

Tenant and Leaseholder

# Training programme

October 2015 - March 2016





## **This brochure provides details of free training courses and workshops for NPH tenants, leaseholders and members of their households.**

For courses or workshops provided by the Customer Engagement Team it may be possible to get help with out-of-pocket expenses such as childcare, carer, transport, parking and mileage. For more information on what and how you can claim contact the Customer Engagement Team on **01604 837 836** or email **participation@northamptonpartnershiphomes.org.uk**.

All applications to attend training courses or workshops must be received by the Customer Engagement Team at least 21 days before the date of the event. You can book your place on your chosen course(s) by completing the booking form enclosed in this brochure, by telephone, or by email.

Completion of the booking form does not guarantee a place on any course or workshop. The Customer Engagement team will confirm your place on your chosen course in writing at least 14 days prior to the course commencing. If you do not receive written confirmation, you have not been successful in securing a place but your name will be added to a waiting list for the next available course.

Joining instructions will be sent out to you at least 7 days prior to the course commencing. You will also receive a Learning Agreement form, which you will need to sign and bring with you to the course/workshop.

In addition to this, you will be asked to complete an evaluation form after you have attended your course/workshop.

### **Cancellations:**

If you are unable to attend a planned event for any reason, you must let the Customer Engagement Team know as soon as possible. This will enable your place to be offered to another applicant. If you have been granted a place, please be aware that it will be your responsibility to notify the Customer Engagement Team if you are not going to attend. If you book places on a variety of courses and fail to attend, then the Customer Engagement Team reserve the right to refuse any future applications for training from you. If you need to cancel your place on a course please call the Customer Engagement Team on **01604 837 836**.

### **What is included?**

- **Free refreshments (on most courses)**
- **Free buffet lunch on full day courses**
- **All courses and workshops will be delivered in plain language**
- **Hand-outs and other materials**



# Options careers workshops

**Options provides employability guidance and training through the National Careers Service, a Government-funded initiative aimed at helping people get on in work and training.**

NPH are working in partnership with Options to offer you a 3 week programme of employment-focused workshops at their premises in Northampton town centre (Options, 60 Gold St Northampton NN1 1RS).

**The three-week programme will consist of the following workshops:**

## Week 1 - Career Management

This workshop focuses on coping with change and how to best manage change through self-awareness (recognising your skills and qualities) and opportunity awareness (understanding the labour market and the job or training opportunities that exist). The workshop is designed to help build your confidence and to help you get a career 'action plan' together.

## Week 2 - CV Workshop

This workshop focuses on what a CV is for and how to sell yourself through a CV in the best possible way.

## Week 3 - Interview Skills

This workshop focuses on how you can present a positive image to others and how to prepare for an interview. You will also learn about interview do's and don'ts and typical interview questions (and how to answer these!)

Options may also be able to provide you with the opportunity for additional training in Maths, English and/or IT, depending on your individual needs, which will be assessed as part of the programme.

**NPH and Options are running two separate programmes over the coming months:**

### Programme 1

**Wednesday 11th November 2015**

9:30am – 11:30am - **Career Management**

**Wednesday 18th November 2015**

9:30am – 11:30am - **CV Workshop**

**Wednesday 25th November 2015**

9:30am – 11:30am - **Interview Skills**

### Programme 2

**Wednesday 10th February 2016**

9:30am – 11:30am - **Career Management**

**Wednesday 17th February 2016**

9:30am – 11:30am - **CV Workshop**

**Wednesday 24th February 2016**

9:30am – 11:30am - **Interview Skills**

*Please ensure that you indicate which of the two programmes you would like to attend on the booking form or if you book via telephone or post. Please be advised that refreshments are not included on this course.*





# People Tree training courses



**Sally Foan** is an intuitive and inspirational coach and trainer, with many years experience working alongside a wide range of organisations. Her facilitative style helps delegates relax, enjoy and participate in their own development which results in the best sort of change; one that lasts. Sally is a qualified Master Practitioner in Neuro Linguistic Programming (NLP) and a qualified trainer for the Leading & Developing High Performance Programme created by Dr. Derek Biddle (L&DHP). Her current clients include a range of people from the world of international sport & business.



