

high

trees

Spring Term 2024 | April - July

adult

education

courses

Enrolment days are 3rd - 11th April

Please contact the team to book your place.

Call or text **07305 080 995**, email **[courses@high-trees.org](mailto:courses@high-trees.org)**  
or visit our website **[www.high-trees.org](http://www.high-trees.org)**

# Contents

Welcome	3
ESOL courses	4
English courses	7
Digital skills courses	9
Other courses	11
Meet the Education Team	14
Employment & Careers support	15
Volunteering	18
Delivering courses in partnership with High Trees	19
Learner forum	20
How to find the Education Team	21



## Welcome and thank you for your interest in High Trees

High Trees was set up by local residents 25 years ago, 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-to-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

# ESOL courses



## Free ESOL (English for Speakers of Other Languages) 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 2 Part 1	Mon 10am - 1pm	22nd April	8th July
ESOL Entry 2 Part 2	Tue 10am - 1pm	23rd April	9th July
ESOL Entry 1 Part 2	Wed 10am - 12pm	24th April	3rd July
ESOL Entry 1 Part 2	Wed 1pm - 3pm	24th April	3rd July
ESOL Entry 1 Part 1	Thurs 10am - 12pm	25th April	4th July
ESOL Conversation Club	Fri 10am - 12pm	19th April	5th July

## 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 Hitherfield Children’s Centre	Leigham Vale, SW16 2JQ	8th May	17th July	Wed 9.30am - 11.30am
ESOL at Jubilee Children’s Centre	Tulse Hill, SW2 2JE	21st May	23rd July	Tue 9.30am - 11.30am

## 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, snacks and many fun activities planned for you and your child, inside and in the garden.

Course	Day/Time	Start Date	End Date
English Learn & Play	TBC	TBC	TBC

A woman with dark hair in braids, wearing glasses and a patterned scarf, is seated at a desk. She is looking down at an open textbook. The book has blue and green headers and contains text and diagrams. A dark blue banner with white text is overlaid on the image.

# English courses

# Free accredited English functional skills 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
English Functional Skills Level 1	Mon 9.30am - 3pm	15th April	15th July
English Functional Skills Entry 1	Tue 9.30am - 3pm	16th April	9th July
English Functional Skills Entry 2	Wed 9.30am - 3pm	17th April	3rd July





**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.
- Access and use search engines to find information.

Course	Day/Time	Start Date	End Date
Computers for Everyday Life Entry 1	Thurs 10am - 2.30pm	2nd May	27th June

## Free accredited digital skills courses



Accredited courses

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

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

- Read, send and receive emails.
- Use Excel to make calculations and design charts.
- Design professional looking posters and presentations.

Course	Day/Time	Start Date	End Date
Digital Skills for Work Entry 3	Mon 10am - 3pm	15th April	24th June
Digital Skills for Work Level 1	Tue 10am - 3pm	16th April	18th June
Digital Skills for Work Entry 3	Wed 10am - 3pm	24th April	26th June



**other courses**

## Wellbeing courses

- Specialist courses for wellbeing and mindfulness.

Course	Day/Time	Start Date	End Date
Yoga for Mindfulness	Mon 4pm - 5.40pm	TBC	TBC

## 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 action.

Course	Day/Time	Date
Introduction to Community Organising	Fri 10am - 5pm (one-day course)	31st May

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](mailto:action@high-trees.org).

## Pre-employment training

These intensive short courses are designed to help you find a job. Our team works with a range of employers who will visit the course and give you advice on the application process.

The course includes:

- Support with applying for a job.
- Advice on improving your interview skills.
- Developing your communication skills for work.

Course	Day/Time	Start Date	End Date
Pre-employment Training	1 week course	TBC	TBC

If you are looking for a job and want to sign up to this course, please get in touch with the Education and Training team. The number of courses we run this term will depend on learner interest, and our work with employers, so please inform the team if you are interested in taking part.

# meet the education team

For general enquiries, you can call or text **07305 080 995**, email **[courses@high-trees.org](mailto:courses@high-trees.org)** or visit our website **[www.high-trees.org](http://www.high-trees.org)**

Alex Bousoulengas

Head of Adult Education and Training (Maternity Cover)



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

Alex 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.

Alex is also our Adult Safeguarding Lead.



[alex.bousoulengas@high-trees.org](mailto:alex.bousoulengas@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](mailto: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](mailto:louise.carolin@high-trees.org)

# 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, those 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.

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If you are interested in finding out more about our employment services, please contact [support@high-trees.org](mailto:support@high-trees.org) or call **020 8671 3132**

"I have gained so much confidence. Before, if I didn't know a word, I would stop speaking. High Trees has given me a huge base of skills in speaking and listening, and grammar. My teacher pushed me to try harder. She believed in me, so I began to believe in myself."

**Maryna - Former learner**



## supporting your progression

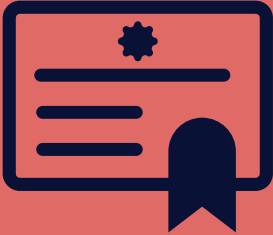
"I want to do a dental nurse course and I am gaining the skills needed to make the next steps. The course (ESOL and English Functional Skills) has improved my confidence in lots of ways. The English Functional Skills course is helping in my daily life and now I believe I can do everything in the UK, even become a dental nurse!"

**Isabel - Former learner**





**“The courses I have enrolled in at High Trees have given me a foundation to build on to achieve my bigger goals in life. I feel a few more steps closer to achieving my dreams.”**



**“It’s fun [studying] here because I can practice my speaking and meet nice people and learn from them about their culture.”**

## **learner quotes**

**“The teacher is excellent, always gives us a lot of help.”**

**“High Trees help[ed] me a lot to achieve my goals of becoming a qualified healthcare worker.”**



**“Because of these courses I got the strength to tackle day-to-day life.”**

# 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.

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**If you are interested in volunteering or training at High Trees, please contact us at [hello@high-trees.org](mailto: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](mailto: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.**

**Our Summer term learner forum will be held on Friday 12th July.**

During the forum learners can:

- Enjoy fun and interactive activities.
- Give us your feedback and let us know what we can do better.
- 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](mailto:courses@high-trees.org)

# our venues

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

Digital, English and yoga classes are based here.



## 2. Scout Hut, High Trees SW2 3PX

ESOL classes are based here.



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

ESOL classes and youth services are 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](mailto:courses@high-trees.org)**



**[www.high-trees.org](http://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