



COURSE GUIDE

* AUTUMN 2026 | SEPTEMBER - DECEMBER

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Welcome and thank you for your interest in High Trees!

High Trees was established by local residents 28 years ago. Since then, we have grown considerably while remaining true to our core ethos, being firmly rooted in the local community and responding to its needs through our services.

We provide a wide range of services, including free accredited and non-accredited adult education courses, employment and careers support, and activities for children, young people and families at Tulse Hill Adventure Playground. We also focus on supporting other groups and charities in Lambeth and work in community research to ensure residents voices are heard at all levels.

In this booklet you can find information about all the courses we are offering this term. Our courses provide a great opportunity to gain essential skills, increase your confidence and wellbeing, improve your career prospects and achieve qualifications.

At High Trees, we treat all learners as individuals, offering our courses in a supportive environment and providing learners with guidance around future opportunities and next steps. At the end of each term, we hold a Learner Forum to bring

learners together, celebrate their achievements and create space for feedback.

If you have any further questions or would like support in choosing a course, please don't hesitate to get in touch.

We also encourage you to talk to our staff about our range of other services, whether for yourself or a friend or family member. You will probably see us around our different buildings during your time with us, so please come and say hello!

We look forward to welcoming you soon.

Best wishes,
Anna Coffey and Grace English
High Trees Co-CEOs





ESOL

(English for Speakers of
Other Languages)

FREE ESOL COURSES

Improve your skills and confidence in English reading, writing, speaking and listening for everyday life.

Our friendly team will help check your current level of English.

ESOL Entry 1 Part 1

Mondays 10am - 1pm

28th September - 7th December

ESOL Entry 1 Part 2

Mondays 6pm - 8pm

28th September - 7th December

ESOL Entry 1 Part 2

Thursdays 10am - 1pm

1st October - 10th December

ESOL Entry 2 Part 1

Wednesdays 10am - 1pm

30th September - 9th December

ESOL Entry 2 Part 2

Tuesdays 9.30am - 11.30am

29th September - 8th December



DROP IN

CONVERSATION CLUB

Do you want to improve your English speaking and listening skills? Join our fun, interactive drop-in sessions every Friday.

- Meet other learners and make new friends.
- Free to all our enrolled ESOL learners.

ESOL Conversation Morning

Fridays 10am - 12pm

2nd October - 11th December

ESOL Conversation Afternoon

Fridays 1pm - 3pm

2nd October - 11th December

FREE ESOL COURSES AT LIBRARIES & COMMUNITY VENUES

Improve your skills and confidence in English reading, writing, speaking and listening with a free course at your local library or in the community.

West Norwood Library

Tuesdays 4pm - 6pm
6th October - 15th December
Norwood High Street, SE27 9JU

COPEF Training Skills ESOL Entry 1 Part 2

Fridays 10am - 12pm
2nd October - 11th December
236 Coldharbour Lane, SW9 8SD



FREE ESOL WITH CHILDCARE

Improve your English reading, writing, speaking and listening skills.

- Free on-site childcare facilities are available while you are studying, for children under 5 who live in Lambeth.
- Courses take place at children's centres. To secure your childcare, please contact the children's centre and ask to join the ESOL course.

Jubilee Children's Centre

Tuesdays 1.15pm - 3.15pm
29th September - 8th December
Tulse Hill, SW2 2JE
☎ **020 8678 9160**

Hitherfield Children's Centre

Wednesdays 9.30am - 11.30am
30th September - 9th December
Hitherfield Road, SW16 2LN
☎ **020 8835 9569**

Loughborough Children's Centre

Thursdays 1.15pm - 3.15pm
1st October - 10th December
Minet Road, SW9 7UA
☎ **020 7274 8374**



English

FREE ACCREDITED ENGLISH FUNCTIONAL SKILLS COURSES

Improve your reading and writing for work, study and daily life.

By the end of our courses, you will be able to:

- Read and understand different texts confidently.
- Write grammatically correct sentences.
- Correctly spell common words used in work, study, and daily life.