**Chris Lennon** is a confidence and wellbeing practitioner with over 35 years of experience of public and not-for-profit working. She is a trained general and psychiatric nurse and spent ten years working in the voluntary sector as a manager of a large team preventing homelessness for clients of all ages. Chris is a Master Practitioner in Neuro Linguistic Programming (NLP).

## Confidence Blocks

What is confidence? Where am I now? What does lack of confidence cost me? This workshop will answer these questions and look at ways of making strategies for change. During this workshop you will:

- Understand what confidence is and what it isn't
- Understand what a lack of confidence may cost you (daily, weekly, monthly and over a lifetime)
- Explore your current real qualities and remember times when you have made other positive changes
- Explore the language you often use about yourself and discuss how to change your language to something more accurate, helpful and positive

- Practice dissolving long-held, untrue, negative beliefs about yourself to allow for new, changed thinking that creates new outcomes
- Practice giving and receiving positive feedback
- Set achievable outcomes for the future

**There are two dates to choose from for this course:**

**Wednesday 11th November 2015 10am-1pm**

Eastfield Close Community Hub, Duston, NN5 6TJ

**Tuesday 16th February 2016 10am-1pm**

Eastfield Close Community Hub, Duston, NN5 6TJ



**PEOPLE TREE TRAINING**  
Personal & Organisational Growth

[www.peopletreetraining.co.uk](http://www.peopletreetraining.co.uk)

## Thinking that works - Change your thoughts, change your life

Would you like to feel better about yourself? Do you frequently compare yourself unfavourably with others? Do you worry too much about what others think about you? Would you like to worry less? Do you put other people's needs ahead of your own? Want to feel better? Would you like to design the life/career you want and move towards it? Would you like to begin to think differently, behave differently and create new results? During this workshop you will:

- Explore a little about how your brain works; left side/right side, unconscious, conscious, subconscious for example
- Discuss how your mind and our body are connected and how this impacts you on a day to day basis
- Learn how your thoughts filter information in line with your 'normal' pattern of thinking and how this creates self-fulfilling outcomes

- Experience some simple tests to highlight what you are filtering at the moment
- Learn how to notice and hold positives and alter your 'state' of mind
- Try out some fun mood switching activities
- Learn to change your filters, your thoughts and therefore your outcomes
- Enjoy understanding a little about how your thoughts are creating outcomes and how to manage that process in a way that helps you

**There are two dates to choose from for this course:**

**Tuesday 8th December 2015 10am-1pm**

Eastfield Close Community Hub, Duston, NN5 6TJ

**Wednesday 9th March 2016 10am-1pm**

James Lewis Court Community Hub,  
Cherry Orchard, NN3 2TH

## Assertiveness

This workshop aims to enhance your ability to communicate your views, whilst building a bank of phrases that will support you when dealing with challenging people and situations. During this workshop you will:

- Understand your individual assertiveness challenge areas
- Understand what the terms passive, assertive and aggressive mean
- Practice how to make your point and get your needs met whilst respecting others, using assertive language and behaviour

- Practice a simple two-step approach to stop yourself saying yes when you mean no!
- Practice saying no in respectful ways
- Practice protecting your personal boundaries using a range of assertive phrases

**There are two dates to choose from for this course:**

**Monday 12th October 2015 10am-1pm**

Nene Drive Community Hub, Kings Heath,  
NN5 7NQ

**Tuesday 12th January 2016 10am-1pm**

Eastfield Close Community Hub, Duston, NN5 6TJ

# Ingredients4Health training courses

Ingredients4Health

[www.northamptonshirenutritionist.co.uk](http://www.northamptonshirenutritionist.co.uk)



**Faye Baxter** is a nutritionist, consultant and trainer, with experience within the health and wellbeing sector. She set up Ingredients4Health Ltd many years ago and has developed a successful range of courses, specialising in health and wellbeing, food, diet and nutrition, along with courses aimed at building confidence and self awareness. Faye works with both individuals and companies to develop healthy life skills for their employees and she also runs accredited courses in nutrition and food safety.

## Food Safety Level 2 in catering (Accredited)

You will learn about the importance of food safety and gain knowledge of the systems, techniques and procedures involved with this. You will also gain an understanding of how to control food safety risks (personal hygiene, food storage, cooking and handling). On completion of an examination at the end of this course, you will be awarded a qualification that is recognised in the catering industry.

