



NORTHAMPTON
PARTNERSHIP HOMES

Resident training programme 2022



At NPH, we are always looking for opportunities to support residents with wellbeing and personal development. We've been talking to involved residents about learning and development and the type of course they would like to see.

Using the feedback residents gave us, we looked at what partner organisations and NPH colleagues could offer and developed a resident training programme.

We're excited to share this with you and we hope you find something you'd like to try. Whether it's learning to cook healthy food from scratch, finding out more about how to get involved with NPH or learning something that could help you back to work, we've got it covered.

Some of the courses are delivered online, but we understand that not everyone can access wi-fi or a suitable device. Don't worry, we can help with that. Just let us know when you book and we will make arrangements for you to join in.

We would love to hear what you think. If you have ideas for future training programmes, or would like to book one of the courses, just get in touch with our friendly resident involvement team or send us a message on our social media channels.

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Employability

Digital skills

Daunted by your mobile device? Confused with your children's homework? Scared of being scammed? Worried about going back to work and how technology has moved on?

You're not alone, lots of other residents are struggling with this stuff too. That's why the lovely people at WEA offer courses to help you feel more confident with every day digital tasks.

The course is made up of four 2-hour sessions in one of our fantastic community hubs. Take your pick from one of the following dates.

- **March 2nd, 9th, 16th, 23rd at Bouverie House,**
- **June 8th, 15th, 22nd, 29th at Cardigan Close.**
- **September 7th, 14th, 21st, 28th at Eastfield Close.**
- **All sessions will take place between 1:30 and 3:30pm.**



Customer service

If you're looking to get back to work or volunteering, this course is a must. It's packed full of useful information and will help develop your skills as a customer service professional. You'll gain a recognised qualification and be in a great position to start applying for your perfect role.

Strive Training offer this 12 week course online, so you can take part from the comfort of your own home at a time that suits you.



Prince's Trust Team Programme

If you're aged 16-25 and no longer in training or education, this 12 week programme can help you improve skills, gain qualifications and take opportunities to progress.

Be part of a team, take on community projects, have an action-packed residential week and get 2 weeks work experience. What's not to love?

- **Join team 55 from 24th January to 14th April 2022 or;**
- **Join team 56 from 3rd May to 22nd July 2022.**



Careers advice and CV support

Whether you've been made redundant, been furloughed, lost your job for other reasons or been out of work for some time; Futures Northamptonshire is there to help. Their support will provide you with the self-confidence, motivation and skills to help you achieve your goals.

You can speak to a professional careers adviser and access impartial information and advice to help you move on in work and life. Sessions are for anyone aged 18 or over and will help you:

- **Review your current situation & identify your skills.**
- **Identify training needs.**
- **Understand effective job search methods.**
- **Find a course to get new skills and qualifications.**

- **Develop your CV and interview skills.**
- **Get matched to available jobs.**

These 90 minute sessions take place on 16th March and 20th April 2022 at Eastfield Community Hub, with follow-up support by phone and email. Get in touch now to book your place.



Life skills

Cooking skills

Cooking Good is a community project that helps individuals and families cook straight-forward meals from scratch, learn to cook more nutritious meals on a budget and brings people together around the simple activity of cooking.

If you're fed up of ready meals, or you want to learn how to cook from scratch and cut back on your household waste, this course could help your budget and the planet!

This course is made up of 8 weekly sessions that are due to start in March. Please register your interest now.

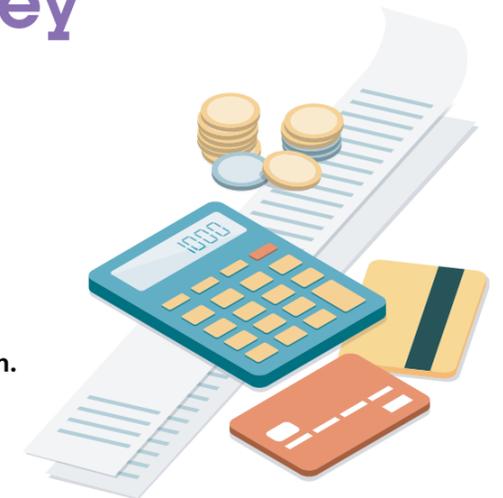


Managing your money

We've all noticed our bills and food shopping going up recently and sometimes it's hard to make ends meet. If you need to get a handle on your household budget, this is the course for you.

