

ashton

CORE Project

2021/2022



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Department for the
Economy
www.economy-ni.gov.uk



INTRODUCTION



What is the CORE programme?

CORE is an employability programme that is specifically designed to support those aged 16 to 24 who need help finding work, considering further education or require training to enhance their skills.

Careers, Further Education, Training and Mentoring support

Our highly experienced mentoring team will meet with clients on a one to one basis in a private, confidential and relaxed setting to discuss support available such as professional CV writing, job search support, interview skills and completing job application forms. Additionally we can provide information needed to apply for the latest apprenticeship schemes, Job Start initiatives or information on Belfast City Councils' Employment Academies.

Employment

Clients registered with CORE can also avail of our Employment, Education and Support Service. Our Employment and Education Support Service has been successful in establishing direct links with local employers such as, HMRC, Stena Line, Kinder Kids Day Care, Royal Mail, the Henderson Group (Spar), Belfast Health and Social Care Trust, First Source, Convergys and Hotels such as the Culloden, Merchant and Lansdowne and many more.

Wellbeing & Mental Health

Our Wellbeing Service offers individual support to those struggling with a range of personal well-being and mental health issues. The aim is to set goals, improve confidence and work towards a fulfilling and positive future.

ABOUT CORE

Creating Opportunities and Real Experiences



TRAINING COURSES 2021/22

Our experienced and dedicated tutors are available to offer support and guidance as industry experts in their field.

Our courses are specifically designed to enhance your employment opportunities or to help you discover a new career path.

Get in touch with us today to start your journey with CORE...

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BEGINNER FITNESS INSTRUCTOR

Course Duration

Three Days
9:30-4:30pm
(JMD Training, Belfast)

Awarding Body

Highfield Learning

Contents of Course

Anatomy and physiology
Analysis of client information
Functional programme design
Movement screening
Effective coaching models
Health and safety
Planning and instructing gym-based exercise
Nutrition for health



Level/Eligibility

Level One - Interest in fitness and/or working within the fitness or leisure industry

Possible Progression Routes

Level Two Certificate in Fitness Instruction

COUNTERBALANCE FORKLIFT

Course Duration

Three to five days (dependant on experience) 9-5pm
(JMD Training, Belfast)

Awarding Body

ITSSAR

Contents of Course

Current Legislation
Load Centres
Controlling load movement
Safe Loading
Safe Unloading
Stability
Stacking Loads
Pre-use inspection
Practical driving

Level/Eligibility

ITSSAR Counterbalance Forklift
Level One/Open to all

Possible Progression Routes

Direct employment in forklift driving or warehouse environment



WAREHOUSING & LOGISTICS

Course Duration

Two Days 10-3pm
(JMD Training, Belfast)

Awarding Body

CITB Registration upon successful completion of course

Contents of Course

Logistics in the modern warehouse
Loading/unloading
Order picking
Modern order systems
Health & Safety in the Warehouse
Manual Handling
Assessing the load
Safe lifting techniques

Level/Eligibility

Level One - interested in gaining employment in the warehousing/logistics industry

Possible Progression Routes

Potential employment opportunities in warehousing & logistics



CSR CARD

Course Duration

One Day - 9-5pm
(JMD Training, Belfast)

Awarding Body

Construction Skills Register
(CSR)

Contents of Course

Health & Safety legislation
Accident reporting, emergency
procedure and fire prevention
Accident prevention
Manual Handling
Working at Heights
PPE
Noise and vibration
Working with electricity, underground
and overhead services

Level/Eligibility

CSR registration/card is a pre-requisite for
any construction industry based role

Possible Progression Routes

Construction industry employment
Level 2 Health and Safety



MOTORBIKE COMPULSORY BASIC TRAINING

Course Duration

1-2 days

Awarding Body

DVLA

Contents of Course

Introduction and Eyesight check

On site training including the basics of motorbikes and safety checks

On site riding-controlling a motorbike

Practice riding and techniques

Safe road positioning

Mirrors

Signalling

Highway code check

Use of speed

Level/Eligibility

Must be aged 16 and above with a provisional driving licence

Possible Progression Routes

Practical motorbike test



CV BUILDING WORKSHOP

Course Duration

Half day (1-3pm)