### There are two dates to choose from for this course:

**Thursday 15th October 2015 10am-4:30pm**

Bouverie House Community Hub,  
Hardingstone, NN4 6EG

**Wednesday 27th January 2016 10am-4:30pm**

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ

## Confidence in speaking

This course helps develop your confidence and abilities and build better face-to-face communication skills when presenting to groups and audiences.

### There are three dates to choose from for this course:

**Wednesday 2nd December 2015 10am-3:30pm**

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ

**Wednesday 13th January 2016 10am-3:30pm**

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ

**Wednesday 16th March 2016 10am-3:30pm**

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ



## Stress management

Change happens to all of us. How we deal with unexpected change and important events can depend on how we think, our ability to communicate and respond appropriately to what life brings. During this course, you will explore ways and strategies which will help you to manage yourself more effectively when dealing with difficult life events.

### There are two dates to choose from for this course:

#### Wednesday 9th December 2015 1pm-4pm

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ

#### Wednesday 3rd February 2016 1pm-4pm

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ

## Food & mood

There is increasing research that shows how food, nutrition, diet & lifestyle can help to support and improve your mood, outlook & mental health.

- You will consider how food, diet and lifestyle can affect your mood both in a positive and negative way
- You will consider how the health of the digestive system can affect mood & mental outlook
- You will identify ways to maintain blood sugar control to help support mood & minimise mood swings.

By the end of the seminar you will consider ways to integrate changes to diet & lifestyle in order to support your mood, outlook and mental health.

#### Wednesday 4th November 2015 10am-1pm

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ

## Sleeping well

Do you want to get a better night's sleep? Do you find it hard to get to sleep, wake up during the night or feel tired when you wake in the morning?

This workshop explains how food, nutrition and stress can affect the quality of our sleep patterns. By the end of this workshop you will learn ways to help you fall asleep more quickly remain asleep and wake up feeling refreshed.

#### Wednesday 2nd March 2016 10am-1pm

James Lewis Court Community Hub,  
Cherry Orchard, NN3 2TH

## Eating for arthritis

Health problems affecting bones, joints, muscles and other musculoskeletal tissues are on the rise. We will discuss how types of physiological imbalances can contribute to common conditions such as osteoporosis, osteoarthritis and autoimmune types of arthritis.

By the end of this workshop you will be able to identify how a personal approach to food, nutrition, diet and lifestyle can help reduce inflammation and help manage these debilitating conditions.

#### Wednesday 28th October 2015 10am-1pm

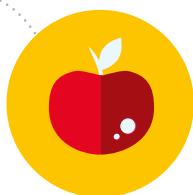
James Lewis Court Community Hub,  
Cherry Orchard, NN3 2TH

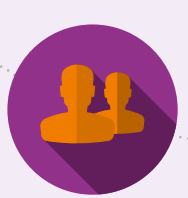
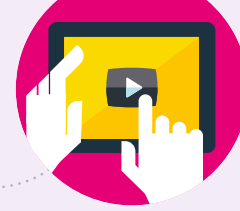
## Eating for diabetes

This workshop aims to guide you through a dietary approach to diabetes 1 and 2 and explain how diet can help balance your blood sugar levels and control weight and cholesterol. You will learn how best to integrate these methods into your daily diet, modify cooking techniques and recipes, and support better health.

#### Wednesday 20th January 2016 10am-1pm

James Lewis Court Community Hub,  
Cherry Orchard, NN3 2TH





[www.davestuttle.weebly.com](http://www.davestuttle.weebly.com)

I.T

# training courses



**Dave Stuttle** is an experienced IT tutor, researcher and careers adviser, who will be delivering a number of IT workshops to cater for the needs of both complete novices and those with some previous basic IT experience. You will be required to complete a pre-course evaluation form for these courses, in order to assess your current skill level and place you on the course that best meets your needs.

## IT for the petrified

This is a five week course which has been designed to help people who have no experience of using a computer. By the end of the course, you will be confident enough to work on a computer independently. You will be able to work at your own pace through simple exercises with Dave's expert support.

### There are two courses to choose from:

**Mondays 26th October, 2nd, 9th, 16th and 23rd November 2015 10am-12pm**

Eastfield Close IT Suite, Duston, NN5 6TJ

**Mondays 7th, 14th, 21st, March, 4th, 11th April 2016 10am-12pm**

Eastfield Close IT Suite, Duston, NN5 6TJ

## IT for the (not so) petrified

This five week course is designed for those people who already have a basic understanding of computers and can already complete simple computer tasks.

