



COURSE TIMETABLE

MAY - JULY 2022



ABOUT NOAH

For 30 years NOAH has been working to provide support for people with complex needs who have nowhere else to turn. Our staff, volunteers, partners and benefactors, provide a combination that is dedicated to recognising the potential in people who are on the margins of society and helping them to realise it. We have come through some tough times with them to create an organisation that can do extraordinary things.

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 NOAH, visit www.noahenterprise.org.

To get in touch with The NOAH Academy, please contact us on:
01582 726152 • academy@noahenterprise.org



WELLBEING & SKILLS

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 MINDFUL

4 WEEKS • TUES & THURS • 09:30-12:30

Small groups in **Luton**

Learn or practice hand-sewing and other crafts, to enhance your mindfulness through creativity. The course provides a safe space to chat and socialise, and includes the following activities: slow stitch collage, English paper piercing, crazy patchwork, applique.



STAYING WELL (ONLINE)

4 WEEKS

Online Course for **Bedford** & **Central Beds**

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.



DIY SKILLS

3 WEEKS • MONDAYS 09:30-16:30

Small groups in **Luton**

Delve into basic electrical, plumbing and carpentry skills, experiment with a range of maintenance techniques with the support from a highly experienced multi trades tutor, develop your confidence for using hand tools, power tools and PPE, and explore tasks from a range of industries through discussions and practical activities.



 Available to Luton Learners

 Available to Central Beds Learners

 Available to Bedford Learners

IT SKILLS

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



DIGITAL LEARNING FOR BEGINNERS

4 WEEKS • TUES & THURS • 09:30-12:30

Small groups in **Luton**

Learn how to create documents using Microsoft Word, as well as how to use the internet and send/receive emails.

This course is designed for learners who have no previous knowledge of using computers, and wish to build their confidence in this area.



COMPUTER SKILLS FOR BEGINNERS




4 WEEKS

Small groups in **Bedford** & **Central Beds**

Learn how to create documents using Microsoft Word, as well as how to use the internet and send/receive emails.

This course is designed for learners who have no previous knowledge of using computers, and wish to build their confidence in this area.



-  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 WITH ESOL



5 WEEKS • FRIDAYS • 09:30-12:30

Small groups in **Luton**

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.



GROW CONFIDENT WITH ESOL



5 WEEKS • TUESDAYS • 09:30-12:30

Small groups in **Luton**

Spend time outside in the fresh air, get active, and engage with nature to improve your mental health and wellbeing, whilst practising your English speaking with other learners. This course is suitable for those with all levels of English.






ENGLISH FOR BEGINNERS



6 WEEKS • VARIOUS DAYS

Bedford & Central Beds (Online course also available)

A face to face class for Entry level ESOL students. Ideal for those who need a classroom environment as opposed to online and looking to start their journey of learning English. Plenty of pathways for progression available.

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

ESOL

All learners will be invited to an assessment before beginning a course

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 (ONLINE)






VARIOUS DAYS

Online Course for **Bedford** & **Central Beds** learners

This pre-entry/entry level 1 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.



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

EMPLOYMENT SUPPORT

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



1:1 appointments now available to book

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 advise
- Opportunities to meeting others for mutual support
- Support with writing a CV, completing job applications, and building interview skills

Rainbow
Inclusive & Diverse Recruitment

rainbow@noahenterprise.org
www.rainbowrecruitment.org

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.

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

OTHER NOAH SERVICES



141 Park Street, Luton LU1 3HG
01582 728416
www.noahenterprise.org

NOAH WELFARE CENTRE

The NOAH welfare centre provides a safe environment where people can come and discuss their problems and get advice about a range of issues ranging across housing, benefits, EUSS, health, legal support, training and employment.

Other services include:

- Dining room serving quality hot food
- Showers and a laundry service
- Provision of clothing
- A GP or nurse
- A mobile dentist
- Accommodation search
- Linkage to specialist agencies e.g. addiction counselling



01582 728416
www.noahenterprise.org

STREET OUTREACH

The outreach team work with individuals who are sleeping rough on the street, in car parks, bus shelters, under bridges and in abandoned derelict buildings. The aim is to help people off the street, to engage with the wider range of NOAH's services and to get them into safe accommodation, which is an essential prerequisite to helping them to improve the quality of their lives.

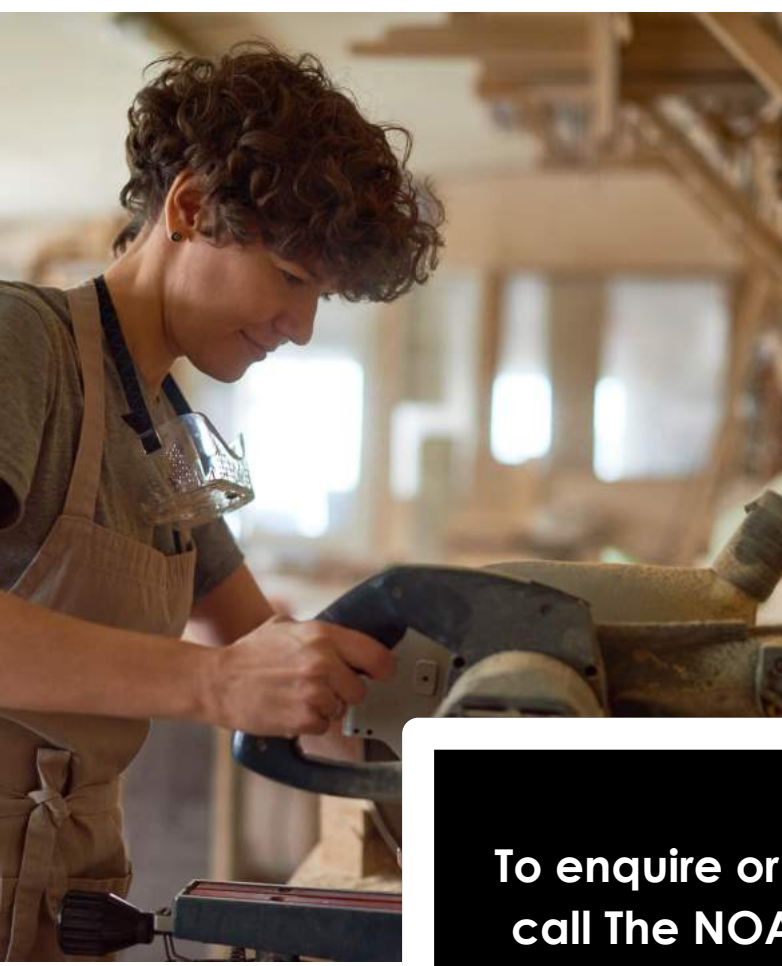
High Town Community Shop
20-22 Hightown Road,
Luton LU2 0DD
01582 736751

Lewsey Farm Community Shop
St Dominic's Square, Lewsey
Farm, Luton LU4 0UN
01582 662773

NOAH COMMUNITY SHOPS

If you are looking for great deals on quality items then check out our charity shops across Luton. We have one in Hightown Road and another in St Dominic's Square.

With ever friendly staff on site and knowing you're getting a great deal while also helping us to support those in need. Our charity shops are a great stop on any shopping outing.



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



Central Bedfordshire Council and Bedford Borough Council working together