Our friendly team will help check your current level.

English Functional Skills (Entry 1)

Wednesdays 9.30am - 3pm
23rd September - 9th December

English Functional Skills (Entry 2)

Fridays 9.30am - 3pm
25th September - 11th
December

English Functional Skills (Entry 3)

Thursdays 9.30am - 3pm
24th September - 10th
December

Bridging to English Functional Skills (Level 1)

Monday 9.30am - 3.00pm
21st September - 7th December

Maths

FREE ACCREDITED MATHS FUNCTIONAL SKILLS COURSES

Improve your maths confidence and knowledge by learning numeracy skills for study, work and life.

By the end of our courses you will be able to:

- Use numbers in everyday situations.
- Solve problems with numbers.
- Measure length, weight and capacity.

Maths Functional Skills (Entry 3)

Fridays 9.30am - 3pm
2nd October - 18th December

Digital skills

FREE NON-ACCREDITED DIGITAL SKILLS COURSES

Improve your digital skills for daily life on our non-accredited computer courses.

By the end of our courses, you will be able to:

- Edit text and images, using MS Word.
- Stay safe online.
- Use email to send simple messages.

Computers for Everyday Life (Entry 1)

Fridays 10am - 2.30pm
25th September - 4th December

Computers for Everyday Life (Entry 2)

Tuesdays 10am - 2.30pm
29th September - 8th December

Computers for Everyday Life (Entry 2)

Mondays 6pm - 8pm
12th October - 7th December



FREE ACCREDITED DIGITAL SKILLS COURSES

Improve your digital skills for work on our accredited computer courses.

By the end of our courses, you will be able to:

- Use Excel to make calculations and design charts.
- Design professional looking posters and presentations.

Digital Skills for Work (Level 1)

Mondays 10am - 2.30pm
28th September - 7th December

Digital Skills for Work (Entry 3)

Wednesdays 10am - 2.30pm
16th September - 9th December

Family learning

MOVEMENT WITH YOUR BABY

Course for parents and carers of babies (birth to crawling). Build strength, flexibility and confidence through movement - with your baby alongside you.

Benton's Lane Children's Centre

Mondays 10am - 12pm
5th October - 23rd November
18 Benton's Lane, SE27 9UD

Maytree Children's Centre

Thursdays 12pm - 2pm
5th November - 17th December
4 Allingham Road, SW4 8EG

JEWELLERY MAKING

Jewellery making course for parents with crèche spaces provided for children aged 0-5. No previous experience needed.

Triangle Children's Centre

Mondays 1pm - 3pm
2nd November - 14th December
25 William Bonney Estate,
SW4 7JQ

FAMILY COOKING

Practical cooking course for parents with crèche spaces provided for children aged 0-5. Learn budget friendly, healthy meals and build confidence in the kitchen.

Loughborough Children's Centre

Mondays 1.15pm - 3.15pm
2nd November - 14th December
Minet Road, SW9 7UA





Other courses

WELLBEING

Jewellery for Wellbeing

Creative jewellery making course
- no prior experience needed.

Monday 10:00am - 12pm
2nd November - 14th December
West Norwood Cemetery
Community Room, SE27 9JU

PRE-EMPLOYMENT TRAINING

These intensive short courses are designed to help you find a job. Our team works with a range of employers who will visit the course and give you advice on the application process.

These courses include:

- Support with applying for a job.
- Advice on improving your interview skills.
- Developing communication skills for work.

Pre-Employment Training

One-week courses,
dates and times to be confirmed

VOLUNTEERING

Are you interested in volunteering but unsure how to get started?

On this course you will:

- Learn the benefits of volunteering.
- Identify your transferable skills.
- Gain tips on applying for volunteer roles.

Training to Volunteer

Dates and times to be confirmed

CONFIDENT COMMUNICATION

One day course to build your confidence in giving presentations at work or in job interviews.