**Mondays 4th, 11th, 18th, 25th January, 1st February 2016 10am - 12pm**

Eastfield Close IT Suite, Duston, NN5 6TJ

## Exploring the Internet

This four week course gives you the opportunity to learn all about getting online with the internet.

### There are two courses to choose from:

**Mondays 30th November, 7th, 14th, 21st December 2015 10am-12pm**

Eastfield Close IT Suite, Duston, NN5 6TJ

**Mondays 8th, 15th, 22nd,**

**29th February 2016 10am - 12pm**

Eastfield Close IT Suite, Duston, NN5 6TJ

*You will be required to complete a pre-course evaluation for all IT courses, so that we can ensure that you are placed on the right course for your current skill level. This evaluation will be posted to you prior to the course commencing. If you need help filling the form in, please contact the Customer Engagement team on **01604 837 836**.*





www.part8consulting.com

# First Aid courses

**Part 8 Consulting has a team of Registered Nurses and Health and Social Care Professionals that specialise in safeguarding children and vulnerable adults.**

The team deliver a range of Ofqual regulated awards in First Aid at Work, Paediatric First Aid, CPR and Defibrillator and work place compliance. The lead trainer and assessor is Sarah-Jane Leatherland, who externally quality assures first aid qualifications for two awarding organisations as part of Ofqual regulation. These first aid qualifications are fun, practical courses with lots of hands-on opportunities and simulated scenarios to provide you with confidence to use your skills at home and in the workplace\*.

## ITC Level 2 Award in Emergency First Aid at Work

This course aims to provide basic first aid skills to meet Health and Safety Executive requirements for employers. The learning objectives of this course are to:

- Assess and use a systematic approach for first aid scenarios
- Administer first aid to an unconscious adult casualty including seizures
- Demonstrate effective cardiopulmonary resuscitation
- Administer first aid to an adult casualty that is choking, wounded, bleeding, suffering from shock and minor injuries.
- Complete an accident report form

**There are two dates to choose from:**

**Wednesday 21st October 2015 9:30am-4:30pm**

Nene Drive Community Hub,  
Kings Heath, NN5 7NQ

**Friday 29th January 2016 9:30am-4:30pm**

Leicester Street Community Hub, NN1 3RS

## ITC Level 3 Award in Paediatric Emergency First Aid

This course aims to provide basic emergency paediatric first aid skills. The learning objectives of this course are to:

- Assess and use a systematic approach for first aid scenarios
- Administer first aid to an unconscious child and infant including seizures
- Demonstrate effective cardiopulmonary resuscitation on an child and infant manikin
- Administer first aid to a child and infant casualty that is choking, wounded, bleeding suffering from shock and minor injuries.
- Complete an accident report form

**There are two dates to choose from:**

**Thursday 3rd December 2015 9:30am-4:30pm**

Leicester Street Community Hub, NN1 3RS

**Thursday 3rd March 2016 9:30am-4:30pm**

Bouverie House Community Hub,  
Hardingstone, NN4 6EG

\* For all first aid courses, learners must bring identification and attend the full 6 hours for qualification. Assessment is continuous throughout the course by observation and questioning.

# Managing your money



NORTHAMPTON  
BOROUGH COUNCIL

moneyadvice@northampton.gov.uk

**Northampton Partnership Homes are pleased to be working in partnership with Northampton Borough Council's Money Advice Team, to offer you workshops that will cover all areas of money management.**

The Money Advice Team at Northampton Borough Council proactively assists people struggling with priority debts to ensure that they do not suffer from the severe consequences of non-payment. The team help with budgeting skills and assisting people in creating sustainable payment arrangements towards their debtors. With Universal Credit due to be rolled out in Northampton from the end of this year, the team believe it is vital to equip tenants with the budgeting skills required to ensure that they can manage their finances effectively and avoid debt related issues.

This Workshop aims to give you the tools to manage your own finances. You will learn how to draft a successful budget, as well as how to manage your outgoings to ensure that you can minimise the risk of debt.

