

2022/23

# ashton

## CORE Project

Mentoring - Job Search - Employability - Training - Wellbeing

### 2022/2023



This project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for the Economy.



Department for the  
**Economy**  
[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)



**European Union**  
European Social Fund  
Northern Ireland

[www.ashtoncentre.com](http://www.ashtoncentre.com)

[facebook.com/coreproject1/](https://facebook.com/coreproject1/)



# 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 wellbeing 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 2022/23

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...

COUNTERBALANCE FORKLIFT	4
CSR CARD	5
CLASSIC LASH COURSE	6
ACRYLIC NAILS COURSE	7
DRIVER THEORY	8
DRIVING LESSONS	9
HAIRDRESSING & BARBERING MASTERCLASSES	10
BEAUTY MASTERCLASSES	11
EMPLOYABILITY SKILLS	12
WELLBEING	13
EMPLOYMENT & EDUCATION SUPPORT	14





# 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



*Get your counterbalance forklift licence in 3 days*





## Course Duration

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

## Awarding Body

- Construction Skills Register

## Contents of Course

- 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
- Health & Safety legislation

## Level/Eligibility

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

## Possible Progression Routes

- Construction industry employment
- Level 2 Health and Safety



*Want to get into construction? Get on site with our 1 day course*



# CLASSIC LASH APPLICATION

## Course Duration

- Three Days
- Caren's Beauty & Training

## Awarding Body

- Associated Beauty Therapists

## Contents of Course

- Health & Safety
- Consultation
- Anatomy & Physiology
- Prep
- Application
- After care



## Level/Eligibility

- Suitable for beginner

## Possible Progression Routes

- Salon or self-employment



*Extend your career in the beauty industry with our Classic Lash course*



# ACRYLIC NAILS COURSE

## Course Duration

- Three Days
- Caren's Beauty & Training

## Awarding Body

- Associated Beauty Therapists

## Contents of Course

- Nail prep
- Infill procedures
- Filing
- Application
- Removal
- After care
- Health & Safety

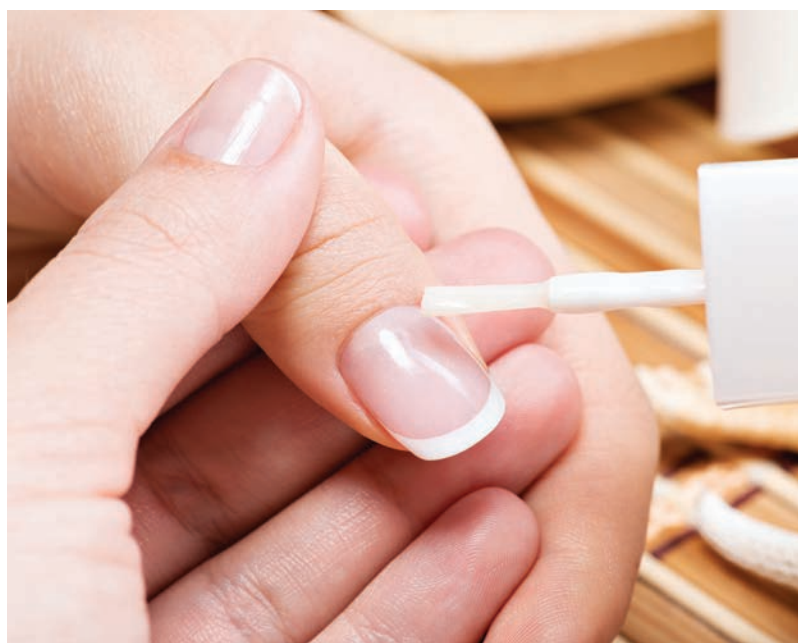


## Level/Eligibility

- Suitable for beginner

## Possible Progression Routes

- Salon or self-employment



*Interested in becoming a nail technician? Get started with our fully accredited course*



