

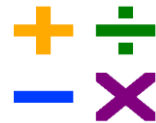


Nottingham College is pleased to be able to offer **FREE**, online courses aimed at adults who do not have a GCSE in maths or English and you need to have lived in the UK or EU for **3 years or more** to qualify.

Places are limited, so to register your interest or to find out more, please email [lynn.wilson@nottinghamcollege.ac.uk](mailto:lynn.wilson@nottinghamcollege.ac.uk).

### Introduction to 10 Week Functional Skills Maths course

This course will improve your understanding, skills and confidence with maths and will prepare you to take the next step onto a Functional Skills qualification course at college.



### Introduction to 10 Week Functional Skills English course

This course will improve your understanding, skills and confidence with English and will prepare you to take the next step onto a Functional Skills qualification course at college.



### 6 week Supporting your Child with Reading and Writing in the Early Years to KS1

You will find out how to support your child with reading and writing using phonics, reading strategies and how to support your child's developing handwriting skills.

This course will improve your understanding, skills and confidence when supporting your child.



### 6 Week Course

#### Creating Confident Children

- **Building confidence** when speaking and listening to others.
- **Managing emotions** when things feel overwhelming or unfair.
- **Developing resilience** when dealing with difficulties.
- **Feeling positive, working with others** and learning to **problem solve**



You will develop practical strategies for supporting your child and building up their confidence to deal with the world around them.