

high

trees

Spring Term | January - March 2023

adult

education

courses

Enrolment Days

From 16th Dec to 21st Dec and 4th Jan to 13th Jan
between 10am to 3pm at our newly refurbished High Trees Hub
at 220 Upper Tulse Hill, SW2 2NS.

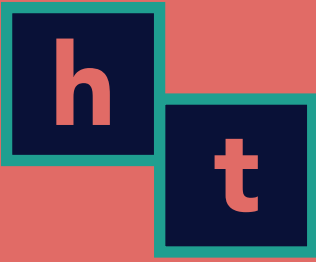
Please contact the team to book your place for initial assessment or
drop in during enrolment days.

Visit our website www.high-trees.org to register. If you're unable to book online,
please text or call 07305 080 995 or email us at courses@high-trees.org



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Connecting with people and
communities to strengthen
skills and build stronger voices



Welcome and thank you for your interest in High Trees

High Trees was set up by local residents 24 years ago and although we've changed and grown considerably since then we have not changed our core ethos of being firmly rooted in the local community and making sure all of our services are responding to local need. We now offer services in Adult Education (running a range of free courses both accredited and non-accredited), Employment and Careers (offering one on one support and a weekly jobs club to people wishing to gain employment), Children, Young People and Family Services at Tulse Hill Adventure playground and a huge range of Community Action projects. Whether you are studying to discover your potential, gain essential skills, increase your confidence, access further training, improve your career prospects or gain qualifications, you are in the right place.

This booklet will give you information about the courses we're running this term and we hope it's helpful, but if you have any further questions or would like to discuss whether a course is right for you our friendly team will be happy to talk it through with you, so please don't hesitate to get in touch.

We recognise that many learners have previously had little or negative experience of education and training, and we treat all our learners as individuals, working to offer all of our courses in a supportive environment and to provide you with the best guidance about opportunities for volunteering, accessing further or higher education and training and your next steps.

This year we are excited to welcome you back to our newly refurbished High Trees Hub after a complete renovation, with two new state of the art learning rooms and an Internet Cafe open to the public on Mondays and Fridays from 9.30 to 12.30pm and on Wednesdays from 2pm to 5pm.

We look forward to welcoming you soon.

Best wishes,

Anna Coffey and Grace English
Co-CEOs



020 8671 3132



courses@high-trees.org



www.high-trees.org



Scan with your camera to visit our website and sign up to courses

ESOL courses



Free ESOL & Active Citizenship Courses

- Improve your reading, writing and speaking skills
- Learn to communicate confidently and understand how to use your local services
- Free trips to museums and galleries to help your studies
- Our ESOL classes are running at the High Trees Scout Hut, Tulse Hill, SW2 3PX

Course	Day/Time	Start Date	End Date
ESOL Pre Entry	Mon 10am - 12pm	16th January	27th March
ESOL Entry 1 Plus	Tue 10am - 1pm	10th January	28th March
ESOL Entry 1	Wed 10am - 12pm	18th January	29th March
ESOL Entry 2 Plus	Thurs 10am - 1pm	12th January	30th March
ESOL Pre Entry - Entry 1	Sat 11am - 1pm	21st January	25th March
ESOL Conversation Club	Fri 10am - 12pm	13th January	31st March

Free ESOL Courses at Libraries & Primary Schools

Course	Day/Time	Start Date	End Date
ESOL West Norwood Library	Mon 6pm - 8pm	16th January	27th March
ESOL Fenstanton School	Tue 9.15am - 12.45 pm	TBC	TBC

Free ESOL Courses with Childcare

- Improve your English skills and discover local services in your area
- Free on-site childcare facilities are available whilst you are studying. All children under 5 years old resident in Lambeth are welcome
- Please be aware that crèche spaces are limited and we may have to restrict the place to one child per learner
- Courses are held at children's centres and you can enrol either at High Trees during enrolment days or at the children's centre during initial assessment days