Awarding Body

Non-accredited

Contents of Course

The purpose of a CV

CV cover letter

CV content

Professional CV writing

CV templates

Job appropriate CV writing



Level/Eligibility

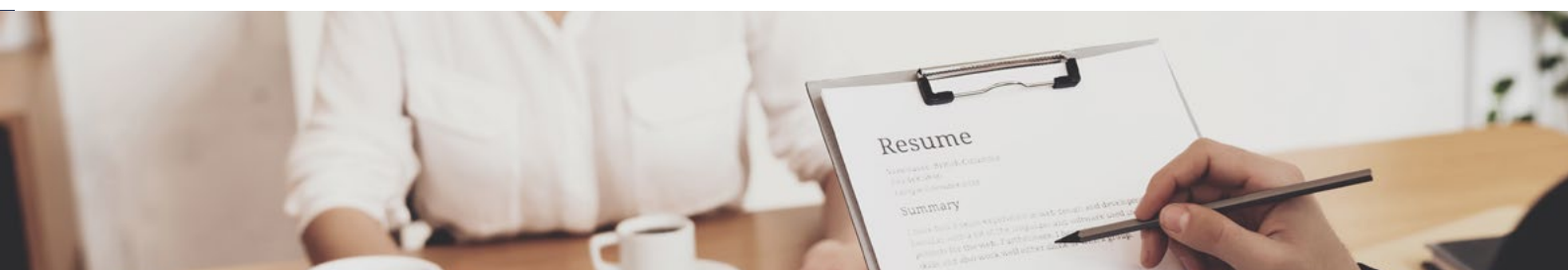
Open to all CORE clients

Possible Progression Routes

Further Employability training

Job searching

Direct Employment



EMPLOYABILITY SKILLS

Course Duration

Three days (9.30am–1.30pm)

Awarding Body

Non-accredited

Contents of Course

Job Search techniques

On-line job searching

Completing application forms

Interview preparation skills



Level/Eligibility

Open to all CORE Clients

Possible Progression Routes

Further training

Pathways to further education or direct employment opportunities



WELLBEING

Course Duration

12 weeks- One to One support

Awarding Body

Non-accredited

Contents of Course

Managing Anxiety

Self-Care

Self-Esteem

Personal Motivation

Setting Personal Goals

Benefits of Work for Well-Being



Level/Eligibility

Open to all CORE Clients

Possible Progression Routes

Further training & education

Employment opportunities



DRIVER THEORY

Course Duration

Two days/online learning

Awarding Body

DVLA

Contents of Course

The Highway Code
Alertness & Attitude
Safety Margins
Vulnerable road users
Road accidents
Rules of the road
Hazard Awareness



Level/Eligibility

Must be aged 17 and above with a provisional driving license

Possible Progression Routes

Achieving Driver Theory certificate
Driving lessons



BEAUTY MASTERCLASSES

Course Duration

One day

Awarding Body

Non accredited

Examples of Courses

Introduction to beauty

Smokey eye effect

Halloween Makeup

Hair upstyling

Special effects

Nail art

Lashes

And many more



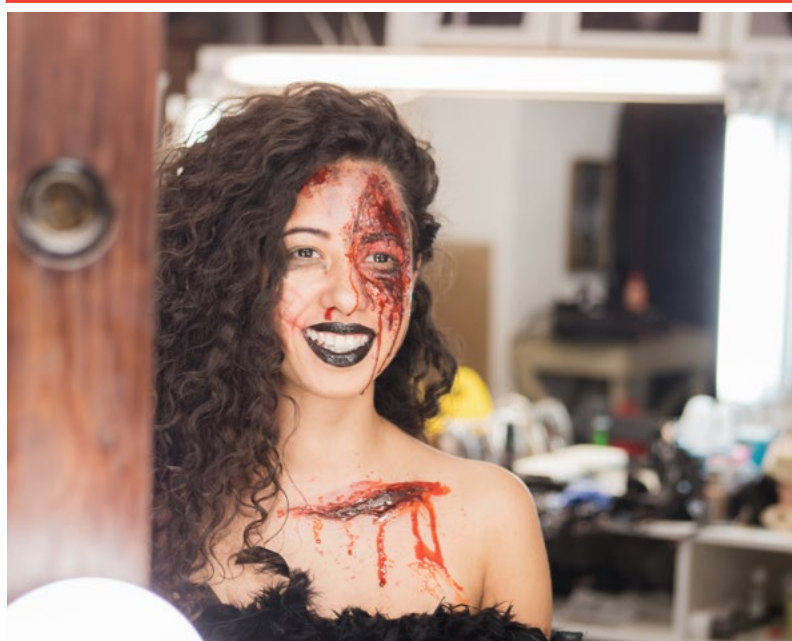
Level/Eligibility

Open to all

Possible Progression Routes

Apprenticeship style employment within the beauty industry

Level Two Beauty/Makeup/Nails etc within local colleges and training providers



Employment & Education support

Individual support

- Explore new opportunities
- Apprenticeships/training
- Employer liaison service
- Support with employers and be the first to hear about new opportunities
- Help to apply for training and employment
- Job search support
- Employment academies



Exploring Careers

- One to one job search
- Regular updates on local jobs
- Tailored support for entering and staying in employment



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Supporting
North Belfast

CORE Project is part of Ashton's Training & Employment department

If you would like further information on the **CORE Project**
ring us on 028 9560 9522 or email: core@ashtoncentre.com
Like us on Facebook: <https://www.facebook.com/coreproject1/>

Please visit
www.ashtoncentre.com for further information





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