# DRIVER THEORY

## Course Duration

- Two Days/Online Learning
- The Car College

## 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 licence

## Possible Progression Routes

- Achieving Driver Theory certificate
- Driving lessons



*Gain your Driver Theory test with our fast track course*





# DRIVING LESSONS

## Course Duration

- Multiple driving lessons (Flexible times)
- The Car College

## Awarding Body

- DVLA

## Contents of Course

- Car controls and instruments
- Moving off and stopping
- Safe road positioning
- Mirrors
- Signalling
- Anticipation and planning
- Use of speed
- Other traffic
- Junctions, roundabouts and pedestrian crossings
- Manoeuvres
- Adapting to road conditions

## Level/Eligibility

- Must be aged 17 and above with a provisional driving licence

## Possible Progression Routes

- Practical driving test



*Get on the road with 20 free driving lessons and a free practical test*



# HAIRDRESSING MASTERCLASS

## Course Duration

- Two half days
- Katherine Copeland

## Awarding Body

- K Copeland Hair School Ltd

## Contents of Course

- Introduction to blow-drying
- How to hold the hair dryer using different brushes
- How to smooth hair without the use of heated appliances
- Curling using straighteners and wands
- Up-styling: Fishtail, Basket weave, Buns



# BARBERING MASTERCLASS

## Course Duration

- Two half days
- Katherine Copeland

## Awarding Body

- K Copeland Hair School Ltd

## Contents of Course

- Health & Safety with the tools
- Scissor over-comb
- Texturising, blending, club cutting using thinning scissors and razors



*Get a head start in Hairdressing & Barbering*



# 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



*Learn the tricks of the trade with our qualified beauty practitioners*



# EMPLOYABILITY SKILLS

## Course Duration

- Ongoing one-to-one support

## Awarding Body

- Non-accredited

## Contents of Course

- Job Search techniques
- On-line job searching
- Completing application forms
- Interview preparation skills

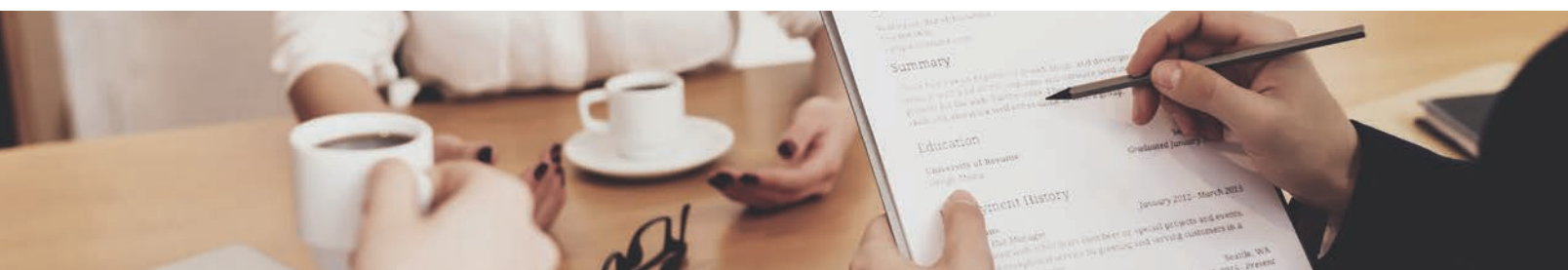


## Level/Eligibility

- Open to all CORE Clients

## Possible Progression Routes

- Further training
- Pathways to further education
- Direct employment opportunities





## Course Duration

- Twelve 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 Wellbeing

## Level/Eligibility

- Open to all CORE Clients

## Possible Progression Routes

- Further training & education
- Employment opportunities



# 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



# EMPLOYMENT & EDUCATION SUPPORT





# ashton

## 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](mailto:core@ashtoncentre.com)  
Like us on Facebook: <https://www.facebook.com/coreproject1/>

Please visit  
[www.ashtoncentre.com](http://www.ashtoncentre.com) for further information



**Ashton CORE Project**

McSweeney Centre, Henry Place, Belfast BT15 2AY

## SUPPORTING NORTH BELFAST





# *ashton*

## CORE Project

For further information, contact 028 9560 9522  
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