



Pelican Trust is a charity and social enterprise based on Allenby Industrial Estate in Lincoln. We offer work experience, training and education for adults from across Lincolnshire.

We are interested to hear from people who have not been in learning for a while, and we are sure the courses we run will encourage further learning here such as:

IT Qualifications, NVQ's, Job seeking Skills and Guidance, etc...

20/22 Crofton Road
Allenby Industrial Estate
Lincoln
LN3 4NL

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E-mail: stacey@pelicantrust.org

Using the Internet Safely

Budgeting Skills

Food & Nutrition

Introduction to Joinery & DIY



Using the internet safely

Course Objectives:

- Understand the hazards and health issues relating to computer use.
- Understand the need security for computers
- Understand what antivirus and security packages do
- Understand how to keep safe on the internet
- Understand data storage; how and why we back up information

Wednesday

2 hours

6 weeks

Cost: FREE

Food & Nutrition

Course Objectives:

- What is meant and why eating a healthy diet is important
- Look at your own diet and assess the need for change
- Different dietary needs and food labelling
- Food hygiene and identifying hazards on a kitchen
- Understanding and identifying good shop/ supermarket offers
- Why exercise is good for us

Tuesday

2 hours

6 weeks

Cost: FREE

Budgeting skills

Course Objectives:

- Recognise attitudes and choices toward money
- Prioritise within the constraints of limited resources
- Consider future choices based on personal financial information
- Understand the costs/benefits of saving/ borrowing
- Recognise different ways to pay for goods and services
- Understand consumer rights and responsibilities and the sources of help available

Tuesday

2 hours

6 weeks

Cost: FREE

Introduction to Joinery & DIY

Course Objectives:

- Health & Safety in the workshop
- Types of materials and measuring
- Hand tools and types of joints
- DIY basics
- Hand held power tools
- Large power tools
- Assembling of completed work
- Types of fittings

Thursday

2 hours

6 weeks

Cost: FREE

Expression of Interest

I am interested in applying for a place of the following course(s). Please tick

- Using the internet safely**
 Budgeting skills
 Food & Nutrition
 Introduction to Joinery & DIY

Name:

Address:

.....

.....

Postcode:

Telephone:

Mobile:

Email:

How did you hear about this course?

.....

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Signed:

Date:

Please return this form to:

Stacey Gillott

Pelican Trust, 20-22 Crofton Road

Allenby Industrial Estate

Lincoln, LN3 4NL