

# SERVICES and LEARNING for ADULTS (16+)

**ALL FREE**



## COMPUTER ROOM -

computer & internet use. Printing at a small cost.

**HMRC BENEFITS SUPPORT** - One to One support on: Universal Credit, Working Tax Credits, Child Tax Credits, Child Benefit, PAYE, Self Assessment. [also available at the Launderette on Wed 10-2, Fri 4-8, Sun 10-2]

**JOB SEARCH** - Support to use the FREE My Worksearch website to create a CV, job search, interview, presentations, webinars and more

**SPECIALIST WELFARE ADVICE** - advice from CHAC on issues with Housing, Debt, Immigration, Family issues, Consumer matters and Benefit issues. Next appointments are between 09:45-12:30 on September 28th, October 12th and October 26th. Call 0161 248 6823 or visit the centre to book on.



## MACMILLAN SOLUTIONS

This project offers **practical support** to people **affected by cancer**, including: emotional support, shopping, transport, cleaning and gardening. If you are interested in receiving this service contact Jacqui on: 07801572055 or email: [macmillansolutions@audaciouschurch.com](mailto:macmillansolutions@audaciouschurch.com). If you are interested in volunteering for this service contact Paula on 07710249207 or email: [macmillannorthmoor@audaciouschurch.com](mailto:macmillannorthmoor@audaciouschurch.com)



## SELF HELP

'Talking Therapy' sessions are available for people living with **mental health problems** such as anxiety, depression, phobias and panic attacks. Sessions are available on **MONDAYS** and **FRIDAYS**. You can refer yourself to this service by calling 0161 226 3871 or visiting [www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk) or come into Northmoor Community Centre for a referral form



## CREDIT UNION

**THURSDAY** 2-3pm to the South Manchester Credit Union collection point. Sign up for Savings and Low-interest loans (£3 joining cost)



## The NEXT STEP project

Drop in: **MONDAY, TUESDAY, THURSDAY, FRIDAY - 09:30-12:30**

## BEGINNER COMPUTER COURSE ONLINE

- learn how to use a computer with our beginners course including:

- Using a Computer/Device
- Internet Basics & Safety
- Managing your Money
- Finding a Job Online

**INDUSTRY STANDARD ONLINE COURSES** - you must have a good understanding of English to do these online courses

### Employability Skills courses

- Get Ready for Work Level 2
- Interview skills
- Presentation skills
- Communication skills
- Customer Service skills
- IT Entry Level 3

### Health & Safety courses

- Health & Safety Level 1
- Health & Safety in the Workplace Level 2
- Paediatric First Aid
- Workplace First Aid
- Fire Warden

### Job Specific Skills courses

- COSHH (for Domestic jobs)
- Restaurant Hospitality
- Retail Customer Service
- Food Hygiene Level 1
- Food Hygiene Level 2
- Food Allergen Awareness
- Introduction to Housing Management
- Designated Safeguarding Officer
- Starting a Business
- Data Protection

Great for your CV!

## CREATIVE ENGLISH - WOMEN ONLY

**TUESDAY** 10am-12pm and **FRIDAYS** 10am-12pm

Beginners English, all levels welcome - register and start on your first visit



## TALK ENGLISH - for Men and Women

**TUESDAY** 12:30-2:30 and **THURSDAY** 09:30-11:30

English practice for pre entry learners, Term time only.

