



Did you know that SOAR offer the following courses?

Supporting people to make positive changes

Looking for work? Then this course will help you **BTEC Award in Work Skills Level 1**

Six session course with various start dates
Help with career progression, application forms, interview techniques etc.

Cost: Free (College student card provided)

Starting 1st April 2014

Contact Penny Stanley
0114 2134065 or 07960084288
penny.stanley@soarcommunity.org.uk

Living Well Starting 6th May

A new 5 week course raising the awareness of the benefits of physical activities, undertaking taster sessions. What is a healthy diet.

Cost: £10 if in receipt of benefits or £50 if not.

Venue: TBC

Contact: Dawn Young on 0114 2134065
dawn.young@soarcommunity.org.uk

Paediatric Emergency First Aid Starting Friday 20th June 2014

9.30am – 2.00pm

Cost: £10 if in receipt of benefits or £50 if not.

At Longley 4G Community Centre
Contact Danny Webb on 0114 2134065
danny.webb@soarcommunity.org.uk

Also coming soon !!!!!

Healthy Lifestyles, Computer Classes,
Film and Animation, Cake Decorating,
Sewing, Jobs Fair, Makaton

Is the course you are looking for not on here?
Just give us a call and we will help you to find it.

Food Safety Level 2

Starting Friday 6th June

9.30am – 2.00pm

Cost: £10 if in receipt of benefits or £50 if not.

At Longley 4G Community Centre
Contact Danny Webb on 0114 2134065

Healthy Me and U starting 2nd May 2014

Interested in healthy living options? Then this is the course for you.

Level 1 accredited ten week course looking at healthy eating on a budget and making positive lifestyle changes.

Are you 19+ and in receipt of certain benefits

Cost: Free

Understanding Play for Early Learning

Level 1 accredited 10 week course looking at the features of a positive learning environment, and understanding how play can help children's learning or development.

Are you 19+ interested in a career in childcare? Then this is the course for you.

Start date: Friday 2nd May 9.30am – 12.30am

Cost: £10 if in receipt of JSA or ESA

Venue: TBC

Contact: Diane Herbert on 0114 2134065

diane.herbert@soarcommunity.org.uk

Starting Tuesday 10th June at 1pm

Stress Busters - Exciting new course

Are you finding it:

Difficult to relax and get enough sleep? Hard to get on with people around you?

Suitable for everyone, Friendly and supportive tutor, Laid-back and enjoyable sessions.

Cost: £10 if in receipt of benefits or £40 if not.

Contact: Michele Ward on 0114 2134065

For more information call the number below and speak to one of our Learning Champions 0114 213 4065 or visit

SOAR Works Enterprise Centre
14 Knutton Road Sheffield S5 9NU

