course supporting learners to learn more about eating a healthy balanced diet whilst learning how to cook new recipes. Learners will complete a Level 1 Award in Understanding Nutrition and Health, through the completion of written workbook activities.	Shine Café, 10 King Street, Sutton-in-Ashfield, NG17 1AT	Fridays, 9.30am - 3pm Starting 17th April until 1st May 2026 (3 weeks)	25ASF298
Knitting and Crochet	This course is perfect for adults who wants to knit, crochet, and natter in a relaxed, welcoming environment designed to build your skills and confidence, all while having fun and getting creative!	Willetts Court Community Centre, Limb Crescent, Sutton-in-Ashfield, NG17 5EB	Wednesdays, 11.30am - 1.30pm Starting 15th April - 15th July 2026 (learners can join at any point)	25TL167

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Cooking & Healthy Eating	A practical and hands on cooking course supporting learners to learn more about eating a healthy balanced diet whilst learning how to cook new recipes. Learners will complete a Level 1 Award in Understanding Nutrition and Health, through the completion of written workbook activities.	Shine Café, 10 King Street, Sutton-in-Ashfield, NG17 1AT	Fridays, 9.30am - 3pm Starting 5th June until 19th June 2026 (3 weeks)	25ASF300
Cooking & Healthy Eating	A practical and hands on cooking course supporting learners to learn more about eating a healthy balanced diet whilst learning how to cook new recipes. Learners will complete a Level 1 Award in Understanding Nutrition and Health, through the completion of written workbook activities.	Shine Café, 10 King Street, Sutton-in-Ashfield, NG17 1AT	Fridays, 9.30am - 3pm Starting 26th June until 9th July 2026 (3 weeks)	25ASF301

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