

high

trees

COURSE GUIDE

* SUMMER 2026 | APRIL - JULY

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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 skills and confidence in English reading, writing, speaking and listening for everyday life.

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

ESOL (Pre-entry)

Mondays 9.30am - 12.30pm
20th April - 6th July

ESOL (Entry 1)

Tuesdays 9.30am - 11.30am
21st April - 30th June

ESOL (Entry 2)

Tuesdays 11.45am - 2.45pm
21st April - 30th June

ESOL (Entry 1)

Wednesdays 9.30am - 12.30pm
22nd April - 8th July

ESOL (Entry 2)

Thursdays 10am - 1pm
30th April - 9th July



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 10am - 12pm
24th April - 10th July

ESOL Conversation Afternoon

Fridays 1pm - 3pm
24th April - 10th July

FREE ESOL COURSES WITH CHILDCARE

Improve your skills and confidence in English reading, writing, speaking and listening and meet other local families.

- 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
28th April - 14th July
Tulse Hill, SW2 2JE
☎ 020 8678 9160

FREE ESOL COURSES AT LIBRARIES

Improve your skills and confidence in English reading, writing, speaking and listening with a free course at your local library.

**Streatham Library
ESOL (Entry 1)**
Mondays 10am - 1pm
11th May - 6th July
63 Streatham High Rd,
SW16 1PN



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 sentences.
- Correctly spell common words used in work, study, and daily life.

English Functional Skills (Entry 1)

Tuesdays 9.30am - 3pm
21st April - 7th July

English Functional Skills (Entry 2)

Wednesdays 9.30am - 3pm
22nd April - 15th July

English Functional Skills (Entry 3)

Mondays 9.30am - 3pm
20th April - 13th July

- Our friendly team will help check your current level of English and figure out which course is right for you.

Maths

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 numbers in everyday situations.
- Solve problems with numbers.
- Measure length, weight and capacity.

Maths Functional Skills (Entry 2)

Fridays 9.30am - 3pm
24th April - 10th July

Maths Functional Skills (Entry 3)

Fridays 9.30am - 3pm
24th April - 10th July

⊗ 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.
- Use search engines.
- Stay safe online.

Introduction to Computer Skills

Tue 26th & Wed 27th May
9.30am - 3pm

Computers for Everyday Life (Entry 1)

Tuesdays 10am - 2.30pm
28th April - 7th July

Computers for Everyday Life (Entry 2)

Fridays 10am - 2.30pm
1st May - 10th July

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:

- Use Excel to make calculations and design charts.
- Design professional looking posters and presentations.
- Gain team working and collaborative skills.

Preparing for Digital Skills for Work (Level 1)

Thursdays 9.30am - 3pm
30th April - 9th July

Digital Skills for Work (Entry 3)

Mondays 10am - 3pm
11th May - 13th July

⊗ Family learning

DIGITAL COURSES WITH CHILDCARE

Online Safety for Parents

Gain the skills and confidence you need to help keep yourself and your children safe online.

Tuesdays 1.15pm - 3.15pm
5th May - 19th May
Loughborough Children's Centre
Minet Road, SW9 7UA



WELLBEING COURSES

Yoga with Your Baby

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

Tuesdays 1pm - 3pm
2nd June - 30th June
Hitherfield Children's Centre
Hitherfield Road, SW16 2LN

Jewellery Making

Jewellery making course for parents with crèche spaces provided for children aged 0 - 5. Come along to learn new skills and get creative!

Mondays 1.15pm - 3.15pm
27th April - 6th July
Jubilee Children's Centre,
Tulse Hill, SW2 2JE

Wonders of Our World

Discovering sensory activities for parents with toddlers (aged 1 and above).

Mondays 10am - 12pm
22nd June - 13th July
Benton's Lane Children's Centre
18 Benton's Lane, SE27 9UD

Other courses

WELLBEING

Sustainable Eating

Learn to cook delicious and healthy recipes using sustainable ingredients.

Wednesdays 12.45pm - 2.45pm
6th May - 20th May

STRESS MANAGEMENT

Develop and implement practical strategies to manage stress.

Introduction to Stress Management

Friday 8th May
10am - 3.30pm
Brockwell Park Hall,
Brockwell Park, SE24 9BJ



CONFIDENT COMMUNICATION

On these one-day courses you will grow your confidence in public speaking for work and community settings.

Art of Confident Speaking

Thurs 21st May | 9.30am - 4pm
or Thurs 25th June | 9.30am - 4pm
Brockwell Park Hall,
Brockwell Park, SE24 9BJ

VOLUNTEERING

These one-day courses are 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 stay safe when volunteering.

Introduction to Volunteering

Friday 15th May | 9.30am - 5pm
or Friday 3rd July | 9.30am - 4pm
Brockwell Park Hall,
Brockwell Park, SE24 9BJ

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.

COMMUNITY LEADERSHIP

On this one-day course is designed for volunteers looking to develop their leadership skills, through active listening, participation and collaborative decision making strategies.

Introduction to Community Leadership for Volunteers

Dates and times to be confirmed.



SKILLS FOR PROFESSIONS IN ANIMAL CARE

On this free Level 1 accredited course you will:

- Learn how to care for and monitor the welfare of animals.
- Learn the basic principles of health and safety and professional behaviours in animal care.
- Explore pathways into working or volunteering with animals.

Level 1 Award in Skills for Professions in Animal Care

Thursdays & Fridays 10am - 3pm
30th April - 3rd July



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



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



Marina Miatudila

Learner Support Officer

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

✉ marina.miatudila@high-trees.org



Matthew Green

Data & Performance Lead

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

✉ matthew.green@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



Siria White

Community Hub Coordinator

Siria is our Community Hub Coordinator, welcoming all our learners and visitors.

✉ hello@high-trees.org

• Employment support

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

- 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 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

Youth Employment Lead



Callum West

Junior Employment Advisor

Activities for children & young people



Our activities for children and young people at Tulse Hill Adventure Playground include:

- Free open access after school play sessions for children aged 8+, Monday - Thursday, 3.30pm - 7pm.
- Trips and activities during school holidays, Monday - Friday, 9am - 4pm.
- 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 summer term learner forum will be held in July 2026.

Our venues



High Trees Hub
220 Upper Tulse Hill,
SW2 2NS

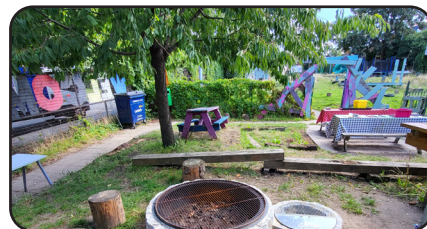
Digital, English, maths and wellbeing courses are based here.

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



"As I progressed through the different digital skills levels and through the Maths class it reminded me that I was still capable, even at this age, of learning and still growing and that has had a real impact on my confidence."



"My anxiety is improving from an unexpected joy of learning something new, even at fifty years of age."



"I joined the class to improve my IT skills but it also helped me with my communication, presentation and confidence to talk in groups. I enjoyed participating in discussions and liked the friendly and caring environment."



high trees



Call or text **07305 080 995**



courses@high-trees.org



www.high-trees.org

