



# CORE

Creating Opportunities  
& Real Experiences



Ashton Community Trust  
Employment & Training Services

## Results Day Has Arrived!!

If you are a school leaver we are here to help...

## Where To Next??

At the Ashton Community Trust we have the CORE programme to support and provide Careers guidance

**All ages from 16 - 24 years old are welcome**



- **FREE Training & Qualifications**
- **Employability Skills Training**
- **Get a CV & explore job opportunities**
- **FE Careers Advice**
- **1:1 Mentoring Support**
- **Financial Incentives available too!**

**Training available in a wide range of areas:**

- **Retail**
- **Warehousing**
- **Nails & Beauty**
- **Construction**
- **Health & Social Care**
- **Childcare**

**GET IN TOUCH:** (028) 95 60 95 22

CORE PROGRAMME

20 CLIFTONVILLE ROAD, BELFAST,  
BT14 6JX



Department for the

**Economy**

[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)



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# Barista Training

## MORE ABOUT THIS PROGRAMME! .....

The training is available to any person aged 16 -24, not in education, training or employment.

This is a **FREE** three day Programme which is for anyone considering a career in any various areas of the Hospitality and Catering industry. Locally we have made contact with some coffee shop including COSTA Coffee & Café Nero.

On a regular basis we therefore have jobs working as a barista within local coffee shops and many other outlets.

With this being such a wide ranging area of employment opportunities, this course is an excellent basis from which to start your journey towards employment within the hospitality industry!

The Programme will help to develop skills and improve the participants' knowledge in wide range of typical career choices within catering & hospitality.

The Programme is designed to offer a range of flexible qualifications, including up-skilling their employability options.

**- Ask your Mentor today to find out more!**

## HOW LONG WILL IT LAST .....

**This training is delivered by USEL. Practical skills are delivered at the Johnston's Coffee Training Centre, in Lisburn.**

Over 3x Days (Normally Tuesday – Thursday)

Each day is 9.30AM - 4.30PM (See attached example timetable)

With 8-12 participants in each class

With FREE lunch & transport provided

With **financial incentives** to all who complete this Programme

## WHO IS IT AIMED AT .....

**For those looking at a possible career in a wide range of areas within Catering & Hospitality, such as:**

- Sandwich bar/coffee shop
- Restaurant or food outlet kitchen
- Bakery or delicatessen outlets
- Catering organisations
- Hotel or accommodation provider

## WHAT QUALIFICATIONS WILL I GAIN FROM IT .....

- **Level 1** - Barista Skills

Participants who complete this training will be offered further training in a range of areas, which are also relevant to hospitality and catering more generally.

These include:

Catering & Hospitality/Food Hygiene/First Aid/Customer Service etc.

## PROGRESSION ROUTE? WHERE TO AFTER THIS? .....

Following successful completion of this Programme you will have several options open to you:

- The Programme is designed to quickly open up a range of new employment opportunities.
- We have many contacts with local coffee shops and employers looking for these skills and qualifications.
- You could continue the study and take up Level 2/Level 3 Qualifications within local Further Education or even within other Ashton Community Trust Training Programmes.
- **The Core Mentors, Employment Support & Further Education Team will support you to explore all your options!**

**To find out more and book your FREE place on this course contact the**

**'CORE' Team at Ashton Community Trust! Call: 028 95 609522**

**Find us at: 20 Cliftonville Road, Belfast BT14 6JX**

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# Award in Barista Skills – Example timetable

## Day 1:

### Introduction:

Icebreaker Johnsons Story and history video  
Introduction to coffee factory and showroom (tour of facilities)

### Espresso:

What is an Espresso coffee?  
What are the steps to the perfect espresso (5 steps in a coffee audit)  
Discussion about how different producing countries produce different coffees  
The production, picking, washing the coffee, processing ready for roasting  
What can go wrong when making an espresso and troubleshooting

### Building on the espresso:

2 practical interactive sessions, with an opportunity to make Double Espresso & an Americano coffee  
Review of processes in coffee making etc  
Demonstrating product knowledge - following all 5 key steps  
Review sessions & further recap on training to date

### Milk technique demonstration:

Using the steam arms  
Temperature adjustment  
Differences between frothing and steaming the milk  
Creating froth for cappuccino  
How to control froth in the milk to create a latte  
Creating a hot chocolate  
Creating an iced latte - using the blender

## Day 2:

### Cleaning processes:

### Practical activities:

Practical - everyone makes a cappuccino, latte and flat white, hot chocolate and iced latte  
Talking through the process with practical demonstrations  
Talk on the coffee production process - "from field to cup"  
With group interaction and discussion etc

### Practice observations with informal feedback:

Participants get a review of their three days training with further practical exercises etc.

## Day 3:

### On site observation:

Making all 8 core drinks  
Working through all steps of the process  
Coffee audit, with 25 questions and final score.

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