

high

trees



Autumn Term 2024 | September - December

Adult Education Courses

Enrolment days are 20th August - 9th September

Please contact the team to book your place.



Call or text 07305 080 995



courses@high-trees.org



www.high-trees.org



Scan with your camera to
sign up to our courses.

Contents

Welcome	4
ESOL courses	5
English for Speakers of Other Languages courses to improve English reading, writing, speaking and listening skills.	
English & maths courses	8
Accredited and non-accredited English and maths functional skills courses for work, study and daily life.	
Digital skills courses	10
Accredited and non-accredited digital skills courses for work and daily life.	
Other courses	12
A variety of wellbeing, community organising and confident speaking courses.	
Meet the Education team	15
Employment & careers support	16
Learner forum	18
Our venues	19



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 offer services in Adult Education (running a range of free accredited and non-accredited courses), 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 but if you have any further questions or would like to discuss whether a course is right for you, 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 accessing further 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 help determine your current level of English.

Course	Day/Time	Start Date	End Date
ESOL Entry 2 Part 2	Mon 10am - 1pm	23rd September	2nd December
ESOL Entry 2 Part 2	Tue 10am - 1pm	24th September	3rd December
ESOL Entry 1 Part 1	Wed 10am - 12pm	25th September	4th December
ESOL Entry 2 Part 1	Wed 1pm - 3pm	25th September	4th December
ESOL Entry 1 Part 2	Thurs 10am - 12pm	26th September	5th December
ESOL at Streatham Library	Thurs 10am - 12pm	3rd October	12th December
ESOL Entry 1 Part 1	Sat 11am - 1pm	28th September	7th December

Free ESOL Conversation Club

- Do you want to improve your English speaking and listening skills? Join our fun, interactive drop-in sessions every Friday.
- Meet other learners and make new friends.
- Free to all our enrolled ESOL learners.

Course	Day/Time	Start Date	End Date
ESOL Conversation Club	Fri 10am - 12pm	20th September	6th December

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 be restricted to one child per learner.
- Courses take place at children's centres. To secure your child's crèche place, please contact the children's centre and ask to join the ESOL course.

Children's Centre	Address	Start Date	End Date	Day/Time
ESOL at Jubilee Children's Centre	Tulse Hill, SW2 2JE	24th September	10th December	Tue 9.30am - 11.30am
Benton's Lane Children's Centre	18 Benton's Lane, SE27 9UD	24th September	10th December	Tue 1pm - 3pm
Hitherfield Children's Centre	Leigham Vale, SW16 2JQ	25th September	11th December	Wed 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.
- Activities are based at Tulse Hill Adventure Playground.

Course	Day/Time	Start Date	End Date
English Learn & Play	Tue 10am - 12pm	24th September	10th December



English & maths 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.
- Correctly spell common words used often in work, study and daily life.

Our friendly team will help determine your current level of English.

Course	Day/Time	Start Date	End Date
English Functional Skills Level TBC	Mon 9.30am - 3pm	16th September	2nd December
English Functional Skills Entry 2	Tue 9.30am - 3pm	17th September	3rd December
English Functional Skills Entry 3	Wed 9.30am - 3pm	18th September	4th December

Free accredited maths functional skills courses

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.

Course	Day/Time	Start Date	End Date
Maths Functional Skills Entry 2 / Entry 3	Thurs 10am - 3.30pm	19th September	5th December



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	Tue 10am - 2.30pm	24th September	3rd December
Computers for Everyday Life Entry 2	Thurs 10am - 2.30pm	26th September	5th December

★ Accredited courses

Free accredited digital skills 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	23rd September	18th November
Digital Skills for Work Level 1	Wed 10am - 3pm	25th September	13th November



Other courses

Wellbeing courses

- Specialist courses for wellbeing and mindfulness.

Course	Day/Time	Start Date	End Date
Yoga for Mindfulness	TBC	TBC	TBC
Mindful Mandala Mosaic	Fri 9.30am - 12pm	11th October	15th November

Community organising courses

Our practical 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.
- 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 9.30am - 4.30pm (one day course)	1st November

Further one-day courses are available focusing on other practical aspects of 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 your public speaking skills for presentations and work.

During this course you will:

- Reflect on barriers to speaking confidently.
- Learn a range of strategies to boost your confidence.
- Understand the impact of body language on your public speaking.
- Practise speaking confidently to an audience.

Course	Day/Time	Start Date	End Date
Art of Confident Speaking	TBC (one day course)	TBC	TBC

▶ 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**



Morgana Zuccoli | Head of Education & Training

Morgana leads our Adult Education and Training service.

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

Morgana is our Adult Safeguarding Lead.

✉ morgana.zuccoli@high-trees.org



Giuseppe Grauso | Data & 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 & Training 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



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 16-24 and those aged over 45.

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**

Supporting your progression

“

“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.”

”

“

“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!”

”

“

“Loved the course, very nice to meet people from local area, amazing teacher. It had a very positive impact on my wellbeing.”

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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 Autumn term learner forum will be held in December 2024.

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.

Our venues



High Trees Hub **220 Upper Tulse Hill, SW2 2NS**

Digital, English, maths and yoga classes 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.



Scout Hut, **High Trees, SW2 3PX**

Our ESOL classes are based here.



Tulse Hill Adventure Playground, **Greenleaf Close, SW2 2EY**

ESOL classes and youth services are based here.

high trees

Meeting everyone as a
person of great potential


Lambeth

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MAYOR OF LONDON