

THE NOAH ACADEMY

TRAINING AND EMPLOYMENT



COURSE PROSPECTUS

FACE-TO-FACE & ONLINE

APRIL - JUNE 2021



WELLBEING • IT • ESOL • EMPLOYABILITY

ABOUT NOAH

NOAH Enterprise is a charity which seeks, out of Christian values, to help the most disadvantaged in the Bedfordshire community. Particularly, it is concerned with providing a practical, empowering and caring service to people who are homeless, unemployed, or on a low income. In addition to our welfare support work, we offer training support and employment services to those in need.

THE NOAH ACADEMY

The NOAH Academy offers a caring and compassionate service that is committed to helping those we seek to serve. Our training provision aims to address poverty by helping people to realise their full potential. It uniquely combines training and wellbeing support with work experience and volunteering opportunities. This offers participants a complete package of support to guide them towards and into work.

We run **FREE** skills training courses across Luton, Bedford and Central Bedfordshire, for people who are currently unemployed or who are on a low income. We also offer a range of employment services, tailored to the specific needs of our clients.

To find out more about who we are and what we do please check out our website www.noahenterprise.org

**To get in touch with The NOAH Academy to find out more about our opportunities, please contact us on:
01582 726152 • academy@noahenterprise.org**



WELLBEING

ALL RESOURCES
ARE DELIVERED
FOR FREE

Please contact **The NOAH Academy** to enquire about start dates, find out more, or book yourself or somebody else onto a course: **01582 726152** • academy@noahenterprise.org



CREATIVE CONFIDENCE



3 WEEKS • 2 x 3 HOUR SESSIONS PER WEEK

Available **online**. Face-to-face groups in **Luton, Bedford, Dunstable** and **Biggleswade** from **June** • Demonstrate new arts and crafts techniques, connect with others, and explore the benefits of using creativity to enhance your confidence and wellbeing.



STAYING WELL (**ONLINE**)



4 WEEKS • TUESDAYS AND THURSDAYS • 09:30-12:30

Discover new strategies and techniques via Zoom, helping to build resilience to stress, and fight symptoms of anxiety and depression. Learn how to utilise elements of positive psychology, and adopt activities and lifestyle changes that can be carried out at home to improve your wellbeing and mental health.



COOKING ON A BUDGET (**ONLINE**)



3 WEEKS • WEDNESDAYS AND FRIDAYS • 10:00-12:00

Connect with your inner chef, master new cookery techniques, and experience the therapeutic benefits of healthy cooking. This course will teach you low-cost recipes to enjoy after class and recreate afterwards!






GARDENING FOR WELLBEING



6 WEEKS • WEDNESDAYS • 13:30-16:30

Available **online**. Small face-to-face groups in **Luton** from **April** • Learn gardening techniques in your own home whilst enhancing your wellbeing.

-  Available to Luton Learners
-  Available to Central Beds Learners
-  Available to Bedford Learners

IT

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GET STARTED WITH IT



4 WEEKS • 2 x 3 HOUR SESSIONS PER WEEK

*Small face-to-face groups in **Bedford** from **April** & **Dunstable/Leighton Buzzard/Biggleswade** from **May** • Improve your computer skills in 4 weeks! Learn how to use email, Google Drive/iCloud, and the internet. Develop the skills for creating CVs and cover letters for job applications.*



DIGITAL LEARNING FOR BEGINNERS



4 WEEKS • MON & WED/TUES & THURS • 09:30-12:30

*Small face-to-face groups in **Luton** from **March***

Learn how to create documents, use the internet and email, search for work, and use online storage.



IT FOR CONFIDENCE



4 WEEKS • TUESDAYS & THURSDAYS • 09:30-12:30

*Small face-to-face groups in **Luton** from **March***

Use IT to connect with others, whilst learning relaxation and wellbeing skills to manage stress and anxiety.



WORKING IN THE DIGITAL AGE



4 WEEKS • WEDNESDAYS AND FRIDAYS • 09:30-12:30

Online** from **March** & **face-to-face** in **Luton** from **April

Prepare to thrive upon your return to a digitalised workplace! Learn (via Zoom) to use Word, Excel, apply for jobs online, and learn digital communication and planning skills.

 Available to Luton Learners

 Available to Central Beds Learners

 Available to Bedford Learners

EMPLOYABILITY

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PROGRESSING INTO WORK



6 WEEKS • TUESDAYS AND THURSDAYS • 13:00-16:00

Available **online**. Face-to-face in **Bedford** from **May**

This course is ideal for anyone actively looking for work and ready to take steps towards employment. Improve your employability skills with empowering confidence-building sessions, gain support with applications and interviews, and develop a tailored CV and action plan. This course also contains mock interviews, providing practice and feedback for real-life interview scenarios.

