

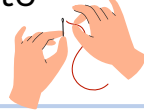
## HEALTHY EATING

- Understanding a healthy balanced diet
- Portion control
- Modifying recipes
- Eating to a budget
- The impact of sugar on wellbeing



## ESSENTIAL SEWING SKILLS

- Ideal for beginners, or those needing a refresher
- Learn how to use basic hand sewing stitches and how to hem items



## OTHER COURSES INCLUDE:

- English for Every Day Life
- Geography
- Sleep well
- Wellbeing - building resilience



Get in touch for more information!

We can deliver courses at our premises, or at your venue if you have a group of people.  
(subject to minimum number requirements)

Courses are adaptable & inclusive for all.

Delivery also available online via zoom or teams.

# Get in touch!

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## About Us

Pelican Trust was established in 1989. The Trust is a social enterprise and registered charity, primarily working with adults facing mental health challenges, learning difficulties, disabilities and community support groups.

Our training team deliver **engaging, inclusive** and **creative** courses, giving the learner the chance to experience learning in a **relaxed** and **flexible** way.

Registered Charity No: 703143



# FREE COURSES



# Pelican Trust

Creating Opportunities

Funded in partnership with

Lincolnshire  
COUNTY COUNCIL  
*Working for a better future*

2aspire  
.org.uk

Funded by

Department  
for Education



## ACT SAFELY IN THE WORKPLACE



- Identify dangers and hazards
- Reduce risks, understand signage
- Take action in an emergency



## BASIC FIRST AID



- Identify potential hazards
- Deal with common types of injuries
- Looks at safety in the home
- Preventing an injury



## INTRODUCTION TO COMPUTER SECURITY & IT SUPPORT



- Tailored to suit individual needs of the learner.
- Understand the language
- Protect against viruses
- How to spot scams
- Develop confidence and skills



I matter

## POSITIVE STEPS TO BUILDING CONFIDENCE & SELF ESTEEM

Learn how to:

- Turn negatives into positives
- Ways to create good impressions
- Let your confidence shine!



## COMMUNICATION SKILLS

Learn how to:

- Recognise facial expressions and body language
- Use appropriate speech and tone.
- Improve listening skills.



## SKILLS TOWARDS EMPLOYMENT

Look at preparing:

- An up to date CV
- Relevant accompanying letters
- Prepare for an interview (confidence, communication, hygiene, clothing etc).



## BUDGETING SKILLS

- Identify your spending attitudes
- Understand the difference between needs and wants, saving & borrowing
- Tips to make your money go further



## MATHS FOR EVERYDAY LIFE

- Have fun with numbers
- Apply maths to every day life; courses on Garden Design, Stocktaking & Fashion Design
- Basic money awareness
- Increase confidence



## LEARNING & DEVELOPMENT

- Achieving a new skill
- Personal awareness
- Creating decorative items
- Calligraphy