Art of Confident Speaking

9.30am - 4pm
Date to be confirmed

≈ Meet the team



Darsh Ratna

**Head of Learning,
Skills & Employment**

Darsh is responsible for the strategy and delivery of the Adult Learning & Employment services.

✉ darsh.ratna@high-trees.org



Ruth Lennard

**Quality &
Progression Lead**

As our Quality and Progression Lead, Ruth is responsible for the standard and quality of all our courses.

✉ ruth.lennard@high-trees.org



Matthew Green

**Data &
Performance Lead**

Matthew is responsible for scheduling, coordinating and the data management of our courses.

✉ matthew.green@high-trees.org



Marina Miatudila

**Learner Support
Officer**

Marina co-ordinates support for all High Trees learners, offering information, advice and guidance.

✉ marina.miatudila@high-trees.org



Louise Carolin

**Education
Administrator**

Louise is the Administrator in our Education team, helping to set up and promote our courses, and to organise enrolment.

✉ courses@high-trees.org



Siria White

**Community Hub
Coordinator**

Siria is our Community Hub Coordinator, welcoming all our learners and visitors.

✉ hello@high-trees.org

• Employment support

High Trees offers free employment support with experienced advisors who are experts in helping those with barriers find work. This includes:

- Regular one-to-one sessions tailored to your needs.
- Support with your CV and brushing up your interview skills.
- A weekly job club with support to find and apply for jobs.
- Upskilling to meet current job market demands.
- Free information, advice and guidance with our Learner Support Officer to help you identify next steps, whether for employment or further learning.

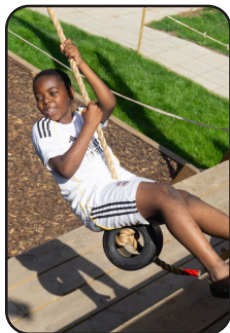
If you want to find out more, please contact:

✉ **support@high-trees.org**

☎ **020 8671 3132**

or chat to a member of our Employment team.

≈ Activities for children & young people



Our activities for children and young people at Tulse Hill Adventure Playground include:

- Free open access after school play sessions for children aged 8+, Monday - Thursday, 3.30pm - 7pm.
- Trips and activities during school holidays, Monday - Friday, 9am - 4pm.
- Opportunities for older young people to build skills through our youth leadership programmes and paid work placements.

✉ To find out more, please contact **youth@high-trees.org** or call **020 8674 3975**.

Learner forum

Our learner forum is a celebration of you and your achievements. Come along and meet other learners, tutors and High Trees staff. During the forum you can take part in fun activities, celebrate successes and share feedback.

Our Autumn term learner forum will be held in December 2026.

Our venues



Scout Hut, High Trees, SW2 3PX

Used for our ESOL courses and some of our creative courses.



High Trees Hub 220 Upper Tulse Hill, SW2 2NS

Digital, English, maths and wellbeing courses are based here.

The High Trees Hub is located on the corner of Tulse Hill and Upper Tulse Hill.



Tulse Hill Adventure Playground, Greenleaf Close, SW2 2EY

Our children and young people services are based here.

Supporting your progression



“

“I really appreciate the tutor’s support and encouragement. It made a big difference for me and changed my life. It gave me confidence, supported me through every step and helped me believe that I could have a better future for myself and my children”

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“

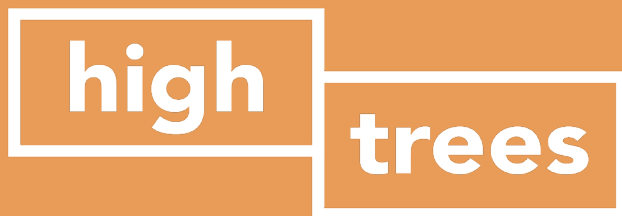
“Maths has been challenging for me since I was a child. The course has helped me to feel more confident about myself.”

”

“

“Using a computer is much clearer than before. I use Excel for shopping and budgeting and it has saved me money.”

”



Call or text **07305 080 995**



courses@high-trees.org



www.high-trees.org