50+

We run a **12-week** adaptation of this course **ONLINE** and in **BEDFORD**, **LUTON**, **BIGGLESWADE** and **LEIGHTON BUZZARD**, targeted at learners **over 50**.



MOVING TOWARDS WORK



6 WEEKS • TUESDAYS AND THURSDAYS • 09:30-12:30

Available **online**. Face-to-face in **Bedford** from **May**

If you are facing barriers to employment after spending a period of time out of the workplace, or struggling with stress and anxiety surrounding returning to work, this course is an ideal first step. Moving Towards Work will help you to identify your unique skills and talents, providing you with support for moving towards employment and/or volunteering.



WOMEN RETURNERS



6 WEEKS • TUESDAYS AND THURSDAYS • 10:00-13:00

Available **online**. Face-to-face in **Bedford** from **May**

An all-female version of our **Moving Towards Work** course. Build up your confidence, wellbeing and employability skills after a period of time out of the workplace, and identify your own talents and assets in a supportive environment.

- Available to Luton Learners
- Available to Central Beds Learners
- Available to Bedford Learners

ESOL

Please contact **The NOAH Academy** to enquire about start dates, find out more, or book yourself or somebody else onto a course: **01582 726152** • academy@noahenterprise.org



SEW CONFIDENT



5 WEEKS • FRIDAYS • 09:30-12:30

Available **online**. Small face-to-face groups in **Luton** from **March**, and in **Bedford** from **May**

Create a range of hand-sewn and machine-sewn crafts whilst building on your confidence and basic English skills in a supportive and creative environment. This course is suitable for those with all levels of English.



ENGLISH WITH GARDENING



5 WEEKS • WEDNESDAYS • 13:30-16:30

Small face-to-face groups in **Luton** from **April**

Develop gardening skills whilst practicing your English. Learn how to grow fruits, vegetables and herbs whilst building upon your English skills in a relaxed setting. This course is suitable for those with all levels of English.






ESOL FOR WORK



12 WEEKS • MON, WED & FRI • 13:00-16:00

Available **online**. Face-to-face in **Bedford** and **Luton** from **April**

This 12-week course combines ESOL and employability, to help you to gain employment. Improve your English speaking, listening, reading and writing abilities whilst preparing for the workplace and learning about the UK job market. This course is ideal for anyone seeking work and looking to improve their skills, confidence and self-esteem.

-  Available to Luton Learners
-  Available to Central Beds Learners
-  Available to Bedford Learners

ESOL (ONLINE)

Please contact **The NOAH Academy** to enquire about start dates, find out more, or book yourself or somebody else onto a course: **01582 726152** • academy@noahenterprise.org



ESOL I (ONLINE) ●

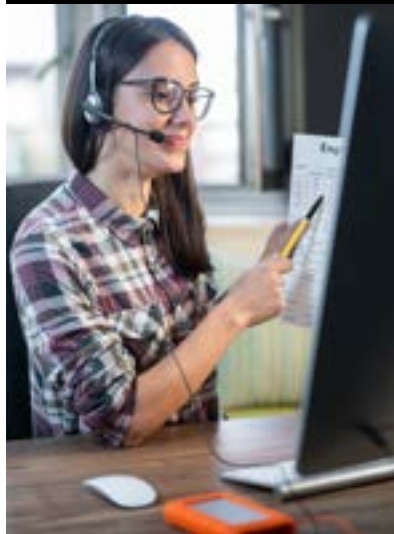
3 WEEKS • MON, THURS & FRI • 10:00-12:00

Build on your English speaking and listening skills to improve your confidence and wellbeing. This course is ideal for those with a **pre-entry level** of English.

ESOL II (ONLINE) ●

3 WEEKS • MON, WED & FRI • 13:00-15:00

If you are at **entry level 1-2** for English, and looking to develop your English to enhance employability, this course will help you to build on your current skills to prepare for an English-speaking work environment.



ENGLISH SPEAKING AND LISTENING (ONLINE) ●●

3 WEEKS + 3 WEEKS* • MON, WED & FRI • 10:00-12:00

This **pre-entry level** course will help you to develop your use of English in a range of everyday situations, and build confidence in your ability to speak and understand basic English.

*This course is split into Part A (3 weeks) and Part B (3 weeks). Learners typically progress from Part A to B.



