



Spring Term 2024 | January - March

adult | education courses

Enrolment days are in December and January.

Please contact the team to book your place.

Call or text **07305 080 995**, email **courses@high-trees.org**
or visit our website **www.high-trees.org**

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Welcome and thank you for your interest in High Trees

High Trees was set up by local residents 25 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 pre-employment training), 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.

We look forward to welcoming you soon.

Best wishes,

Anna Coffey and Grace English
High Trees Co-CEOs

The image shows two women sitting at a wooden table, smiling and engaged in conversation. The woman on the left has long dark hair and is wearing a black turtleneck. The woman on the right is wearing a green hijab, glasses, and a white sweater, and is holding a smartphone. In the background, several international flags are strung across the wall, including those of Turkey, the United Arab Emirates, Malaysia, Ghana, and Argentina. A large, dark blue rectangular box with a white border is superimposed over the middle of the image, containing the text 'ESOL courses' in white, bold, sans-serif font.

ESOL courses

Free ESOL courses

- Improve your English reading, writing, speaking and listening skills.
- Learn to communicate confidently in English.
- Our friendly team will determine your current level of English to make sure you are on the right course and level.

Course	Day/Time	Start Date	End Date
ESOL Entry 1	Mon 10am - 12pm	15th January	25th March
ESOL Entry 1	Mon 10am - 1pm	15th January	25th March
ESOL Entry 2	Tue 10am - 1pm	16th January	26th March
ESOL Entry 1	Wed 10am - 12pm	17th January	27th March
ESOL Entry 2	Thurs 10am - 12pm	18th January	28th March
ESOL Entry 1	Sat 11am - 1pm	20th January	23rd March
ESOL Conversation Club	Fri 10am - 12pm	12th January	22nd March

Free ESOL courses with our partners

This course is for parents and carers of children who go to Fenstanton Primary School.

Location	Address	Start Date	End Date	Day/Time
ESOL at Fenstanton Primary School	Abbots Park, SW2 3PW	16th January	12th March	Tue 9.10am - 11.40am

Free ESOL courses with childcare

- Improve your English reading, writing, speaking and listening skills.
- Free on-site childcare facilities are available while you are studying, to all children under 5 who live in Lambeth.
- Crèche spaces are limited and we may have to restrict the place to one child per learner.
- Courses take place at children's centres. You can enrol at High Trees on an enrolment day or at the children's centre on your first day.

Children's Centre	Address	Start Date	End Date	Day/Time
ESOL at Clapham Manor Children's Centre	16 Belmont Close, SW4 6AT	9th January	19th March	Tue 1pm - 3pm
ESOL Jubilee Children's Centre	Tulse Hill, SW2 2JE	15th January	25th March	Mon 1pm - 3pm

Free English Learn & Play

- Do you have a child/children aged 0 to 5? Come along to our free play sessions on Tuesdays, where you can learn English and meet other parents!
- We have drinks and snacks and many fun activities planned for you and your child, inside and in the garden.
- Activities are based at the Tulse Hill Adventure Playground, Greenleaf Close, SW2 2EY.

Course	Day/Time	Start Date	End Date
English Learn & Play	Tue 10am - 12pm	9th January	26th March



English & maths courses

Free accredited English functional skills courses



Accredited
courses

Improve your reading and writing for work, study and daily life on our English functional skills courses.

By the end of our courses, you will be able to:

- Read and understand different texts confidently.
- Write grammatically correct simple and complex sentences, using a range of punctuation.
- Correctly spell common words used often in work, study and daily life.
- Our friendly team will determine your current level of English to make sure you are on the right course and level.

Course	Day/Time	Start Date	End Date
Bridging to English Functional Skills Level 1	Mon 9.30am - 3pm	8th January	25th March
English Functional Skills Entry 1	Tue 9.30am - 3pm	9th January	26th March
English Functional Skills Entry 3	Wed 9.30am - 3pm	10th January	27th March

Free accredited maths functional skills course



Improve your maths confidence and knowledge by learning numeracy skills for study, work and life.

During the course you will learn how to:

- Use common measurements.
- Work with width, depth and height.
- Calculate percentages, fractions and decimals.
- Handle and collect data.

Course	Day/Time	Start Date	End Date
Maths Functional Skills Entry 3	Thurs 10am - 3.30pm	11th January	28th March



digital skills courses

Free non-accredited digital skills courses

Improve your digital skills for daily life on our non-accredited ICT courses.

By the end of our courses, you will be able to:

- Use devices responsibly and stay safe online.
- Create and edit documents in Microsoft Word, PowerPoint and Excel.
- Send and receive emails, with attachments.

Course	Day/Time	Start Date	End Date
Computers for Everyday Life at Entry 2-3	Mon 10am - 3.30pm	8th January	25th March
Computers for Everyday Life at Entry 1	Thurs 10am - 2.30pm	18th January	14th March
Computers for Everyday Life Entry 2-3	Fri 10am - 3.30pm	5th January	22nd March

Free accredited digital skills courses



Improve your digital skills for work on our accredited ICT courses.

Course	Day/Time	Start Date	End Date
Digital Skills for Work at Entry 3	Tue 10am - 3pm	16th January	19th March
Digital Skills for Work at Level 1	Wed 10am - 3pm	17th January	13th March



other

courses

Wellbeing courses

- Specialist courses for wellbeing and mindfulness.