Children's Centre	Address	Initial Assessment	Start Date	End Date	Day/Time
ESOL at Sunnyhill Children's Centre	Harborough Road, SW16 2XW	18th January	18th January	29th March	Wed 9.30am - 11.30am
ESOL at Hitherfield Children's Centre	Leigham Vale, SW16 2JQ	19th January	19th January	30th March	Thurs 1pm - 3pm

Free ESOL Family Learn & Play

- Bring your child along to our Family Learn and Play Sessions, practice your English and meet other parents!
- These sessions are for parents and children under 5 years old, to learn and play together and to enjoy exploring nature. Activities are based outside so be sure to wear something comfortable and warm.
- This class is based at the Tulse Hill Adventure Playground, SW2 2EY

Course	Day/Time	Start Date	End Date
ESOL Family Learn & Play	Thurs 1:30pm - 3:00pm	19th January	30th March

A photograph of two individuals, a woman and a man, both wearing light blue surgical face masks. They are looking down at a document or book held by the woman. The woman has dark hair tied back and is wearing a black top with white polka dots. The man has dark hair and is wearing a black hoodie. The background is a plain, light-colored wall. Overlaid on the image is a large blue rectangle containing the text 'functional skills' in white, and below it, a smaller white rectangle containing the text 'courses' in blue.

functional skills

courses

Free Accredited Functional Skill Courses



ICT Functional Skills

- Develop your IT skills and impress employers with this accredited ICT qualification.
- During your Functional Skills qualification in ICT you will learn email and file management, presenting information in the correct format, designing professional looking posters, using Excel to make calculations and design charts and browsing the internet securely.

Course	Day/Time	Start Date	End Date
ICT Entry 1	Mon 10am - 3pm	16th January	27th March
ICT Entry 2	Thurs 10am - 3pm	19th January	30th March
ICT Level 1	Wed 10am - 3pm	18th January	29th March

Maths Functional Skills



- Develop your knowledge and skills in maths and learn how to use them in real-life situations, gaining the practical skills you need to use maths in life, study and work.
- During your qualification you will learn how use common measurements, shapes, and how to work with width, depth and height, how to calculate percentages, fractions and decimals and how to handle and collect data.
- Our Maths Functional Skills qualification supports learners to demonstrate their understanding by applying their knowledge and skills to solve simple mathematical problems and carry out simple tasks.

Course	Day/Time	Start Date	End Date
Maths Functional Skills Entry 3	Tue 10am - 3.30pm	10th January	28th March

Free Accredited Functional Skill Courses



English Functional Skills

- In this course you will learn how to use a range of sentence structures, including complex sentences and paragraphs to organise written communication effectively. You will be able to read and understand texts in different formats using techniques appropriate to the task.
- During your qualification, you will work on your Reading, Writing and Communication skills. You will also brush up on grammar, punctuation, spelling, for different purposes and audiences.

Course	Day/Time	Start Date	End Date
English Functional Skills Entry 1	Thurs 9.30am - 3pm	12th January	30th March
English Functional Skills Entry 2	Mon 9.30am - 3pm	9th January	27th March
English Functional Skills Entry 3	Tue 9.30am - 3pm	10th January	28th March
English Functional Skills Level 1	Wed 9.30am - 3pm	11th January	29th March

A woman wearing a black hijab and a black patterned dress is sitting at a wooden desk in a classroom. She is looking towards the camera with a slight smile. Her hands are clasped together on the desk. In the foreground, there is another wooden desk with a black folder and some papers on it. The background shows a white wall with a bulletin board displaying various colorful posters and charts. A green jacket is hanging on a chair to the left.

vocational courses

Free One-day Food and Hygiene Level 2



Accredited
course

- Free course for Lambeth Housing tenants designed to help anyone who handles, prepares or serves food in the catering industry
- Understand your legal responsibilities and hygiene rating and learn best practice for controlling food safety hazards, temperatures, storage and much more
- Childcare cost covered

