



Learn for Free

What's on in 2023

Free courses
for PCH
residents

All our
courses are
free!

What is **Learn for Free**?

Learn for Free is a free training programme designed for our residents.

Whether you are looking to meet new people, get involved in your community, help us deliver great services, or update your CV with new skills, Learn for Free has something for you.

To make it easier to find the right activity for you, Learn for Free has three parts:



Get Skilled

Supporting you to get qualifications and useful skills for your work and home life



Get Involved

Giving you advice and expertise on involvement within your community and PCH



Get Together

Helping you to enjoy a new interest or hobby with other people

January 9th & 23rd Craft club	February 6th & 20th Craft club 8th Emergency First Aid at Work 9th Digital drop in	March 6th & 20th Craft club 7th Food safety 9th Digital drop in	April 3rd & 17th Craft club 13th Digital drop in 14th COSHH
May 8th & 22nd Craft club 11th Digital drop in	June 5th & 19th Craft club 8th Digital drop in	July 3rd & 17th Craft club 6th Emergency First Aid at Work 6th Manual Handling 13th Digital drop in	August 7th & 21st Craft club 15th Creative writing 22nd Digital drop in
September 4th & 18th Craft club 5th Barbican IT drop in 7th Cooking at the Towers 15th Digital drop in 19th Creative writing	October 2nd & 16th Craft club 3rd Barbican IT drop in 10th Food safety 11th Digital drop in 17th Creative writing	November 6th & 20th Craft club 7th Digital drop in 21st Creative writing 30th Cooking at the Towers	December 4th & 18th Craft club 5th Barbican IT drop in 8th Digital drop in 19th Creative writing

Please be aware that dates and times may be subject to change.

Courses available online **anytime**

Food safety Level 2

Essentials of GDPR

Introduction to Word/ Excel/ Powerpoint

Time management

Completing application forms

Tenancy skills

Confidence building techniques

Dealing with stressful situations

Get moving, get healthy

Mental health and wellbeing tips



Get Skilled

Get Skilled is all about providing you with the skills you need to achieve whatever you want in life.

- Build your CV and gain employment
- Add to the skills you have in your current role
- Gain skills to help you to volunteer
- Discover valuable skills you can use at home

Get Skilled online

Food Safety Level 2

This course is perfect for anyone who works with, or handles food, and wants to meet the UK food handling requirements.

Essentials of GDPR

With this course learners will understand the key principles and what their roles and responsibilities include when handling people's information.

Introduction to Word

This online course is for those looking to improve their Microsoft Word 2016 skills learn more about various tools and features available.

Introduction to Excel

Learn how to use Microsoft Excel 2016, a program used in many workplaces! Boost your skills and knowledge of the various tools and features.

Introduction to Powerpoint

This course is a great starting point to learn more about using Microsoft PowerPoint 2016. Have a go at creating a presentation; a handy skill to have for many different jobs.

Time Management

Make the most of your valuable time with this e-learning course!

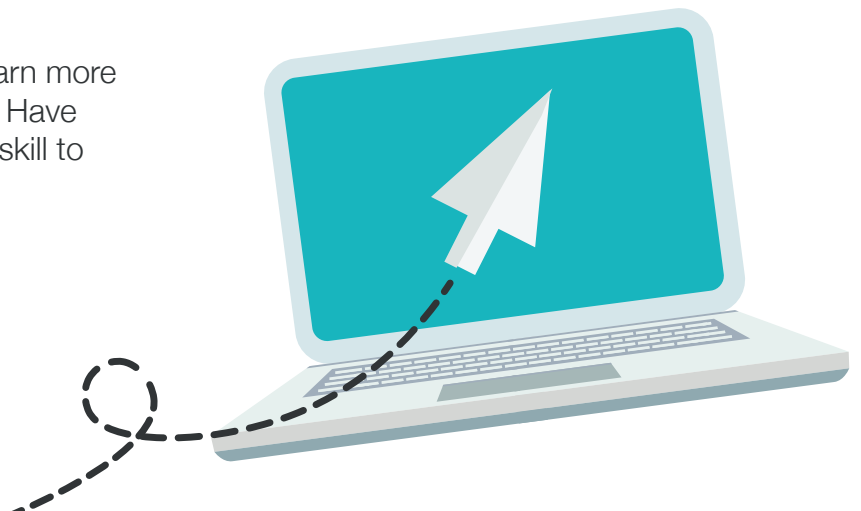
Completing Application Forms

Learn about different types of application forms; the types of information requested in a job application form; the importance of reading and following instructions on a job application form; and how to check for accuracy.

Online courses with Learn My Way

Plumer House is a UK Online Centre with Learn My Way, which gives you access to a variety of free online training courses.

Search for 'Learn My Way' on our website: www.plymouthcommunityhomes.co.uk and remember to use our sign-up code 8000268 and then just choose the course that suits you.



Digital drop in

Learn how to get the most out of your smartphone, tablet or laptop at a digital clinic.

Are you stuck on internet shopping? Want to find ideas and recipes online?

Come along with your device and learn some fresh skills and meet friends old and new.