EVENING ESOL (ONLINE) ●●

5 WEEKS • 2 x EVENING SESSIONS PER WEEK

COMING SOON

An evening edition of our **pre-entry level** English Speaking and Listening course. Ideal for those with daytime commitments who would like to develop their English skills and confidence.

● Available to Luton Learners

● Available to Central Beds Learners

● Available to Bedford Learners

EMPLOYMENT SUPPORT TAILORED TO YOUR NEEDS

Please contact **The NOAH Academy** to enquire:
01582 726152 • academy@noahenterprise.org



rainbow@noahenterprise.org
www.rainbowrecruitment.org
07811399751

RAINBOW RECRUITMENT



Rainbow Recruitment can help you to find sustainable employment, aligned with your unique skills and aspirations.

After introducing you to our partner employers and helping you to secure work, we then offer a mentoring and onboarding service to help you to build confidence and excel in your role.



1:1 appointments now available to book:
07599 677325

WORKING SOLUTIONS



If you are looking for a job or have been out of work for a while, **Working Solutions** will provide you with a space to share experiences and receive 1:1 support into employment. This can be done through:

- Assisted action-planning and goal-setting
- IT access
- Support with active job searching
- Help with discovering your strengths and building your confidence
- One-to-one careers advice
- Opportunities to meeting others for mutual support
- Support with writing a CV, completing job applications, and building interview skills



ROUTES

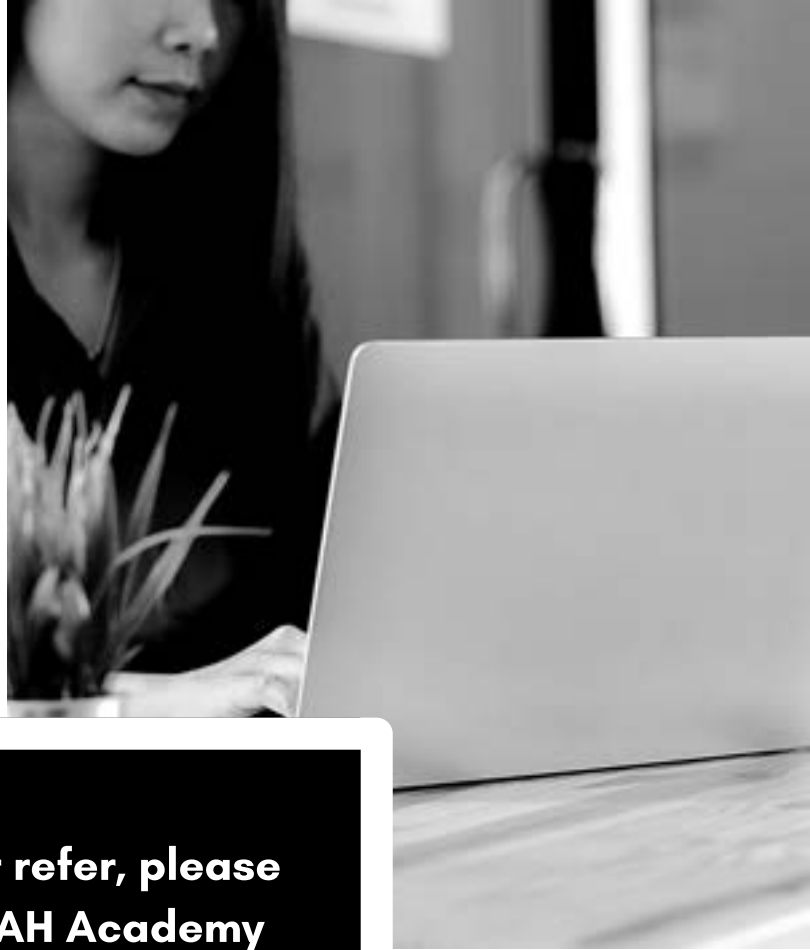


If you are between 16-24 and looking for a route into employment and training, this 12-week programme is for you. With 1:1 mentoring, work experience, volunteering and social enterprise, **Routes** will help to build your experience, skills and confidence.

 Available to Luton Learners

 Available to Central Beds Learners

 Available to Bedford Learners



**To enquire or refer, please
call The NOAH Academy
on 01582 726 152, or email
academy@noahenterprise.org**



Luton
Adult Learning



Central Bedfordshire Council
and Bedford Borough Council
working together



Apprenticeship



Education & Skills
Funding Agency



The NOAH Academy, 20-22 High Town Road, Luton LU2 ODD

Charity Registration No. 1059672