



# CONSTRUCTION

## SUMMARY

If you are interested in a career in the construction industry, perhaps as an electrician, plumber, brick layer or engineer then we can offer you the perfect starting place.

We can offer you the opportunity to gain and learn new practical skills across a range of construction areas, such as:

- Bricklaying
- Carpentry and joinery
- Plumbing
- Electrical installation
- Plastering

Our courses will also give you the opportunity to use real-life examples related to the trade and to further build on your English and maths skills, as well as giving you more general skills that any future employer will love, such as team-working and project management.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

This is the perfect starting point for anybody interested in a career in the building and construction industry. All through your course, we will support you to think about your next steps, be that gaining some work experience, or getting on an apprenticeship scheme to help you get started in your new career.

## QUALIFICATIONS AVAILABLE

### LEVEL 1 CERTIFICATE

Exploring the Construction & Engineering Sector

### LEVEL 1 DIPLOMA

Exploring the Construction & Engineering Sector

**OR**

### INTRODUCTORY CERTIFICATE

Construction

### INTRODUCTORY DIPLOMA

Construction





# WORKSKILLS

## SUMMARY

Workskills is a great qualification for anyone who isn't 100% sure about the type of career they want, as it's focused on developing essential skills employers look for and will help you progress in any chosen career.

Workskills is a flexible qualification based on lots of different units that can be tailored to match your interests and the skills you want to develop. Some of the units available include:

- Producing a great CV
- How to apply for jobs
- Achieving success in job interviews
- Skills and qualities for the workplace
- Health and safety at work
- Preparing for work or for work experience
- Problem solving at work
- Managing your money
- English and maths in the workplace

Workskills is assessed on the basis of the work you produce during the course, not on any exams.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

Workskills is a valuable qualification to have for any career, as it will show any future employer that you have the skills they are looking for, whatever the job.

## QUALIFICATIONS AVAILABLE

### ENTRY LEVEL 3 WORKSKILLS

Foundation  
Diploma

### LEVEL 1 CERTIFICATE WORKSKILLS

Equivalent to a GCSE  
Grade 1 to 3 (D to G)

### LEVEL 2 CERTIFICATE WORKSKILLS

Equivalent to a GCSE  
Grade 4 to 9 (A\* to C)





# ENGLISH & MATHS

## SUMMARY

We want all of our students to feel completely confident in their reading, writing and in their ability to work with numbers. That is why we support of our students to work towards a qualification in English or maths, or to further improve on the qualifications they already have.

This isn't just because improving your skills in English and maths will help you to get a job, it's also because it will impact every part of your life.

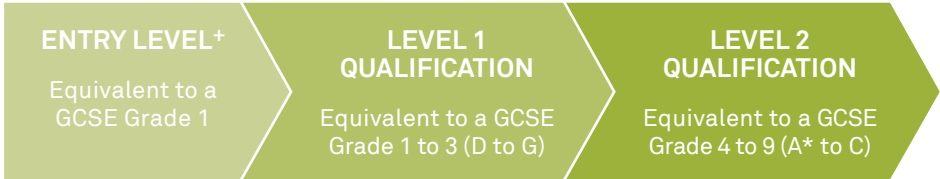
For example, improving your skills in maths will make it easier for you to manage your money, helping you to make sure you're always getting the best deal on that next big purchase, or that you're charging the right amount for that next big job. Improving your skills in English will make it easier for you to follow your interests in the media, and to manage your life admin.

## OPTIONS

### Functional Skills – Entry Level up to Level 2

If you got below a Grade 3 in your GCSEs for maths or English then we'll help you to build on your existing skills and to gain functional skills qualifications. Depending on your past grades and your level of confidence in these subjects, we can help you achieve Entry Level 1 right up to Level 2, which is equivalent to achieving a grade of between 4 and 9 at GCSE (C to A\*)

Functional Skills lessons give you the chance to build your skills in English and maths using practical examples from the real world to make the learning relevant and useful to you in your every day life.



<sup>+</sup> If you are not confident in your english and/or maths skills.

## GCSE Re-sits

If you already have a GCSE Grade 3 (D) in GCSE maths or English, then we can also offer you the opportunity to have another go and to improve your grade whilst you are with us.

## Related Careers

A good level of skills and confidence in English and maths is really important for almost every career, and is the first thing any future employer will want to know about. That's why we make it a key part of every student's learning programme.





# WELL-BEING

## SUMMARY

Are you interested in learning more about how you can stay healthy and happy? Perhaps you want a career as a youth worker or social worker? Then this may be the course your you.