Course	Day/Time	Start Date	End Date
Yoga for Mindfulness	Mon 4pm - 5.30pm	22nd January	25th March
Yoga for Mindfulness	Mon 6pm - 7.30pm	22nd January	25th March
Mindful Mandala Mosaic	Fri 9.30am - 12pm	26th January	15th March
Introduction to Stress Management (one-day course)	Fri 10am - 4.30pm	1st March	N/A

Community organising courses

Our practical, fun community organising courses help you to learn the essential skills to start practising community organising.

During our courses you will explore:

- The importance of listening to build relationships and learn about what is happening in your community.
- Power in communities and why it matters.
- How to motivate people to take action.
- How to take your next steps in community organising and social

Course	Day/Time	Date
Action for Change through Community Organising	Fri 10am - 5pm (one-day course)	16th February

Further one-day courses are available focusing on practical aspects of community organising such as building power through community organising and listening skills for community organising. For more information, please get in touch with our Community Action team at action@high-trees.org

Confident communication

- Specialist one-day course to improve public speaking skills for job interviews, work and life.

Course	Day/Time	Start Date	End Date
Art of Confident Speaking	10am - 4.30pm	TBC	N/A

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

.....

.....

.....

meet the education team

For general enquiries, you can call or text **07305 080 995**, email **courses@high-trees.org** or visit our website **www.high-trees.org**

Olawumi Olanrewaju

Head of Community Education and Training
(Maternity Cover)



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

Olawumi 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. Olawumi is our Adult Safeguarding Lead.



olawumi.olanrewaju@high-trees.org

Giuseppe Grauso

Data and Performance Lead



Giuseppe is our Data and Performance Lead. 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

Quality & Learning Lead

Responsible for the quality of all our Adult Education courses.

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

Learner Support Officer

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.

The Education Team will work with any learner who needs extra support to ensure all our courses are fully accessible.

employment & careers support



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

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

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

- Regular one-to-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**

"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 - Former learner



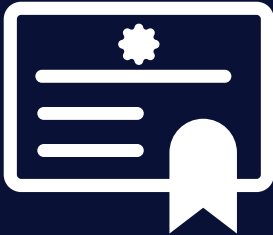
supporting your progression

"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 - Former learner



"This course came at a perfect time for me - giving me a positive focus to help take my mind off personal issues. I looked forward to Friday coming each week."



"This course is helping in my daily life and now I believe I can do everything in UK, I feel I have found my place in the world!"

learner quotes

"It has built my confidence and knowledge."

"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."



"High Trees helped me (not) lose myself in a new country."

volunteering

We offer volunteering opportunities! 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 us at hello@high-trees.org



delivering courses in partnership with High Trees



Do you want to partner with us to deliver courses for your adult clients or staff?

We can deliver courses upon request to suit your needs and/or your beneficiaries'.

From delivering courses to parents' groups in primary schools to training staff groups, we are happy to discuss delivering a course with you!

To find out more about delivering in partnership with us, please contact:

courses@high-trees.org

or call **020 8671 3132**

(Monday-Friday 9:30am - 5pm)

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 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.

how to find the education team

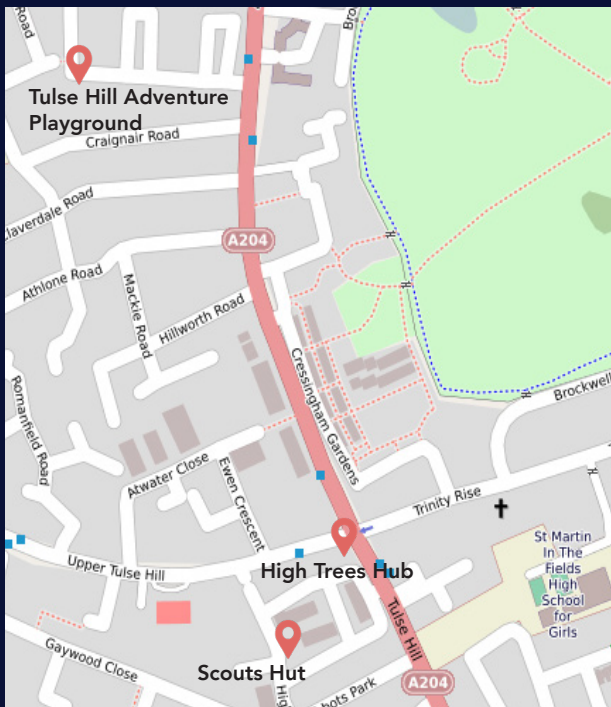
This term our adult education courses take place at the High Trees Hub, Scout Hut and Tulse Hill Adventure Playground. Please contact the team for more information.

How to get to us by public transport

Brixton underground on the Victoria line

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

Tulse Hill station, Southern and Thameslink lines



High Trees Hub

(Monday - Friday
9:30am - 5pm)

220 Upper Tulse Hill
London, SW2 2NS
Tel: 020 8671 3132

Email: courses@high-trees.org

Our venues

1. High Trees Hub, 220 Upper Tulse Hill, SW2 2NS

Digital, English, maths
and yoga classes based
here.



2. Scout Hut, High Trees SW2 3PX

ESOL classes based
here.



3. Tulse Hill Adventure Playground, Greenleaf Close, SW2 2EY

ESOL classes, youth
services and art classes
based here.



The High Trees Hub is easily located on the corner of Tulse Hill and Upper Tulse Hill, with full access for wheelchair users.



020 8671 3132



courses@high-trees.org



www.high-trees.org



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

**high
trees**

**Meeting everyone as a
person of great potential**