**Contact Details:** 

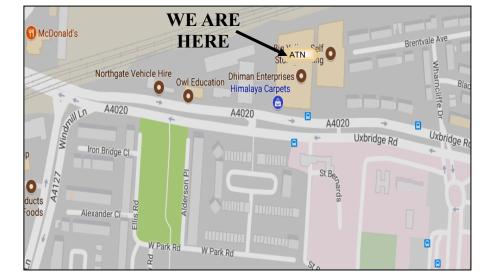
Telephone: 020 8574 9588 020 8574 0795

Email: southall@adult-training.org.uk

Address: Unit 3, Triangle Centre 399 Uxbridge Road Southall Middlesex UB1 3EJ

Bus Routes: 195, 427, 207 607

(Next To Himalaya Carpets)





# **Adult Training Network**

FREE CAREER ADVICE & GUIDANCE FOR OVER 19s *AND* FREE ACCREDITED COURSES









## **Free Careers Advice and Guidance**

- Get professional, independent advice and information to help you plan your career and meet your targets
- Support is given to review your skills and develop new goals

• We can update your CV, and support you in finding suitable training or employment.

## Health & Safety Training Level 2

- Comprehensive and professional training to gain accredited qualifications in Health & Safety
- Improve your knowledge and skills, reduce risks, make workplaces healthier and safer for everyone and improve long-term business performance.

## **Food Safety Training Level 2**

- Comprehensive and professional training to gain accredited qualifications in Food Safety
- S I • Gain an understanding of the basic principles of food hygiene and know how to work safely so as to protect the food they serve from contamination.

# **IT Training**

- Ideal for anyone new to the world of computing, or just wants to develop existing skills.
- Courses cover Word, Excel, PowerPoint and basic computer usage
- This first step in understanding IT can aid progression within your career or on to further qualifications.

• No prior qualifications are required. 

#### A B **ESOL (English for Speakers of Other Languages):** and a second

• Improve your English with an ESOL Skills for Life Certificate gain the English Language Skills needed to get on in life and work

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- This qualification will help improve your English in speaking, listening, **P** reading and writing.
- ESOL Skills for Life is for anyone living in the UK whose first all a language is not English
- Empowering clients to undertake job search activities such as filling in application forms, CV writing, interview techniques and universal job S In match.

Courses are offered at different levels.

#### **Functional Skills Qualification in English and** Mathematics, Entry levels 1, 2, 3, Levels 1 & 2

- The Functional skills English & Maths courses give you the essential skills needed for everyday life, work and education.
- Maths learning classes will help you to enhance your calculation skills and use them in your both personal and working life.

#### For more information on all courses please ask a member of staff or contact us on: 020 8574 9588 or 020 8574 0795