Our Well-being course will help you to:

- Understand the impact of our lifestyle choices
- Make informed, healthy choices

You will have the opportunity to undertake different course units to increase your understanding. The units are Sexual Health Awareness, Nutrition and Health, Alcohol Awareness, Substance Misuse Awareness and Stress Awareness.

As well as developing your understanding of personal well-being, this course can also help you to build upon your communication and teamwork skills- skills that every employer values.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

This course would be great for anyone interested in a job as a:

- Youth Worker
- Counsellor
- Social Worker
- Nutritionist
- Nurse

Catch22 will support you throughout your qualification, helping you to think about your possible next steps. We will support you into a work placement in an area of your choice to apply the skills and knowledge developed throughout this course, and perhaps even on to a paid Traineeship or Apprenticeship at the end of your time with us.

## QUALIFICATIONS AVAILABLE

### LEVEL 1 CERTIFICATE

Exploring  
Well-Being





# HOME COOKING

## SUMMARY

Do you have a passion for cooking? Would you like to further your cooking skills and perhaps start thinking about a career in the food business? Then we have the course for you!

This course is developed in partnership with Chef Jamie Oliver and provides you with the skills and knowledge to be able to cook for yourself in a healthy, cost-effective way. On this course you will cover key topics, such as:

- Kitchen basics: kitchen equipment
- Food safety and hygiene
- Shopping: seasonal food and planning ahead
- Preparing ingredients and understanding food labels
- Cooking skills

You will learn many aspects of the food industry as well as practical skills useful for any job, such as planning and teamwork. You will also be able to confidently cook healthy meals at home using a range of recipes you can practice and share with friends and family.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

Home cooking is the perfect starting point for anyone interested in a job in the food industry, perhaps as a:

- Chef
- Assistant Chef
- Kitchen Assistant

Here at Catch22, we can support you into work experience, a traineeship or an apprenticeship placement to further develop your skills. Or we can support you into further learning to help you keep building your knowledge and understanding.

### LEVEL 1

Exploring Home Cooking

### LEVEL 2 CERTIFICATE

Exploring Home Cooking

### LEVEL 2

Exploring Food Hygiene





# RETAIL

## SUMMARY

Would you like to work in the retail sector but don't know where to start?

Perhaps you want to work as a Sales Assistant, Customer Service Assistant, Personal Shopper, Retail Buyer or Merchandiser for a local or national store?

Our retail course will help you to gain an understanding of the industry and develop all the skills you will need to progress into employment, volunteering work or further studies. The course covers a wide range of units, including:

- Customer Service
- Health and Safety
- Security
- Sales and Marketing

It will also teach you the essentials in working as part of a team and project management- skills that will be valued by any employer.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

A retail course can lead to a wide range of opportunities and retail roles. We can help you gain practical, on-the-job experience through work experience, a traineeship or an apprenticeship. We will support you into the area of your choice and help you to develop your career pathway.

## QUALIFICATIONS AVAILABLE

### LEVEL 1 CERTIFICATE

Exploring the  
Retail Sector

### LEVEL 2 CERTIFICATE

Gaining  
Retail Skills





# HOSPITALITY AND CATERING

## SUMMARY

Are you interested in a career in the hospitality sector but don't know where to start? We have the course for you!

Whether you want to work as a chef, kitchen assistant, housekeeper, waiter/ waitress or hotel receptionist, we can help you get your first job in hospitality.

You can choose your focus as you go, perhaps in:

- Serving
- Reception Work
- Administration
- Cooking
- Housekeeping

The course will give you the opportunity to use practical skills to learn about many aspects of the industry. At the same time you will develop skills any future employer will want to see, like effective communication and time management.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

We can help you to think about next steps whilst you're working towards your qualification, whether that's work experience, a traineeship or an apprenticeship. We will support you into a work placement in an area of your choice to give you the chance to explore the different career pathways that are available.

## QUALIFICATIONS AVAILABLE

### LEVEL 1 CERTIFICATE

Exploring the  
Hospitality and  
Catering Sector

### LEVEL 2 CERTIFICATE

Exploring the  
Hospitality and  
Catering Sector







# NUTRITION AND HEALTH

## SUMMARY

Are you looking to improve your understanding of nutrition and health? Or aspiring to become a nutritionist or dietician? We can offer you the perfect course to achieve your goals.

This course will enable you to:

- Develop your understanding of the importance of a healthy diet
- Develop your understanding of food choices and how to make healthy choices
- Plan a healthy diet for yourself and others
- Increase your understanding of eating disorders and the connections between food and feelings

As well as learning the course content, you will have the opportunity to develop a range of more general skills that employers look for, such as team working, managing your working day, and staying healthy and well at work.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

Learners who achieve this qualification could progress to a career as a nutritionist or dietician, or enrol in other courses in Nutrition and Health or Fitness Instructing.