**By the end of this workshop you should be able to:**

- Understand different attitudes to money
- Understand different types of income
- Understand your options for paying bills
- Understand how to maximise your income
- Understand the importance of keeping financial records
- Have a clear understanding of priority and non-priority debt
- Understand the advantages of budgeting and saving and how to create your own budget
- Understand common banking issues and how to deal with them
- Identify the positives and negatives of different types of credit
- Understand what support is available to you

**There are six dates to choose from:**

#### **Workshop 1**

**Wednesday 14th October 2015 10am-12pm**

Jeffrey Room, The Guildhall

#### **Workshop 2**

**Wednesday 11th November 2015 10am-12pm**

Jeffrey Room, The Guildhall

#### **Workshop 3**

**Wednesday 9th December 2015 10am-12pm**

Jeffrey Room, The Guildhall

#### **Workshop 4**

**Wednesday 6th January 2016 10am-12pm**

Court Room, The Guildhall

#### **Workshop 5**

**Wednesday 3rd February 2016 10am-12pm**

Jeffrey Room, The Guildhall

#### **Workshop 6**

**Wednesday 2nd March 2016 10am-12pm**

Jeffrey Room, The Guildhall



# Neighbourhood learning

**Neighbourhood Learning is a part of Northamptonshire County Council's Adult Learning Service with a remit to create opportunities and develop skills for those who want a helping hand. Group learning ensures that new skills are built in an environment which helps to build personal confidence and wellbeing.**



## AIM Award in Volunteering Entry Level

This is a five week course to achieve an AIM award for those of you who are thinking about, or already engaged in, volunteering in the community. You will learn about a range of volunteering opportunities, the benefits of volunteering and how to apply for volunteer positions.

**There are two courses to choose from:**

**Thursdays 7th, 14th, 21st, 28th January and 4th February 2016 10am-12pm**

Eastfield Close Community Hub, Duston, NN5 6TJ

**Tuesdays 23rd February and 1st, 8th, 15th, 22nd March 2016 10am-12pm**

Hinton Road Community Hub,  
Kingsthorpe, NN2 8JL

## Sewing for selling

This is a four week course where you will learn new sewing skills with others guided by a qualified, experienced NCC Tutor. All materials are provided and you will be able to take home what you make. There will also be an opportunity to explore smarter shopping, costing and planning of small items for sale or fundraising and you will be provided with information on how to sell on 'Etsy'.

**There are two courses to choose from:**

**Tuesdays 3rd, 10th, 17th and 24th November 2015 9:30am-11:30pm**

Leicester Street Community Hub, NN1 3RS

**Tuesdays 3rd, 10th, 17th and 24th November 2015 12:30pm-2:30pm**

Goldcrest Court Community Hub,  
Goldings, NN3 8XJ



# Booking form



To book a course please fill in your details below, mark which course you are interested in on the reverse of this form and send the completed form to the address at the bottom of this page.

Name:

Address:

Postcode:

Home telephone number:

Mobile telephone number:

Email address:

How would you prefer us to contact you?

Home phone

Mobile phone

Email

Are you a:

Tenant

Leaseholder

Household Member

Do you consider yourself to have a disability:

Yes

No

Is English your first language:

Yes

No

If not, what is your first language?

Please tell us about any specific requirements that you may have:

(For example a hearing loop, dietary or access requirements, information in large print)

Do you have your own transport?

Yes

No

Would you like information on the NPH Tenant's Panel?

Yes

No

Would you like information on our Service Improvement Panels?

Yes

No

Signed:

Date:

Contact us:

Northampton Partnership Homes, The Guildhall, St Giles Square, Northampton NN1 1DE

t: 01604 837 836 e: [participation@northamptonpartnershiphomes.org.uk](mailto:participation@northamptonpartnershiphomes.org.uk)