*9 Feb, 9 Mar, 13 Apr, 11 May, 8 Jun, 13 Jul, 11 Oct,
10am – 12.30pm at Plumer House, Crownhill, PL6 5DH*

22 Aug, 10am – 12.30pm at Marlborough House



Let's get digital

*15 Sep, 8 Dec, 10am – 12.30pm at the Beacon,
North Prospect, PL2 2NE*

7 Nov, 10am – 12.30pm at the City Centre Shop, PL1 1QD

Emergency first aid at work

A one day course in basic first aid, a minimum requirement for first aiders in the workplace.

This course involves practical hands-on experience to give you the skills and confidence to respond to a range of accidents and emergencies that you may come across at work, in public or at home.

To achieve a certificate in this course, you will need to be able to kneel on the floor in order to take part in the demonstrations.

This course covers:

- Assessing a casualty and calling for help
- Unresponsive casualties
- Bleeding and burns
- Shock
- Reporting accidents

8 Feb, 6 Jul

*8.45am – 4.30pm at Plumer House,
Crownhill, PL6 5DH*



Food safety

A one day food hygiene course. An essential requirement for the catering industry and working with or handling food.

This course covers:

- An introduction to food safety
- Understanding food law
- The impact of food-borne illness
- Food safety hazards and control
- Food storage

7 Mar, 10 Oct

8.45am - 4.30pm at Plumer House,
Crownhill, PL6 5DH

*Hungry
to learn?*



CoSHH



This course provides an overview to hazardous substances and the risks associated with these substances. Learn how to work with hazardous substances safely.

Useful for anyone interested in jobs which require you to work with chemicals such as cleaning, caretaking, maintenance roles and more.

14 Apr

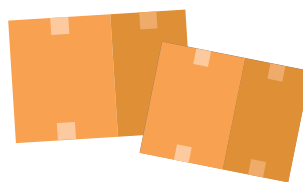
8.45am - 12.30pm at Plumer House, Crownhill, PL6 5DH

Manual handling

Learn the dangers associated with handling and lifting objects, and the principles and practices of safe handling.

6 Jul

8.45am - 12.30pm at Plumer House, Crownhill, PL6 5DH



Prepare for lift-off





Get Involved

Get Involved helps you gain skills and tips to help you get more involved with PCH and your community.

Skills such as event planning, listening skills, and chairing skills can help you to join local community groups and tell PCH your thoughts and ideas to help improve our services.

You can also find out more about Resident Involvement opportunities with PCH.

Tenancy skills



Learn the basics of finding accommodation, understanding tenancy agreements and your legal rights.

Learn tips on managing finance and paying rent and other useful tips such as basic DIY skills.

Useful for all residents, both new and long term!

Available online, anytime

Confidence building techniques

This quick course explores what confidence is, and provides useful techniques and resources for you to use.

Available online, anytime



Boost your confidence





Get Together

Get Together is the part of the programme that includes clubs and activities. You can meet other people while enjoying and exploring different hobbies and interests.

Have a cuppa while catching up with new friends and learn something new, or share what you know with others. Other topics include lifestyle and information sessions.

Share knowledge and learn new skills such as crafts, photography and computing.

Dealing with **stressful situations**

Learn how to deal with and resolve conflict on a personal level and in your community.

This course discusses skills such as assertiveness to help you manage situations where you are faced with conflict and improve your confidence so that you can address your concerns effectively.

Available online, anytime



Get moving, get healthy

Learn more about the benefits of physical activity, how much you should be doing, and tips on how you can incorporate exercise into your busy lifestyle.

Available online, anytime



Craft club

Meet others and have a cuppa and a chat while trying out different craft activities.

9 & 23 Jan, 6 & 20 Feb, 6 & 20 Mar, 3 & 17 Apr,
8 & 22 May, 5 & 19 Jun, 3 & 17 Jul, 7 & 21 Aug, 4 & 18 Sep,
2 & 16 Oct, 6 & 20 Nov, 4 & 18 Dec

10am – 1pm at the Beacon, North Prospect, PL2 2NE



Mental health and wellbeing tips

Find out about different indicators of mental health and learn tips to improve your mental health.

This course also covers looking after the mental health of employees.

Available online, anytime

Be kind to
your mind



A close-up photograph of a woman with dark, curly hair and gold-rimmed glasses. She is wearing a dark blue polka-dot shirt and a gold necklace with a circular pendant. She is smiling slightly and looking down at an open notebook on a wooden table, holding a pen over it. The background is softly blurred, showing green foliage.

You're on
the write
track

Creative writing

Improve your writing skills, try out different writing techniques and meet new people.

The group has a relaxed atmosphere with hot drinks and snacks served to attendees

15 Aug, 19 Sep, 17 Oct, 21 Nov, 19 Dec

Unitarian Church, Notte St, PL1 2HG

Cooking at the Towers

Cook a new recipe, learn top tips from a knowledgeable tutor and enjoy the meal you have cooked together!

7 Sep, 30 Nov

Tavy House Community Room, Devonport, PL1 4HL



Support and requirements

Don't miss out! Book your place today. Call Ashleigh Knowles on 0808 230 6500.

We'll confirm your place on a course by letter and then we'll be in touch before a course to check your attendance and requirements.

A light lunch will be provided on full day courses and we can help with travel and childcare costs.

You can also email learnforfree@plymouthcommunityhomes.co.uk or sign up online.



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