We will be here to help you to think about your next steps and possible career pathways. We will support you into work experience, a traineeship or an apprenticeship placement in an area of your choice to give you the chance to further develop your skills and progress in your career.

## QUALIFICATIONS AVAILABLE

### LEVEL 1 CERTIFICATE

Exploring Nutrition  
and Health

### LEVEL 2 CERTIFICATE

Exploring Nutrition  
and Health







# EMPLOYABILITY

## SUMMARY

Are you looking to improve your career prospects, gain your first job or progress up the career ladder?

We have a range of courses to help you to build your skills and achieve your career ambitions.

Our courses are designed to prepare you for the world of work so that you are ready for your next steps towards getting that dream job. Depending on what's available locally, we can offer:

- Entry Level 2 Qualification
- Entry Level 3 Qualification
- Level 1 Employability
- Level 2 Employability

Our Employability courses have been designed by experts from a range of industries, which makes them ideal whatever your career goals might be. They will give you the skills every employer wants to see, as well as the confidence to use those skills in the workplace.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

This course can help you to secure employment in any industry by building your skills and experience. Catch22 can support you into a work placement of your choice and help you to progress on your career pathway and into a workforce.

## QUALIFICATIONS AVAILABLE





# HAIR & BEAUTY AND BEAUTY THERAPY

## SUMMARY

If you have an interest and passion in hair and beauty, then we have the course for you. We could have the course for you if you have an interest and passion in hair and beauty. It's perfect for anyone who would like to start their journey towards a career in the hair and beauty industry. Depending on what's available locally, the course can cover:

- Shampooing, conditioning and styling women's and men's hair
- Hand care, skin care and nail art
- Make up application and skin care

Our courses are also designed to give you a taste of what it's like to work in a real salon environment so that you are ready for your next steps towards getting that dream job.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

This course would provide you with the skills and experiences that will help you to become a salon assistant, or to continue in your training in hairdressing or beauty therapy.

It will also give you transferable skills to help you effectively start your career, such as customer service skills and project management skills.

## QUALIFICATIONS AVAILABLE

### LEVEL 1

Introduction to  
Hair and Beauty

### LEVEL 2

Beauty  
Therapy





# LIFE SKILLS

## SUMMARY

Our programmes and courses will teach you the skills, knowledge and behaviours to help you to progress on your in any career pathway. These practical skills will be invaluable throughout your lifetime and help you to access even more opportunities.

## TOPICS COULD INCLUDE:

- Money Management
- Healthy Living and Hygiene
- Travel Advice and Support
- Cooking
- Ironing
- Sewing and Mending Clothing

Our courses will also help you to develop transferable key skills that are attractive to your potential employers.

## THIS COULD INCLUDE:

- Team Working
- Customer Service
- Decision Making
- Problem-solving
- Project Management
- Effective Communication Skills

We also have guest speakers in each of our Catch22 Colleges to increase awareness of local issues within the community and educate our learners. This might cover talks on sexual health, racism, and alcohol and substance use.





# LAND-BASED STUDIES

## SUMMARY

Land-based Studies is for anyone who is interested in a career closer to nature. The course will build the knowledge and experience you will need if you want to work with animals, or in other land-based sectors such as farming, forestry management, or grounds keeping.

The course covers a wide range of units designed to help you find what interests you for your future career, including:

- Working with small animals (for example, handling them, keeping them healthy, feeding them)
- Developing practical skills for maintaining plants (for example, growing vegetables and plants)
- Principles of Grounds Management (for example, preparing grounds, working with shrubs and trees)

The course is mainly portfolio based, which means to gain the qualification you simply need to build up a file of evidence to show the learning you have gained during the course, rather than sitting an exam.

## RELATED CAREERS AND FUTURE OPPORTUNITIES

Land-based studies is perfect for anyone who dreams of a job outdoors or working with animals. It will also enable you to progress into further, more focused training opportunities, for example, in animal studies.

In addition, you will have the opportunity to develop a range of more general skills every employer will want to see, such as the ability to work in a team, and the ability to manage your working day.

## QUALIFICATIONS AVAILABLE

### LEVEL 1 AWARD

Land Based Studies



FIND YOUR  
**FUTURE**

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**catch  
22**

[www.catch-22.org.uk/  
services/study-programme/](http://www.catch-22.org.uk/services/study-programme/)