

**RETRAIN**

**RESKILL AND**

**RESTART**





East Coast College is committed to supporting its local communities and in response to the coronavirus pandemic we have launched a new Retrain, Reskill and Restart Fund to help adults get back into work.

We have developed this quarter of a million-pound fund to offer over 1,000 free course places to support those who may have lost their jobs during lockdown or have used the time at home to think about a change of direction in their work lives. It will offer those successful in gaining a place the chance to retrain for free at both the college's Lowestoft and Great Yarmouth campuses from as early as July, running until the end of September. Many courses will also be available for adults to access online while on furlough.

The scheme has been created from adult education funding, European social funds and part of the Norfolk Community College Building Better Opportunities funding that East Coast College leads.

We want to help people retrain, reskill and restart. It's essential for individuals, it's essential for families and it's essential to help our economy get going.

Many of the courses have been designed as a way of getting into a new role or even a new sector of work. The advice combined with the training will be a powerful combination to help adults take the next step.

We encourage everyone to step forward and talk to us and find out how we can help.

**Stuart Rimmer**

Principal and CEO  
East Coast College

# HOW TO APPLY

Applications for the free courses will be taken from Tuesday, June 23 and anyone interested in finding out more can call the college for advice and guidance.

Please note that there are limited spaces available on these courses.

To find out more information and to apply, please call **0800 854 695**.

# INTERESTED IN SOMETHING ELSE?

We do have a range of full-time and part-time courses and degrees available on our website. These courses are available to apply online.

If you're unsure on what your options currently are, please call our admissions team on **0800 854 695** for guidance.

Apprenticeships are also a great way to earn whilst you learn. We currently offer apprenticeships in a large range of industries and have something for everyone. To find our current vacancies and further information, please visit **[www.eastcoast.ac.uk](http://www.eastcoast.ac.uk)**.

# FREE COURSES

Please note that all courses are correct at the time of print.

We reserve the right to assess individual circumstances to ensure you are offered the right course for you.





# RETRAIN AND RESKILL

## Prince's Trust Employment, Teamwork and Community Skills

This course is in partnership with Inspire Suffolk.

This 12 week programme supports 16 to 24 year olds to develop employability skills and confidence. This stepping stone course supports progression into employment, apprenticeships or further study.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 32

**Start Date:** From August



## Introduction to the Wind Sector

This two day course for adults enables the students to gain an understanding of the wind sector.

**Campus:** Great Yarmouth

**Places Available:** 40

**Start Date:** From August



## Foundation Course - Wind Sector

This course runs over five weeks and supports adults to develop employability skills, undertake sector taster sessions and core knowledge, skills and behaviours.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 60

**Start Date:** From August



## Engineering Level 2

This 12 week course is designed for adults looking at increasing their knowledge and skills within the engineering sector.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 16

**Start Date:** From September



## English Functional Skills

Adults can undertake a functional skills qualification at various levels to develop reading, writing, speaking and listening.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 80

**Start Date:** From August



## Maths Functional Skills

Adults can undertake a functional skills qualification at various levels to develop relevant maths skills.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 80

**Start Date:** From August



## ESOL (English Speakers of Other Languages)

Adults can undertake a variety of short courses to support the development of communication skills.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 20

**Start Date:** From August



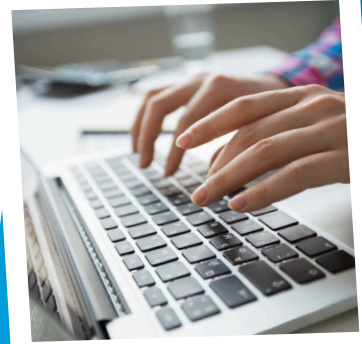
## Digital Skills for Work

Adults can develop skills using ICT to increase confidence of its use in the workplace.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 60

**Start Date:** From August



## Construction Plastering Skills

This part-time evening course will support people working in the sector to upskill using a variety of techniques.

**Campus:** Lowestoft

**Places Available:** 16

**Start Date:** September



## Introduction to Personal Trainer

This course will support knowledge and skills to support other personal fitness.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 10

**Start Date:** From August



## Get Into Access Level 2

This stepping stone course supports adults considering progression into Higher Education. The course supports study skills development.

**Campus:** Great Yarmouth

**Places Available:** 20

**Start Date:** From August



# RESTART

## CV Building, Interview Skills and Employment Search

This two day course supports people seeking new employment opportunities to prepare high quality job applications and prepare for interviews.

This course is in partnership with Steadfast Training and is ESF funded.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 100

**Start Date:** From July

**Duration:** Two Days



## Fast Track to Health and Social Care

This one week course will support new care workers to study core skills such as communication, rights, manual handling and dementia care.

**Campus:** Lowestoft

**Places Available:** 75

**Start Date:** From July

**Duration:** One Week Course



## Fast Track to Logistics and Warehousing

This one week course will support people seeking employment in the delivery and distribution roles.

**Campus:** Great Yarmouth

**Places Available:** 40

**Start Date:** From August

**Duration:** One Week Course





## Fast Track to Service Industries

This one week course will support adults to be confident in developing their customer service skills.

**Campus:** Great Yarmouth & Lowestoft

**Places Available:** 46

**Start Date:** From August

**Duration:** One Week Course



## Fast Track to Civil Engineering & Construction Operative

This two week course will support the development of basic on site construction skills.

**Campus:** Lound

**Places Available:** 50

**Start Date:** From August

**Duration:** One Week Course



## COURSES TO STUDY ON FURLOUGH

*These courses are in partnership with Steadfast Training and are ESF funded.*

### Mental Health Awareness

This course looks at what we mean by mental health and how mental illness can impact on individuals.

**Campus:** Online Learning

**Places Available:** 30

**Start Date:** From July



### Customer Care

This course seeks to explore what good and poor customer service is and the affect both could have on a business

**Campus:** Online Learning

**Places Available:** 75

**Start Date:** From July





## Equality and Diversity

This course encourages the learner to reflect on how equality and diversity is supported in both their personal experience and in the work place.

**Campus:** Online Learning

**Places Available:** 50

**Start Date:** From July



## Health and Safety / Infection Control

This course will support the awareness of safe working practices.

**Campus:** Online Learning

**Places Available:** 30

**Start Date:** From July



## Assertiveness

This course supports the learner to develop personally to be able to manage stress and approach situations with a more confident approach.

**Campus:** Online Learning

**Places Available:** 40

**Start Date:** From July



## Mentoring and Coaching Apprenticeships

This course supports employers/mentors considering taking a new apprentice in the workplace.

**Campus:** Online Learning

**Places Available:** 30

**Start Date:** From July



## **Great Yarmouth Campus**

Suffolk Road, Southtown,  
Great Yarmouth  
NR31 0ED

## **Lowestoft Campus**

St. Peter's Street,  
Lowestoft  
NR32 2NB

**0800 854 695**

**myfuture@eastcoast.ac.uk**

**[www.eastcoast.ac.uk](http://www.eastcoast.ac.uk)**