

response

referral education skills provision opportunities
networks sustainability engagement



kent adult education

Course Guide 2026 / 2027

Response courses run in targeted areas across Kent for people over 19 who are unemployed or in low-paid work. We offer skills and basic qualifications to assist individuals into further learning, employment and volunteering



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Call: 03000 412222

Visit: kentadulteducation.co.uk

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Working in First Aid & Fire Safety Support Roles



Introduction to First Aid

Course length: 3.5 hours

Learners are given an introduction into the techniques of first aid. This course does not qualify people to carry out first aid but is an overview of some of the techniques used. For example, planning for an emergency, resuscitation, choking, burns and bleeding.

Level 3 Award in Basic Life Support and AEDs for Adults, Children and Infants

Course length: 5 hours

This course provides a useful overview of techniques covering resuscitation, burns, bleeding, choking and the recovery position. This course does not qualify participants to carry out first aid. On successful completion a certificate will be awarded. You may also be able to progress onto a Level 3 Emergency First at Work course.

Level 3 Emergency First Aid at Work

Course length: 1 day

This qualification is delivered through hands-on learning, practical teaching, demonstrations and a theory test. An Emergency First Aid at Work certificate will be issued upon successful completion of the course which is valid for three years.

Level 3 Emergency Paediatric First Aid - NEW

Course length: 1 day

This qualification is for people required to provide emergency first aid to infants and/or children. It prepares you to deal with a range of situations. There are 5 mandatory assessments for this qualification: • Infant CPR and safe use of an AED • Child CPR and safe use of an AED • Choking casualty • Wounds, bleeding and shock • Unconscious casualty and a multiple-choice theory test.

Introduction to Fire Safety

Course length: 3 hours

On this introductory course, you will identify common causes of fires in the home, how smoke alarms save lives and where they should be placed. Discuss how to make an escape plan and make three personal fire safety actions relevant to your home or setting.

Level 1 Award in the Principles of Fire Safety - NEW

Course length: 4 hours

This qualification is aimed at any new volunteers or staff in any workplace where a basic understanding of fire safety is required. It covers the principles of fire safety awareness, the hazards and risk in the workplace and controlling those risks.

Level 2 Award in Fire Safety - NEW

Course length: 1 day

All workplaces have a legal obligation to ensure the environment is safe when it comes to fire risks. Ultimately that comes down to ensuring the team has the required knowledge and understanding around fire safety. Learners will recognise the causes of fire, common hazards and fire risk assessments. It can support those already in a workplace role or learners preparing for employment.

Working in Food, Drink & Hospitality



Introduction to Hospitality

Course length: 3 hours

This course introduces the range of environments and settings you can work in; the personal qualities needed to work in this sector as well as first impressions and a basic understanding of the importance of personal hygiene.

Level 2 Food Safety in Catering

Course length: 1 day

This is an essential qualification for anyone looking to work (or volunteer) preparing food in a café, restaurant or for an organisation. It is the legal minimum requirement to safely handle food in the workplace. The course covers food safety hazards, all aspects of temperature control, food handling and storage.

Level 1 Food Safety also available – course is 4.5 hours.

Level 2 Award in Food Allergen Awareness and Control in Catering

Course length: 5 hours

This qualification is designed to provide knowledge and understanding of food allergens and foods that commonly cause intolerances. It covers the importance of effectively communicating information regarding allergenic ingredients to customers, and how staff can minimise the risk of cross-contamination.

Introduction to Customer Service

Course length: 3 hours

This course introduces the skills and personal qualities required for careers within the customer service sector. It will look at the range of environments and settings you can work in; first impressions; dealing with the public face-to-face, complaints and codes of practice.

Level 2 Award in Customer Service - NEW

Course length: 1 day

This course will give an understanding of how to work in a customer service environment. It will look at communication; the principles of personal performance and development and application to a business environment working with others.

Introduction to Healthy Eating / Healthy Eating on a Budget

Course length: 3 hours

Learners are introduced to the different aspects of nutrition and lifestyle that come together to create a healthy diet. It looks at how we define a healthy diet and why we want to aspire to be healthy. You will look at the eat well plate, vitamins and minerals, meal planning, portion sizes and calories. Where facilities allow, learners can make a light lunch.