Day / Time	Start Date	End Date
Tue 10am - 4.30pm	17th January	17th January
Tue 10am - 4.30pm	27th March	27th March



Award in Information, Advice and Guidance Level 3

- This course will provide individuals with the skills, knowledge and a qualification required by employers in a broad range of contexts where information, advice or guidance (IAG) is provided
- This qualification is ideal for professionals working in a variety of settings including Employment and Career Services, Education and Youth Sectors, Front Line Customer Service and Advice Services
- This 11- week course costs £395 per person
- For more information, or for a chat about whether the course is right for you, please get in touch

Day / Time	Start Date	End Date
Fri 9.30am - 4.00pm	13th January	31st March

A woman wearing a brown hijab and glasses is focused on a craft project. She is seated at a table covered with a yellow cloth, which is cluttered with numerous clear plastic containers holding small, colorful beads and other craft supplies. A white tray with blue and yellow beads is visible on the left. The background is a plain, light-colored wall.

specialist

courses

Wellbeing Courses

- Specialist courses for wellbeing based at our High Trees Hub

Course	Day/Time	Start Date	End Date
Yoga for Mindfulness Beginner	Mon 4pm - 6pm	23rd January	20th March
Yoga for Mindfulness Beginner Plus	Mon 6pm - 8pm	23rd January	20th March
Mindful Mandala Mosaic	Fri 9.30am - 12pm	27th January	17th March
Introduction to Stress Management	Fri 10am - 4.30pm	31st March	31st March

Community Organising Courses

Our practical, fun Community Organising courses are designed to help you to learn the essential skills to start practicing Community Organising.

During our courses you will explore:

- The importance of listening to build relationships and uncover issues
- Power in communities and why it matters
- How to motivate people to take action
- How to take your next steps in Community Organising & social action

Course	Day/Time	Date
Introduction to Community Organising	Fri 10am - 5pm	24th March

Further one-day courses are available focusing on practical aspects of Community Organising such as Building Power Through Community Organising, Listening Skills for Community Organising. For more information, please get in touch with our Community Action team at action@high-trees.org

Digital Skills for Everyday Life

- Specialist course covering the basics of ICT, to keep learners connected with their community and keep up with the job market.

Course	Day/Time	Start Date	End Date
Digital Skills for Everyday Life (Beginner)	Tue 10am - 2pm	21st February	7th March

Maths Skills for Everyday Life

- An introduction to maths for budgeting and managing finances. Learn to complete calculations and percentages and create budgets.

Course	Day/Time	Start Date	End Date
Maths Skills for Everyday Life	Tue 10am - 4:30pm	21st February	21st February

Confident Communication

- Specialist one-day course to improve public speaking skills for presentations, interviews and meetings.

Course	Day/Time	Start Date	End Date
Art of Confident Speaking	Fri 10am - 4:30pm	TBC	TBC

my learning goals

To help you achieve your goals you may find it useful to fill in the learning plan below. It will help you keep track of which courses you would like to enrol on, and you can tick each one off as you complete it!

I want to enrol on...

Date I passed

1

.....



.....

2

.....



.....

3

.....



.....

What I want to do next

.....

.....

.....

"One of the best interaction-based trainings I have been on in a while"



"Thank you so much for giving so many people the chance to learn ESOL and ICT"

learner

quotes

"I feel much more confident!"



"I am so happy about this course and the tutor. The tutor gave me a chance and I learned so much, I cannot thank you enough"

“I really hope my story can help somebody to see some positivity and give the opportunity to think that changing career is possible. During and after my Pre-Employment Training, I felt very supported in my learning and job search. Again, proof that the community works. I not only found a job, I found a job that I really love and I always wanted to do it, which I didn’t think was achievable”

Roberto - Past Pre-Employment Training Student



Supporting your progression

“Taking on the challenge of starting a course as an adult can be nerve-wracking. I hope that sharing my experiences with you will help to encourage others who may be thinking of taking the plunge - using adult learning courses to explore their own abilities and potential. I also love volunteering at High Trees and I am learning so much about myself”

Noel - Past ICT and Education and Training Student



Employment & Careers Support



High Trees offer bespoke one to one employment support with experienced advisors who are experts in helping those with multiple barriers find work.

