



ONEACADEMY

PART OF ONEHOUSING GROUP

Summertime inspiration!

July–September 2019 FREE training programme



Introduction

Summer means happy times and sunny weather (well, we can live in hope!) It's a season where anything feels possible. At One Housing our aim is to make the possible 'real' and to inspire you through our One Academy training programme, designed to help you realise your potential and achieve your personal and career goals. Why not step into the fresh air, outside your comfort zone and take a chance on at least one of our brilliant courses on offer. Some of the best memories are made in the summertime, so let's make this one count!

We understand that everyone's ambitions are different and that's why we've divided our courses into four categories; **World of work**, **Lifestyle**, **Health and wellbeing** and **Creative fun!**

All of our courses are free and open to One Housing staff and residents, as well as our Camden Pathway partners.

Here are some **top tips** to get you started.

- Challenge yourself to try at least one new workshop
- Set a calendar reminder on your phone once you've signed up so you don't forget!
- If you're not sure what a course is about, please email training@onehousing.co.uk to find out more

Tell us what you think

We'd love to hear what you think about our courses. Our trainers are all experienced and passionate about what they do so if you have suggestions to make your learning experience even better please do let us know.



The cover artwork, entitled "Prayer", was produced by Shadi, our "be inspired" competition winner. Shadi, whose prize is a year's subscription to the Tate galleries, explains, "I was influenced by old Venetian paintings and Venice carnival. The painting represents my desire for love."



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Shadi is a Persian artist who regularly attends our creative workshops. She explains, "I've always been fascinated by space, time, images, colours and how the world is represented through different cultures." Her interest in art started as a teenager and she's since achieved two degrees, one in architecture and another in graphic design.

Whether you're looking to start your own business, change jobs or learn a new professional skill, the aim of these courses is to help you progress in your career.

Course title	Location	Date	Time
Food safety level 2	Camden	Weds 3 July	10am-4pm
Control of substances hazardous to health (COSHH)	Mile End	Fri 5 July	10am-1pm
Create and manage your LinkedIn profile workshop	Camden	Fri 5 July	10am-1pm
Introduction to leadership and management	Isle of Dogs	Weds 10 July	10am-4pm
Soft skills for successful employment	Mile End	Fri 12 July	10am-2pm
Tips for excellent customer service	Isle of Dogs	Weds 17 July	10am-4pm
Emergency first aid at work	Camden	Thurs 18 July	10am-4pm
Negotiation skills	Mile End	Fri 19 July	10am-4pm
Safeguarding adults and children	Camden	Weds 24 July	10am-4pm
How to build confidence by speaking in public	Camden	Fri 26 July	10am-1pm
Introduction to project management	Camden	Weds 31 July	10am-4pm

"I feel encouraged to try more courses as the trainer was brilliant at explaining and ensuring we clearly understood the content."

**Camden resident,
Paediatric first aid**

"I really enjoyed the topics discussed and I felt comfortable bouncing ideas off other people in the group."

**Camden resident,
Professional report writing**



"An excellent course that challenged my self-perception."
Camden resident, Train the trainer

Course title	Location	Date	Time
Paediatric first aid	Camden	Thurs 1 August	10am-4pm
Storytelling for presentations and public speaking	Camden	Tues 6 August	10am-4pm
Assertiveness and confidence buliding	Mile End	Weds 7 August	10am-4pm
Emergency first aid at work	Isle of Dogs	Thurs 8 August	10am-4pm
Introduction to human resource management	Mile End	Tues 13 August	10am-4pm
Event planning and management	Camden	Tues 20 August	10am-4pm
Health and safety level 2	Camden	Weds 21 August	10am-4pm
How to build confidence through public speaking	Camden	Weds 28 August	10am-1pm
Introduction to leadership and management	Camden	Thurs 5 Sept	10am-4pm
How to chair team meetings	Camden	Tues 10 Sept	10am-2pm
Introduction to project managment	Camden	Weds 11 Sept	10am-4pm
Effective minute taking	Camden	Thurs 12 Sept	10am-12pm
Safeguarding adults and children	Isle of Dogs	Thurs 19 Sept	10am-4pm
How to build confidence through public speaking	Camden	Weds 25 Sept	10am-1pm



World of work: Microsoft Office 2016

July / August / September 2019

These courses will equip you with the skills needed to make the most out of Microsoft Office 2016. Please note, the Word and Excel courses are divided into two hour sessions which run over three days, whilst the PowerPoint training is an intensive one-day course. All courses must be completed in their entirety to gain your certificate of completion.

Course title	Location	Date	Time
MS Word 2016 Beginners (day 1, 2, 3)	Camden	8, 15, 22 July	10am-12pm
MS Excel 2016 Beginners (day 1, 2, 3)	Camden	8, 15, 22 July	1pm-3pm
MS PowerPoint Essentials (1 day)	Camden	31 July	10am-3pm
MS PowerPoint Essentials (1 day)	Camden	28 August	10am-3pm
MS PowerPoint Essentials (1 day)	Camden	25 Sept	10am-3pm
MS Word 2016 Intermediate (day 1, 2, 3)	Camden	6, 13, 20 August	10am-12pm
MS Excel 2016 Intermediate (day 1, 2, 3)	Camden	6, 13, 20 August	1pm-3pm
MS Word 2016 Advanced (day 1, 2, 3)	Camden	3, 10, 17 Sept	10am-12pm
MS Excel 2016 Advanced (day 1, 2, 3)	Camden	3, 10, 17 Sept	1pm-3pm



Covering a wide range of areas with the aim of making your life easier, we hope some of these courses will be useful for you.

