



high

trees

# COURSE GUIDE

\* AUTUMN 2025 | SEPTEMBER - DECEMBER

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

High Trees was established by local residents 27 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, and activities for children, young people and families at Tulse Hill Adventure Playground. We also focus on supporting other groups and charities in Lambeth and work in community research to ensure residents voices are heard at all levels.

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 also encourage you to talk to our staff about our range of other services, whether for yourself or a friend or family member. You will probably see us around our different buildings during your time with us, so please come and say hello!

We look forward to welcoming you soon.

Best wishes,  
Anna Coffey and Grace English  
High Trees Co-CEOs



## **ESOL** (English for Speakers of Other Languages)

### FREE ESOL COURSES

Improve your English reading, writing, speaking and listening skills.

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

#### **ESOL (Entry 2)**

Mondays 10am - 1pm  
22nd September - 1st December

#### **ESOL (Entry 1)**

Tuesdays 10am - 1pm  
23rd September - 2nd December

#### **ESOL (Entry 2)**

Wednesdays 9.30am - 12pm  
24th September - 17th December

#### **ESOL (Entry 2)**

Wednesdays 12.30pm - 2.30pm  
24th September - 17th December

#### **ESOL (Entry 1)**

Thursdays 10am - 12pm  
25th September - 4th December



### DROP IN 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.

#### **ESOL Conversation Morning**

Fridays 9.30am - 11.30am  
26th September - 5th December

#### **ESOL Conversation Afternoon**

Fridays 12pm - 2pm  
26th September - 5th 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, for children under 5 who live in Lambeth.
- Courses take place at children's centres. To secure your childcare, please contact the children's centre and ask to join the ESOL course.

### Jubilee Children's Centre

Tuesdays 1.15pm - 3.15pm  
23rd September - 9th December  
Tulse Hill, SW2 2JE  
☎ 020 8678 9160

### Hitherfield Children's Centre

Wednesdays 9.30am - 11.30am  
24th September - 3rd December  
Hitherfield Road SW16 2LN  
☎ 020 8835 9569

### Benton's Lane Children's Centre

Fridays 9.30am - 11.30am  
26th September - 5th December  
18 Benton's Lane, SE27 9UD  
☎ 020 4542 3520



# English

## FREE NON-ACCREDITED ENGLISH COURSES

Improve your spelling and everyday English reading and writing skills.

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

- Practice different strategies for spelling.
- Form grammatically correct sentences.
- Use punctuation correctly in your writing.

### Boost Your Spelling English Introduction

Wednesdays 9.30am - 3pm  
17th & 24th September

### Boost Your Spelling English Introduction

Thursdays 9.30am - 3pm  
18th & 25th September

- Our friendly team will help check your current level of English.

## 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.

### English Functional Skills (Entry 1)

Mondays 9.30am - 3pm  
29th September - 15th December

### English Functional Skills (Entry 2)

Tuesdays 9.30am - 3pm  
23rd September - 9th December

### Bridging to English Functional Skills (Level 1)

Wednesdays 9.30am - 3pm  
1st October - 17th December

### English Functional Skills (Entry 3)

Thursdays 9.30am - 3pm  
2nd October - 18th December



# Maths

## FREE NON-ACCREDITED MATHS COURSES

Improve your maths confidence and learn practical skills on our non-accredited maths courses.

On these courses you will learn how to:

- Complete basic calculations and percentages.
- Plan a budget to help manage your finances.
- Create basic tables that help you monitor your incomings and outgoings.

### Financial Literacy

Mondays 3pm - 5pm  
13th October - 17th November



## 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.

### Maths Functional Skills (Entry 2)

Fridays 9.30am - 3pm  
3rd October - 19th December



# Digital skills

## FREE NON-ACCREDITED DIGITAL SKILLS COURSES

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

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

- Create and edit documents in Microsoft Word, PowerPoint and Excel.
- Access and use search engines to find information.
- Use devices responsibly and stay safe online.

### Computers for Everyday Life (Entry 2)

Mondays 10am - 2.30pm  
29th September - 8th December

### Computers for Everyday Life Introduction

Tuesdays 10am - 3pm  
23rd & 30th September

### Computers for Everyday Life Introduction

Wednesdays 10am - 3pm  
24th September & 1st October

### Computers for Everyday Life (Entry 2)

Thursdays 10am - 2.30pm  
25th September - 4th December

### Computers for Everyday Life (Entry 1)

Fridays 10am - 2.30pm  
26th September - 5th December

## FREE ACCREDITED DIGITAL SKILLS COURSES

Improve your digital skills for work on our accredited computer 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.