We support all Lambeth residents, and surrounding boroughs, and can provide additional support for individuals who are residents of Tulse Hill, aged 18-30, over 50s, lone parents and those with managed long term health conditions.

High Trees provides a range of employment services, all of which are free to access, including:

- Regular one on one sessions tailored to your needs
- Support with your CV and brushing up on your interview skills
- Upskilling to meet current demands or identifying potential vacancies

If you are interested in finding out more about our Employment services, please contact support@high-trees.org or call 020 8671 3132

Training & Volunteering

In-House & Bespoke

If you are interested in having any of our courses delivered at one of your venues or if you require tailor-made training to meet your specific needs, please contact us on 020 8671 3132 and we will be more than happy to discuss your options with you.



Volunteer Opportunities

We offer volunteering opportunities for new and existing learners. Find all our current volunteer vacancies on our website.

- Gain experience within the classroom as an adult education teaching assistant or working with children as an early years play session volunteer.
- Improve your office skills with basic admin volunteer opportunities.

If you are interested in volunteering or training at High Trees, please contact hello@high-trees.org

Learner Forum



Our learner forum is a celebration of YOU and all your achievements. Come along and meet other learners, friends, tutors and High Trees staff.

- Enjoy our delicious lunch with food varieties coming from all over the world!
- Enjoy fun and interactive activities
- Give us your feedback and let us know what we can do better
- Receive your certificate(s) and share your success with others
- Learn about other upcoming courses

All family members and children are also welcome!

Meet the Team

Morgana Zuccoli

Head of Community Education and Training



Morgana leads our Adult Education and Training service, overseeing the delivery of accredited and non-accredited training to over 700 Lambeth residents each year.

Morgana is responsible for ensuring learner voice is central to planning and delivering our programmes and making sure we remain responsive to local needs and interests. Morgana is our Adult Safeguarding Lead.



morgana.zuccoli@high-trees.org

Charmaine Smith

Quality and Learning Lead



Charmaine is our Quality and Learning Lead and is responsible for the quality of all our Adult Education courses.

She supports tutors to make sure all our courses are of an excellent standard and make sure that our learners have the best experience ever.



charmaine.smith@high-trees.org

For general enquiries contact:

Tel: 020 8671 3132 | Mob: 07305 080 995 | Email: courses@high-trees.org

Giuseppe Grauso

Data and Performance Lead



Giuseppe is our Data and Performance Coordinator. Giuseppe is responsible for scheduling and coordinating all of our Adult Education Courses, supporting learner enrolment and most importantly takes the lead on data management for this service.


giuseppe.grauso@high-trees.org

Louise Carolin

Education Administrator



Louise is the Administrator in our Adult Education and Training team, helping to set up the courses, organise enrolment and promote the courses across Lambeth. She helps us keep on top of all the data and administration that sit alongside our courses.


louise.carolin@high-trees.org

Learner Support



At High Trees we offer ongoing support to ensure all learners have the best chance to access and make the most of the learning activities across the curriculum. Our team are responsible for ensuring that support strategies are in place for learners who need additional support, as well as ensuring that our learners' achievements are celebrated.

For any learners who may need extra support, the team will work with you to ensure all our courses are fully accessible.


courses@high-trees.org

how to find us

This term our Adult Education courses are run from the High Trees Hub, the High Trees Scout Hut and the High Trees Adventure Playground.
Please contact the team for more information.

We are open for enrolment from 16th December!