Course Title	Date and Time	Venue
<input type="checkbox"/> Options programme 1	Wednesdays 11th, 18th & 25th November 2015 9:30am-11:30am	Options 2, 60 Gold Street, Northampton, NN1 1RS
<input type="checkbox"/> Options programme 2	Wednesdays 10th, 17th & 24th February 2016 9:30am-11:30am	Options 2, 60 Gold Street, Northampton, NN1 1RS
<input type="checkbox"/> Confidence blocks	Wednesday 11th November 2015 10am-1pm	Eastfield Close Community Hub, Duston, NN5 6TJ
<input type="checkbox"/> Confidence blocks	Tuesday 16th February 2016 10am-1pm	Eastfield Close Community Hub, Duston, NN5 6TJ
<input type="checkbox"/> Thinking that works	Tuesday 8th December 2015 10am-1pm	Eastfield Close Community Hub, Duston, NN5 6TJ
<input type="checkbox"/> Thinking that works	Wednesday 9th March 2016 10am-1pm	James Lewis Court Community Hub, Cherry Orchard, NN3 2TH
<input type="checkbox"/> Assertiveness	Monday 12th October 2015 10am-1pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Assertiveness	Tuesday 12th January 2016 10am-1pm	Eastfield Close Community Hub, Duston, NN5 6TJ
<input type="checkbox"/> Food Safety Level 2 in Catering	Thursday 15th October 2015 10am-4:30pm	Bouverie House Community Hub, Hardingstone, NN4 6EG
<input type="checkbox"/> Food Safety Level 2 in Catering	Wednesday 27th January 2016 10am-4:30pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Confidence in speaking	Wednesday 2nd December 2015 10am-3:30pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Confidence in speaking	Wednesday 13th January 2016 10am-3:30pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Confidence in speaking	Wednesday 16th March 2016 10am-3:30pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Stress management	Wednesday 9th December 2015 1pm-4pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Stress management	Wednesday 3rd February 2016 1pm-4pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Eating for arthritis	Wednesday 28th October 2015 10am-1pm	James Lewis Court Community Hub, Cherry Orchard, NN3 2TH
<input type="checkbox"/> Food & mood	Wednesday 4th November 2015 10am-1pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> Eating for diabetes	Wednesday 20th January 2016 10am-1pm	James Lewis Court Community Hub, Cherry Orchard, NN3 2TH
<input type="checkbox"/> Sleeping well	Wednesday 2nd March 2016 10am-1pm	James Lewis Court Community Hub, Cherry Orchard, NN3 2TH
<input type="checkbox"/> IT for the petrified	Mondays 26th October, 2nd, 9th, 16th, 23rd November 2015 10am-12pm	Eastfield Close IT Suite, Duston, NN5 6TJ
<input type="checkbox"/> IT for the petrified	Mondays 7th, 14th, 21st March, 4th, 11th April 2016 10am-12pm	Eastfield Close IT Suite, Duston, NN5 6TJ
<input type="checkbox"/> IT for the (not so) petrified	Mondays 4th, 11th, 18th, 25th January, 1st February 2016 10am-12pm	Eastfield Close IT Suite, Duston, NN5 6TJ
<input type="checkbox"/> Exploring the internet	Mondays 30th November, 7th, 14th, 21st December 2015 10am-12pm	Eastfield Close IT Suite, Duston, NN5 6TJ
<input type="checkbox"/> Exploring the internet	Mondays 8th, 15th, 22nd, 29th February 2016 10am-12pm	Eastfield Close IT Suite, Duston, NN5 6TJ
<input type="checkbox"/> ITC Level 2 Award in Emergency First Aid at Work	Wednesday 21st October 2015 9:30am-4:30pm	Nene Drive Community Hub, Kings Heath, NN5 7NQ
<input type="checkbox"/> ITC Level 2 Award in Emergency First Aid at Work	Friday 29th January 2016 9:30am-4:30pm	Leicester Street Community Hub, NN1 3RS
<input type="checkbox"/> ITC Level 3 Award in Paediatric Emergency First Aid	Thursday 3rd December 2015 9:30am-4:30pm	Leicester Street Community Hub, NN1 3RS
<input type="checkbox"/> ITC Level 3 Award in Paediatric Emergency First Aid	Thursday 3rd March 2016 9:30am-4:30pm	Bouverie House Community Hub, Hardingstone, NN4 6EG
<input type="checkbox"/> Managing your money workshop 1	Wednesday 14th October 2015 10am-12pm	Jeffery Room, The Guildhall, NN1 1DE
<input type="checkbox"/> Managing your money workshop 2	Wednesday 11th November 2015 10am-12pm	Jeffery Room, The Guildhall, NN1 1DE
<input type="checkbox"/> Managing your money workshop 3	Wednesday 9th December 2015 10am-12pm	Jeffery Room, The Guildhall, NN1 1DE
<input type="checkbox"/> Managing your money workshop 4	Wednesday 6th January 2016 10am-12pm	Court Room, The Guildhall, NN1 1DE
<input type="checkbox"/> Managing your money workshop 5	Wednesday 3rd February 2016 10am-12pm	Jeffery Room, The Guildhall, NN1 1DE
<input type="checkbox"/> Managing your money workshop 6	Wednesday 2nd March 2016 10am-12pm	Jeffery Room, The Guildhall, NN1 1DE
<input type="checkbox"/> AIM Award in Volunteering Entry Level Course 1	Thursdays 7th, 14th, 21st, 28th January, 4th February 2016 10am-12pm	Eastfield Close Community Hub, Duston, NN5 6TJ
<input type="checkbox"/> AIM Award in Volunteering Entry Level Course 2	Tuesdays 23rd February, 1st, 8th, 15th, 22nd March 2016 10am-12pm	Hinton Road Community Hub, Kingsthorpe, NN2 8JL
<input type="checkbox"/> Sewing for selling course 1	Tuesdays 3rd, 10th, 17th, 24th November 2015 9:30am-11:30am	Leicester Street Community Hub, NN1 3RS
<input type="checkbox"/> Sewing for selling course 2	Tuesdays 3rd, 10th, 17th, 24th November 2015 12:30pm-2:30pm	Goldcrest Court Community Hub, Goldings, NN3 8XJ