### Digital Skills for Work (Level 1)

Tuesdays 10am - 3pm  
7th October - 2nd December

### Digital Skills for Work (Entry 3)

Wednesdays 10am - 3pm  
8th October - 3rd December

# Other courses

## WELLBEING

### Community Mosaic

Art and mosaic making course for adults.

Mondays 1.30pm - 3.30pm  
6th October - 24th November

### Yoga for Mindfulness

Weekly yoga course for adults, focusing on building physical strength and wellbeing.

Tuesdays 3.15pm - 5.15pm  
7th October - 2nd December

## VOLUNTEERING

This three-day course is designed to improve your knowledge of volunteering.

On the course you will explore:

- The benefits of volunteering.
- How you can get involved in your local community.
- How to keep yourself and others safe when volunteering.

### Introduction to Volunteering

Dates and times to be confirmed.

## FAMILY LEARNING

### Mini Makers Mornings

Creative mornings for parents/ carers and children (age 3-5).

Tuesdays 10am - 11.30am  
16th September - 28th October  
Tree House Children's Centre,  
66 Upper Tulse Hill, SW2 2RW

### Family Cooking

Cooking course for parents and children (age 3-5).

Tuesdays 1.15pm - 3.15pm  
7th October - 25th November  
Loughborough Children's  
Centre, Minet Road, SW9 7UA

### Baby Yoga

Yoga course for new mums, dads and their babies (0 - crawling).

Thursdays 1pm - 2.30pm  
18th September - 27th  
November  
Maytree Nursery,  
4 Allingham Road, SW4 8EG

## 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.

These courses include:

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

### Pre-employment Training

One-week courses, dates and times to be confirmed.

## CONFIDENT COMMUNICATION

Specialist one-day course to improve your speaking skills for presentations and work.

### Art of Confident Speaking

Tuesday 16th December  
9.30am - 4pm



## COMMUNITY ORGANISING

### Introduction to Community Organising

Friday 31st October  
9.30am - 5pm

During this course 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.



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

## Meet the Education team



**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](mailto:morgana.zuccoli@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 courses.

✉ [ruth.lennard@high-trees.org](mailto:ruth.lennard@high-trees.org)



**Marina Miatudila**

**Learner Support  
Officer**

Marina co-ordinates support for all High Trees learners, offering information, advice and guidance.

✉ [marina.miatudila@high-trees.org](mailto:marina.miatudila@high-trees.org)



**Giuseppe Grauso**

**Data &  
Performance Lead**

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

✉ [giuseppe.grauso@high-trees.org](mailto:giuseppe.grauso@high-trees.org)



**Louise Carolin**

**Education  
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](mailto:louise.carolin@high-trees.org)



**Siria White**

**Receptionist**

Siria is our High Trees Receptionist, welcoming all our learners and visitors.

✉ [hello@high-trees.org](mailto:hello@high-trees.org)

## • Employment support

High Trees offers employment support with experienced advisors who are experts in helping those with barriers find work.

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 your interview skills.
- A weekly jobs club with support to find and apply for jobs.
- Upskilling to meet current demands or identifying potential vacancies.

- Free information, advice and guidance with our Learner Support Officer to help you identify next steps, whether for employment or further learning.

✉ If you want to find out more, please contact **support@high-trees.org**, call **020 8671 3132** or chat to a member of our Employment team.



**Esther Mutisya**

**Senior Employment  
Advisor**

## Activities for children & young people



Our activities for children and young people include:

- Free open access play sessions for children aged 8 and over, held after school Monday - Thursday, 3.30pm - 7pm.
- Trips and activities during school holidays, Monday - Friday, 11.30am - 3.30pm.
- Opportunities for older young people to build skills through our youth leadership programmes and paid work placements.

✉ To find out more, please contact **youth@high-trees.org** or call **020 8674 3975**.

## Learner forum

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

**Our autumn term learner forum will be held in December 2025.**

## Our venues



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

Digital, English, maths and wellbeing courses are based here.

The High Trees Hub is located on the corner of Tulse Hill and Upper Tulse Hill.



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

Used for our ESOL courses and some of our creative courses.



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

Our children and young people services are based here.

# Supporting your progression



"This course has helped me by giving important computer tools and skills. This achievement means a lot to me because I've gained more confidence to produce bar and pie charts. My dream is to work in customer service, insurance or at the council."



"I am learning breathing and relaxation techniques. They are helpful in managing stress which is an inevitable part of life, yet now I have tools to manage it."



"I am really happy that I joined High Trees because it helped me a lot to improve my language. Now I can speak, write, understand and my English is better than before and will be better in the future. I have a big goal to get English Functional Skills Level 2 by the end of next year and I'm sure High Trees will help me with my goal."







Call or text **07305 080 995**



**[courses@high-trees.org](mailto:courses@high-trees.org)**



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



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