How to get to us by public transport



Closest Tube: Brixton underground on the Victoria line



Bus: From Brixton, buses 2, 415 or 432; from Streatham, bus 201



Closest Train: Tulse Hill station, Southern and Thameslink lines

High Trees Hub

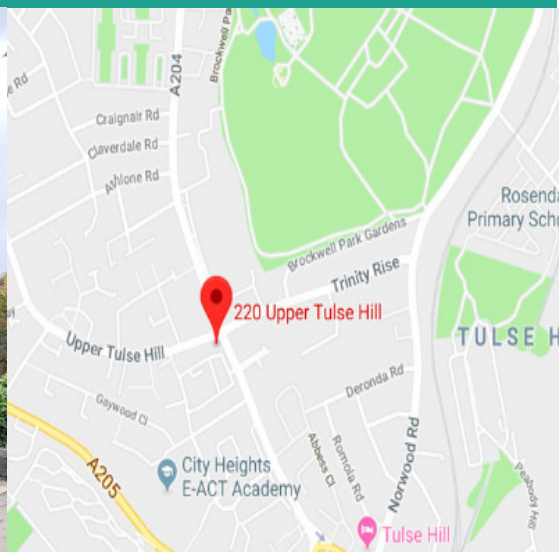
(Mon - Fri 9.30am - 5pm)

220 Upper Tulse Hill

London, SW2 2NS

Tel: 020 8671 3132

Email: courses@high-trees.org



Where to Find Us



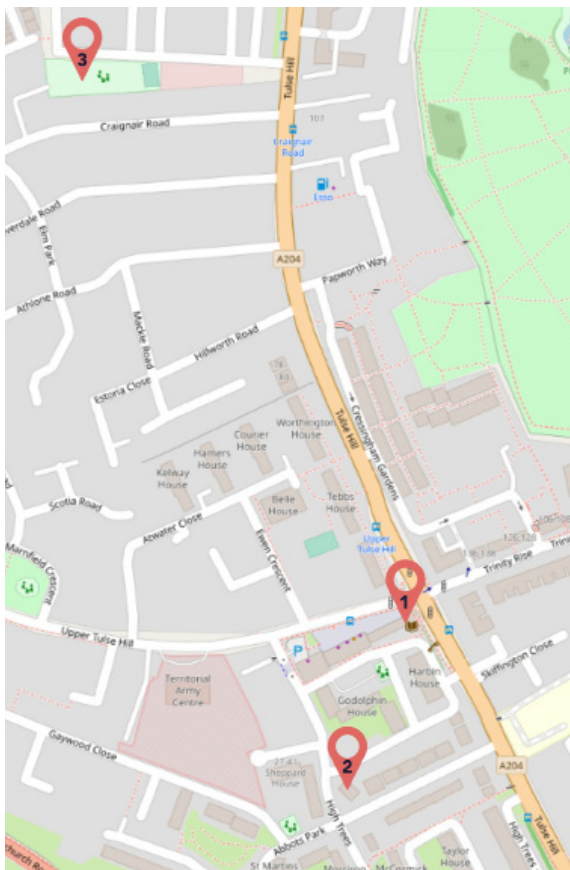
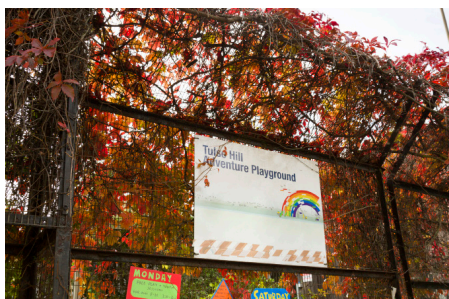
High Trees Hub |
SW2 2NS



Scout Hut
| SW2 3PX
ESOL classes based here



Tulse Hill Adventure
Playground | SW2 2EY
Youth services and Art classes
based here



We are easily located on the
corner of Tulse Hill and Upper Tulse
Hill, with full access for wheelchair
users.

high trees

Meeting everyone as a
person of great potential