**Please post this form to:** Customer Engagement, Northampton Partnership Homes, St Giles Square, The Guildhall, Northampton, NN1 1DE.  
You can also book by telephone on **01604 837 836**, or by email on **participation@northamptonpartnershiphomes.org.uk**



# Further information

For further information about tenant and leaseholder training contact the Customer Engagement Team:

Northampton Partnership Homes,  
The Guildhall, St Giles Square, Northampton NN1 1DE  
**t: 01604 837 836**  
**e: [participation@northamptonpartnershiphomes.org.uk](mailto:participation@northamptonpartnershiphomes.org.uk)**

For more information on literacy training opportunities, please contact:

## Amethyst Northampton

(English Language Courses)

SOL House Suite 501, 29 St Katherine's Street,  
Northampton, NN1 2QZ  
**t: 01604 638 729**  
**[learndirect.northampton@amethyst.co.uk](mailto:learndirect.northampton@amethyst.co.uk)**

## English for Speakers of Other Languages (ESOL)

Northampton College, Northampton, NN3 3RF  
**t: 0845 300 4401**  
**e: [enquiries@northamptoncollege.ac.uk](mailto:enquiries@northamptoncollege.ac.uk)**

## Northampton College

Booth Lane, Northampton, NN3 3RF  
**t: 01604 734 567**  
**[www.northamptoncollege.ac.uk](http://www.northamptoncollege.ac.uk)**



## Large print?

If you would like a version of this brochure in large print please call **0300 330 7000**

### Contact us:

Northampton Partnership Homes, The Guildhall, St Giles Square,  
Northampton NN1 1DE  
**t: 01604 837 836 e: [participation@northamptonpartnershiphomes.org.uk](mailto:participation@northamptonpartnershiphomes.org.uk)**

This information can be made available in other languages and formats upon request by contacting us on **0300 330 7000**

### Polish

Informacje te mogą być dostępne w różnych językach i różnym formacie poprzez skontaktowanie się z nami na numerze **0300 330 7000**

### Russian

Эта информация имеется по просьбе на других языках и форматах - пожалуйста обратитесь к нам по номеру **0300 330 7000**

### Somali

Macluumaadkani waaxaad ku heli kartaa luqooyin iyo habab kale haddii aad dalbato adigoo nagala soo xiriiraayo **0300 330 7000**

### Bengali

এই তথ্য আমাদের উপর যোগাযোগ করে অনুরোধের ভিত্তিতে অন্য ভাষায় এবং বনিয়াসে উপলব্ধ করা যাবে **0300 330 7000**

### Lithuanian

Šitą informaciją galima gauti kitomis kalbomis ir kitais formatais, jeigu paprašysite ir paskambinsite mums **0300 330 7000**

### Turkish

Burada yer alan bilgileri Türkçe olarak ve diğer formatlarda da edinebilirsiniz. Bunun için lütfen şu numaraya telefon ederek isteğinizi bize bildirin **0300 330 7000**



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