



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, 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.**



ATTFE College Courses

April 2026 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 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 2 Certificate in Mental Health in Early Years	This qualification is designed for learners who wish to understand mental health in young children in the early years (from birth to 5 years old) and the role of the Early Years Practitioner to support children's mental health and wellbeing. By completing the qualification, learners will develop knowledge which would support progression to further qualifications and into relevant employment in the health and social care or education sectors.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Thursdays, 4pm - 8pm Starting 16th April until 16th July 2026 (13 weeks)	25ASF293

*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.**



ATTFE College Courses

April 2026 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
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 16th April - Tuesday 21st May 2026 (6 weeks)	25ASF284
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 14th April - Tuesday 19th May 2026 (6 weeks)	25ASF281

*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.**



ATTFE College Courses

April 2026 Onwards

Course Title	Description	Venue	Dates & Times	Course Code
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 14th April - Tuesday 19th May 2026 (6 weeks)	25ASF282
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 16th April - Tuesday 21st May 2026 (6 weeks)	25ASF283

*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.**