Course title	Location	Date	Time
Dementia awareness	Isle of Dogs	Tues 2 July	10am-4pm
Understanding universal credit	Camden	Weds 3 July	10am-2pm
How to apply for personal independent payments	Camden	Thurs 4 July	2pm-4pm
How to manage your utility bills	Isle of Dogs	Thurs 11 July	2pm-4pm
How to complete a work capability questionnaire	Camden	Tues 16 July	10am-1pm
Managing your tenancy	Camden	Tues 23 July	2pm-4pm
Understanding universal credit	Isle of Dogs	Thurs 25 July	10am-2pm
DIY - carpentry	Camden	Sun 28 July	10am-1pm
How to complete a work capability questionnaire	Isle of Dogs	Thurs 1 August	10am-1pm
How to budget effectively	Mile End	Weds 14 August	10am-1pm
Top tips for living well	Camden	Thurs 15 August	10am-4pm
Mental health first aid	Isle of Dogs	Fri 16 August	10am-4pm
DIY- painting and decorating	Camden	Sun 18 August	10am-1pm
Introduction to emotional intelligence	Camden	Thurs 22 August	10am-3pm
Autism awareness	Mile End	Fri 23 August	1pm-4pm
Understanding universal credit	Mile End	Weds 4 Sept	10am-2pm
DIY - Learn how to tile	Camden	Sun 29 Sept	10am-1pm



"I gained great insight into the fundamentals of autism."

**Camden resident,
Autism awareness**

"A fantastic workshop! The trainer was patient and made sure everyone was involved in the class."

**Camden resident, DIY
home maintenance**



Health and wellbeing

July / August / September 2019

Nurture your mind, body and soul with a class to help you feel good from the inside out.

Course title	Location	Date	Time
Cultivating a positive mindset	Camden	Tues 9 July	10am-4pm
Breaditation (making bread to de-stress!)	Isle of Dogs	Mon 22 July	12pm-3pm
Relaxation and self-care retreat day	Camden	Tues 30 July	10am-4pm
Non-contact boxing workout (beginners)	Camden	Fri 9 August	10am-1pm
Finding meaning, purpose and passion	Camden	Fri 30 August	10am-4pm
Non-contact boxing workout (beginners)	Camden	Fri 13 Sept	10am-1pm
Building self-confidence	Camden	Tues 17 Sept	10am-4pm
How to identify and manage stress	Isle of Dogs	Weds 18 Sept	10am-4pm
Positive communication and resolving conflict	Camden	Fri 27 Sept	10am-4pm

“It was great to deliver training, especially as a former resident. I received excellent support from the One Academy team and felt empowered to set and achieve my own personal goals.”
Albert, Boxing trainer



“So relaxing and calm... I felt a sense of totally letting go. I would definitely come again!”
Camden resident, Yoga and mindfulness

Creative fun

August / September 2019

These sessions are great for meeting new people, having a laugh and exploring your artist within!

Course title	Location	Date	Time
Jewellery making	Isle of Dog	Fri 2 August	1.30pm-4pm
Cupcake decorating	Isle of Dogs	Tues 27 August	12pm-4pm
How to make cinnamon rolls	Camden	Thurs 29 August	2pm-4.30pm
Wallet making	Isle of Dogs	Tues 3 Sept	11am-2pm
How to make hand-tied bouquets and posies	Isle of Dogs	Fri 6 Sept	1pm-3pm
Using your phone for photography	Camden	Fri 20 Sept	10am-4pm
Jewellery making	Camden	Tues 24 Sept	2pm-4pm
Create your own artwork on tiles	Camden	Thurs 26 Sept	2pm-4pm



"This was great fun!"
Isle of Dogs resident,
Wallet making

*"The course was perfectly executed
and the trainer was brilliant!"*
Isle of Dogs resident,
Jewellery making



Looking for work?

Register with the employment team:
email us at: employmentandtrainingteam@onehousinggroup.co.uk
Call us on: 0208 821 5228

How to register

Signing up for our courses couldn't be simpler!

You can do one of the following:

- email us at training@onehousing.co.uk
- call us on 0207 428 4327
- pop into one of our training venues



Our training venues

Camden

Arlington House
220 Arlington Street
London NW1 7HE

Isle of Dogs

Phoenix Heights Community Centre
140a Byng Street
London E14 9AR

Mile End

Suttons Wharf South
44 Palmers Road
London E2 0TA



If you need this information in an alternative format (such as large print) please contact us on 020 7428 4327 or training@onehousing.co.uk

Live outside London?

If you live outside London and are interested in taking part in our training programme, please contact us and we will see what options there are in your local area.

All information correct at the time of going to print. Always check course details when you book.
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