DIGITAL LEARNING FOR BEGINNERS
Learn to create a document or CV, use the internet and email, search for work online, and use online storage. Four weeks, Mondays & Wednesdays 09:30 - 12:30. Courses start monthly.

CREATIVE CONFIDENCE
Learn craft techniques and meet new people in a relaxed environment. Five weeks, Mondays 1.30 - 4.30. Courses start monthly.

MOVING TOWARDS WORK/ WOMEN RETURNERS
Build your confidence, wellbeing and employability skills through ‘positive psychology’ after a period out of the workplace. Six weeks, two half days per week on Mondays and Thursdays. Courses start monthly.

PROGRESSING INTO WORK
An intensive employability skills course, with a work experience placement, mentoring and input from local employers. Twelve weeks, four days per week, recruitment is ongoing.

ESOL AND EMPLOYABILITY
Improve your English while also gaining practical work experience and receiving mentoring support. Courses are designed for learners who are at pre-entry level (below level 1). Twelve weeks, four days per week. Recruitment is ongoing.

IT FOR CONFIDENCE
Master basic IT skills and use technology to connect with others, while learning relaxation and wellbeing skills to manage stress and anxiety. Learning is delivered in a small and supportive group. Four weeks, Tuesdays and Fridays 09:30 - 12:30.

PERSONAL GROWTH AND WELLBEING
Learn relaxation and wellbeing skills to manage stress and anxiety, and set goals to reach your potential. Learning is delivered in a small and supportive group. Four weeks, Tuesdays and Fridays 09:30—12:30.

NOAH’S KITCHEN (BASIC COOKERY)
Learn simple home cookery skills over 5 weeks. Five weeks. Attendees have a choice of attending either Tuesday or Thursday sessions. A pre assessment is required.

FREE to eligible participants
academy@noahenterprise.org
01582 726152

NOAH Academy, 20 - 22 High Town Road, Luton, LU2 0DD