



What's on in July

Learn for Free is a free training programme for PCH residents. This month's activities are:

First Aid

6 July

Scam awareness

8 July

Beacon craft club

11 July

Equality and Diversity

12 July

Digital Clinics

14 July

Creative writing

19 July

Beacon craft club

25 July

Fit and Fed cooking

26 July

Fit and Fed cooking

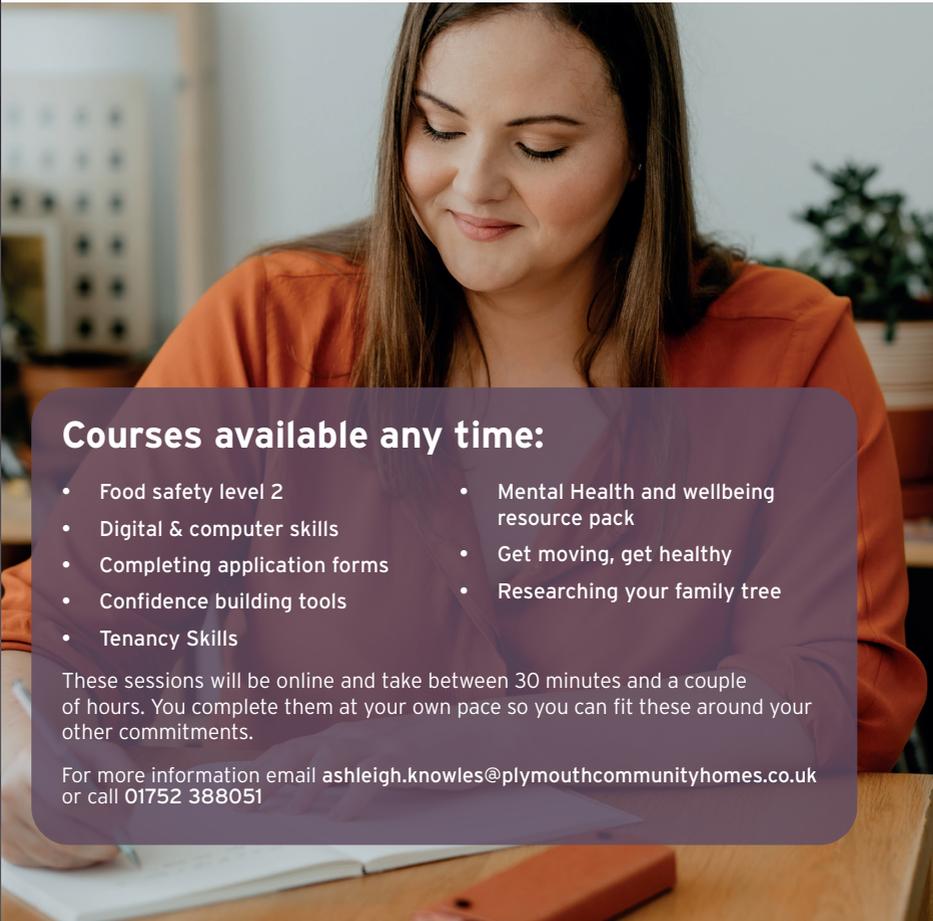
27 July

Courses available any time:

- Food safety level 2
- Digital & computer skills
- Completing application forms
- Confidence building tools
- Tenancy Skills
- Mental Health and wellbeing resource pack
- Get moving, get healthy
- Researching your family tree

These sessions will be online and take between 30 minutes and a couple of hours. You complete them at your own pace so you can fit these around your other commitments.

For more information email ashleigh.knowles@plymouthcommunityhomes.co.uk or call 01752 388051





Get Skilled

Digital drop in

Learn how to get the most out of your smartphone, tablet or laptop at a digital clinic. Come along with your device and learn some fresh skills and meet friends old and new.

Creative writing workshops

Try a new skill: learn how to write creatively. Create poems, short stories, and plays! This is a monthly session and may have guest speakers and tutors sharing their tips and experience.

Food Safety Level 2

A great qualification for safe storage, handling and cooking of food at home and in many workplaces, such as hospitality and catering.

Digital & Computer Skills

Learn My Way is a great resource with courses that cover many different subjects, from basic skills such as how to use a keyboard to how to use social media or online banking. Go to www.learnmyway.com and sign up using our centre code: 8000268

Completing application forms (for jobs)

Learn about the different types of forms and the different information that you might need to provide. Become more confident in completing forms and checking them.

Confidence building tools

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



Get Involved

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.



Get Together

Craft Club

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

Mental health & wellbeing resource pack

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.

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.