



# ATTFE College Courses

## June 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
Watercolour Painting and Wellbeing	This relaxing Water Colour Painting course is a great way to support wellbeing while developing creative skills. Suitable for all abilities, learners will explore watercolour techniques, build confidence, and enjoy the benefits of creative expression.  Alongside the practical activities, learners will also complete a Level 1 Award in Stress Awareness, learning about stress, its impact, and ways to manage and prevent it — including through creativity.	Adult Learning, Sutton Community Academy, Sutton-in-Ashfield, NG17 1BW	Tuesdays, 10am - 2pm Starting 9th June until 30th June 2026	25ASF310
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

\*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.**



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Cooking & Healthy Eating	<p>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.</p> <p>Learners will complete a Level 1 Award in Understanding Nutrition and Health, through the completion of written workbook activities.</p>	Shine Café, 10 King Street, Sutton-in-Ashfield, NG17 1AT	<p>Fridays, 9.30am - 3pm</p> <p>Starting 26th June until 9th July 2026</p> <p>(3 weeks)</p>	25ASF301

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