

Northwich Work Zone

Courses for people aged 19 and over

April 2025



Course	Duration	Day	Time
Weekly IT and digital skills			
Computers for Beginners	Ongoing	Tuesday	11.30 – 1.30
Entry Level 3 Essential Digital Skills for Work	Ongoing	Tuesday	9.15 – 11.15
Level 1 and 2 ICDL (Word & Excel)	Ongoing	Thursday	9.15 – 11.15 11.30 – 1.30
April Courses			
Fork Lift Truck	Ongoing	Monday - Saturday	8.30 - 4.30
L2 Teaching Assistant Information Day	4 th April	Friday	10.30-1.30
Interview Skills	23 rd April	Wednesday	10.00 – 2.30
Benefits to Volunteering	24 th April	Thursday	10.00 – 2.30
Art and Mindfulness	30 th April 6 th /13 th /20 th May	Tuesday or Wednesday	10.00-12.00
Functional skills			
Functional Skills Maths E3, L1 & L2 weeks	13 th January (12 weeks)	Monday	9.15 – 11.45
Functional Skills English E3, L1 & L2 weeks	26 th February (13 weeks)	Wednesday	9.30 – 12.00
Available courses (subject to interest)			
Level 1 Cleaning with COSHH	Leisure & Hospitality	Level 2 Food Safety	SIA Security
Digital Marketing	Level 1 & 2 Customer Service	Introduction to Volunteering	L1 Skills and Logistics
Health & Wellbeing	Level 1 & Level 2 Childcare	Level 2 Teaching Assistant (Sept 2025)	Level 3 First Aid



BOOK NOW

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Course overviews

Steps To Work (Work Zone registration)	Registration at the Work Zone. The session looks at your skills, knowledge and employment history to develop an action plan for your future
Computers For Beginners	Learn to use a keyboard and mouse, access the internet and develop your browsing skills, create and send emails
Essential Digital Skills For Work (Entry Level 3 and Level 1)	Improve your confidence and skills by learning to use devices and handle information. The course covers creating and editing documents, online communications and transactions (buying and selling online) and being safe and responsible online
International Certification of Digital Literacy (ICDL): Word and Excel (Levels 1 and 2)	ICDL is an essential qualification covering the main concepts and skills in word processing and spreadsheets. The course covers creating, formatting, editing and saving files. After completing Level 1 you will be given the option to progress to Level 2
Fork Lift Truck Counterbalance and Reach	During this six day course you will be trained to use Fork Lift Trucks and on completion you will receive certification
Introduction To Construction (CSCS)	This three day course has been designed to provide an overview of the industry and the size and scope of organisations in the sector. It covers teamwork skills and Health and Safety procedures for this high-hazard environment. You will need a passport photo or photo ID for your online test application.
Emergency First Aid	This course covers resuscitation (adults, children and babies), the recovery position, choking and how to locate and use an automated external defibrillator
Award in Child Development (Level 1 and Level 2)	Aimed at those interested in early years childcare. You will learn about the link between children's learning and development, and play activities that support and encourage at each stage. The course also includes an introduction to special educational needs
Award in Customer Services (Level 1 and Level 2)	This three day course looks at what makes good and bad customer service. You will learn how to interact with customers and deal with complaints
Pathway to Health and Wellbeing (Part 1 and Part 2)	The course covers the importance of a balanced diet for a healthier lifestyle and how activity improves emotional and mental wellbeing. You will build confidence and self-esteem through use of short term goals and action planning. You will have the opportunity to achieve an Award in Living and Work Skills.
Mental Health Awareness (Level 2)	Break down myths and misconceptions. Issues covered include: stigma; self-esteem and confidence; anxiety, stress and depression; self-care and mindfulness
English Functional Skills Qualification (Accredited – all levels)	Many employers require an English qualification. This course will give you the essential knowledge, skills and understanding to feel confident in the workplace. Entry Level 3, Level 1 and Level 2 are recognised by employers with Level 2 being the equivalent of Grade C at GCSE
Maths Award (Accredited – Entry levels 1, 2 and 3)	This course will increase your confidence with everyday maths. The course is work-based and you will work through a portfolio of skills to achieve the qualification. All units covered underpin the functional skills award.
Maths Functional Skills Qualification (Accredited – Entry level 3; Levels 1 and 2)	This qualification provides you with the knowledge, skills and understanding to operate confidently and independently with numeracy in everyday life and work. Level 1 and 2 are recognised by and often requested by employers, with Level 2 being the equivalent of Grade C at GCSE
Prepare for Interview	This course starts by looking at your current situation and looks at positive thinking and how to challenge your barriers. You will identify a short-term career goal and complete preparation work for interviews. The course includes a mock interview with feedback.
Pathway to Business Administration (Level 1)	This four day course develops practical and theoretical skills for an office or receptionist environment. It covers all aspects of business communication and the digital skills required for administrative work.

Partner services

Employment Support One to one	By appointment; Tuesday, Thursday and Friday	9.30 – 2.00	We offer an individual employment support package tailored to your needs
CV Support One to one	By appointment Tuesday's	10.00 -12.30	With support from an advisor we will support you in creating an individual CV
Jobcentre Plus	Monday-Friday	9.00 – 5.00	Jobcentre Plus is a government-funded employment agency who help people of working age to find employment in the UK
Foodbank Voucher Scheme	Monday-Friday	9.00 – 4.00	If you are struggling to afford food and other essentials we may be able to help. Please visit us for more information