

high

trees



Spring Term 2025 | January - April

Adult Education Courses

Enrolment days are 17th December - 9th January

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.

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Welcome and thank you for your interest in High Trees

High Trees was established by local residents 26 years ago. Since then, we have grown considerably while remaining true to our core ethos, being firmly rooted in the local community and responding to its needs through our services.

We provide a wide range of services, including free accredited and non-accredited adult education courses, employment and careers support, activities for children, young people and families at Tulsa Hill Adventure Playground, and a variety of community organising and research projects.

In this booklet you can find information about all the courses we are offering this term. Our courses provide a great opportunity to gain essential skills, increase your confidence and wellbeing, improve your career prospects and achieve qualifications.

At High Trees, we treat all learners as individuals, offering our courses in a supportive environment and providing learners with guidance around future opportunities and next steps. At the end of each term, we hold a Learner Forum to bring learners together, celebrate their achievements and create space for feedback.

If you have any further questions or would like support in choosing a course, please don't hesitate to get in touch.

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 1 Part 1	Mon 10am - 12pm	20th January	31st March
ESOL Entry 2 Part 1	Tue 10am - 12pm	14th January	1st April
ESOL Entry 1 Part 2	Wed 10am - 12pm	22nd January	2nd April
ESOL Entry 2 Part 2	Wed 12.15pm - 2.15pm	22nd January	2nd April
ESOL Entry 2 Part 1	Thurs 10am - 12pm	23rd January	3rd April
ESOL Entry 1 Part 1	Sat 11am - 1pm	18th January	29th March

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	17th January	28th March

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 will 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	Day/Time	Start Date	End Date	Address
Jubilee Children's Centre	Tue 9.30am - 11.30am	14th January	1st April	Tulse Hill, SW2 2JE
Sunnyhill Children's Centre	Tue 1pm - 3pm	14th January	1st April	Harborough Road, SW16 2XW
Hitherfield Children's Centre	Wed 9.30am - 11.30am	22nd January	2nd April	Leigham Vale, SW16 2JQ

English courses

★ Accredited courses

Free accredited English functional skills courses

Improve your reading and writing for work, study and daily life.

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 Entry 2	Mon 9.30am - 3pm	13th January	31st March
English Functional Skills Entry 3	Tue 9.30am - 3pm	14th January	1st April
Bridging to English Level 1	Wed 9.30am - 3pm	15th January	2nd April
English Functional Skills Entry 1	Thurs 9.30am - 3pm	16th January	3rd April

Maths courses

★ Accredited courses

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	Fri 9.30am - 3pm	17th January	4th April

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	Mon 10am - 2.30pm	20th January	31st March
Computers for Everyday Life Entry 2	Tue 10am - 2.30pm	14th January	1st April
Preparing for Digital Skills for Work	Thurs 10am - 3.30pm	16th January	3rd April

★ 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 Level 1	Wed 10am - 3pm	22nd January	19th March

Other courses

Wellbeing courses

- Specialist courses for wellbeing and mindfulness.

Course	Day/Time	Start Date	End Date
Yoga for Mindfulness	Tue 3.30pm - 5.30pm	28th January	25th March
Sewing Together	Fri 9.30am - 12pm	24th January	28th February

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)	21st February

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. She is also our Adult Safeguarding Lead.

✉ morgana.zuccoli@high-trees.org



Giuseppe Grauso | Data & Performance Lead

Giuseppe is our Data and Performance Lead, responsible for scheduling, coordinating and the data management of our courses.

✉ giuseppe.grauso@high-trees.org



Louise Carolin | Education & Training Administrator

Louise is the Administrator in our Education team, helping to set up and promote our courses, and to organise enrolment.

✉ louise.carolin@high-trees.org



Ruth Lennard | Quality & Progression Lead

As our Quality and Progression Lead, Ruth is responsible for the standard and quality of all our Adult Education courses.

✉ ruth.lennard@high-trees.org



Dorota Ochoa Baez | Academic Learner Support Officer

Dorota is our Academic Learner Support Officer, supporting tutors to deliver one-to-one and additional sessions for learners.

✉ dorota.cebula@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

▶▶ Learner forum

●● Our learner forum is a celebration of YOU and all your achievements. Come along and meet other learners, tutors and High Trees staff. During the forum you can take part in fun activities, celebrate your successes and share feedback

Our Spring term learner forum will be held in April 2024.

Supporting your progression

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“I can see the difference. Today I have more confidence to go out to different places like supermarkets, to the doctor and to be able to have small conversation. I also have a reason to go out and that gives me a lot of encouragement.”

”

“

“I would love to have a career in Data and Business analysis and 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 steps closer to achieving my dreams.”

”

“

“This yoga course has made me accountable for continuing to better my health, both physically and mentally.”

”

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**

Our youth services and some of our creative courses are based here.

high trees

Meeting everyone as a
person of great potential


Lambeth

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MAYOR OF LONDON