The friendly team at Commsave Credit Union will help you put a personal budget together, give you tips on how to cut your supermarket shop, energy bills and much more. They may even be able to help you increase your income.

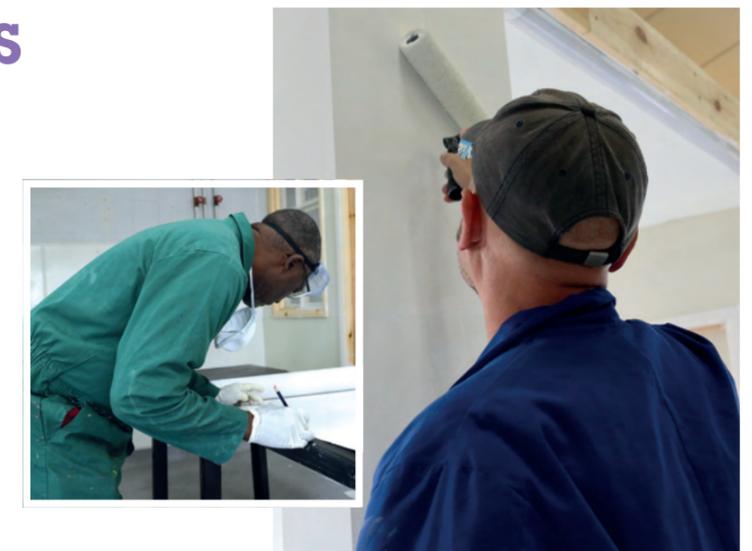
- **Session 1: Introduction to budgeting – 4th March, 10-11am.**
- **Session 2: Cutting your expenses – 6th May, 10-11am.**
- **Session 3: Increasing your income – 1st July, 10-11am.**



DIY essentials

NPH's trades team and our Happy to Help Handyperson will teach the basics of carpentry and plumbing that you need to take care of your home.

This course is made up of 3 sessions and is running on a monthly basis. Give us a call to find a date that suits you.



Wellbeing

The following courses are provided in partnership with www.wea.org.uk – just get in touch with NPH's resident involvement team to secure your place.

Living well with chronic pain

Constant pain takes its toll, both mentally and physically. It can be a challenge to stay motivated and to keep living an active and fulfilling life, but it's not impossible.

In this course, your tutor will support you to take steps to manage your pain. You can also learn exercises to help improve your mood and help you cope with the additional pressures that chronic pain can bring.

The course starts on 6th January 2022 and takes place on Zoom over seven weekly sessions.



Using CBT to increase your happiness

Cognitive Behavioural Therapy (CBT) is a practical technique, which anyone can master. This course will explain what CBT is, how it works and show you how you can use it to improve your mood and your outlook on life.

The course starts on 6th January 2022 and takes place on Zoom over six weekly sessions.



Stay calm – Manage your nerves

We all experience stress, at different times and at different levels. Constant stress however impacts negatively on your mental and physical health. We can help you learn how to manage your nerves effectively and deal with anxiety.

The course starts on 3rd March 2022 and takes place on Zoom over three weekly sessions.



Get involved with NPH and learn new skills

Governance

Spaces on the board of NPH and its social enterprise subsidiary Happy to Help CIC are reserved for residents to make sure that their voices are heard at the very highest level.

Are you interested in being one of our resident directors but would like to find out more?

Sign up to one of our relaxed governance taster sessions where you can hear from current NPH and Happy to Help board members, find out what's involved and get support with applying for a role on one of our boards.

■ 24th May or 3rd November, 2–4pm at Cardigan Close



Scrutiny taster sessions

The Resident Scrutiny Panel makes recommendations to the NPH executive team, making sure that residents have a voice and are directly involved in how your housing services are delivered.

If you like the sound of making a real difference, and would like to observe a meeting to see what's involved, get in touch to find a session that suits you.



Advisory Panel taster sessions

The Resident Advisory Panel meets at least four times a year to look at how NPH is performing and makes recommendations for improvements. Panel members also get to review and comment on changes to policies and procedures and make sure that residents directly influence the way we do things at NPH.

Think you can help, but want to find out more? Then give us a call and find a session that fits in with you.





NORTHAMPTON PARTNERSHIP HOMES

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