RESPONSE Plus

Complete the Food and Drink trio

Be work ready for a cafe or restaurant job or volunteering in the community by completing Level 2 Food Safety in Catering; Level 2 Health and Safety in the Workplace and Level 2 Food Allergen Awareness over three weeks.

Pathway into Hospitality

This pathway into hospitality and catering develops sector awareness, customer service skills, food safety knowledge, allergen awareness and employability readiness. You will study for two qualifications and have support with CVs, job search, interview preparation and more.

Healthy Eating – Cooking with Air Fryers

Discover how to make quick, affordable, and healthier meals using an air fryer on this 6-week course. This practical course will show you how to reduce fat, save time and make the most of everyday ingredients while creating tasty meals and snacks. Learners will gain confidence in using an air fryer safely and have fun adapting favourite recipes for a lighter, budget-friendly approach.

Healthy Eating and Nutrition

Learners are introduced to the different aspects of nutrition that come together to create a healthy diet on this 5-week course. It looks at how we define a healthy diet and why we want to aspire to be healthy. You will look at the eat well plate, vitamins and minerals, meal planning, portion sizes and calories. Participants will develop practical nutrition knowledge that is respectful of cultural and dietary preferences. Where facilities allow, learners can prepare food for lunch each week.

Garden to Plate

Learn how to grow, harvest and prepare fresh produce to create simple, nutritious meals. This hands-on course covers growing herbs and vegetables in a variety of spaces, reducing food waste and making the most of seasonal, home-grown ingredients to support healthy and sustainable eating.



Working in Construction and Becoming Environmentally Aware



Level 1 Health and Safety in a Construction Environment

Course length: 2 days of 6 hours

Supported by CITB (Construction Industry Training Board) this qualification teaches the principles of risk assessment for maintaining and improving health and safety at work; the importance of safe manual handling and working safely at height in the workplace; the risks to health within a construction environment and the importance of working safely around a plant and equipment.

Introduction to Sustainability – Save More Waste Less - NEW

Course length: 4 hours

This introductory course looks at environmental sustainability as a real-world everyday concept. Learners will recognise how personal choices connect to environmental change and discuss the stories behind the headlines, building confidence to discuss these topics out of the classroom. This will help learners make changes to save them money and save the planet.

Level 1 Award in Environmental Sustainability Awareness - NEW

Course length: 6 hours

This qualification is aimed at those who wish to develop their knowledge and understanding of environmental sustainability awareness. The objective is to give learners opportunities for personal growth, improve their engagement about sustainability in everyday life and explore the relationship between waste and the industrial sectors.

RESPONSE Plus

Pathway to obtaining CSCS Green Labourers' Card

Course length: 6-8 weeks

Learners complete the Level 1 construction course as described above, and are then supported to book into a test centre in Canterbury, Gravesend, Chatham, or Tunbridge Wells to take the CITB operatives Health, Safety and Environment Knowledge Test.

<https://www.citb.co.uk/courses-and-qualifications/hse-test-and-cards/book-a-test/>

This test is an important way for construction workers to show that they can be safe on the job. It is also a way for them to know that their fellow workers are as safe on the site and not put them at risk of injury.

Lastly, successful learners who complete both the Level 1 course and the knowledge test will be supported to apply for the CSCS Labourer's card online.

<http://www.cscs.uk.com/applying-for-cards/>

Working in Health & Safety, Warehousing and Cleaning Roles



Level 2 Health & Safety in the Workplace

Course length: 1 day

This is a useful and desirable qualification for those seeking work. Level 1 and Level 2 give a general introduction and understanding of health and safety, and the hazards and risks in the workplace.

Level 2 Award in Safe Moving and Handling

Course length: 1 day

Anyone moving heavy or bulky items should do it safely to prevent injury to yourself and others. This course introduces the hazards and risks involved in the safe lifting and carrying of items. It outlines what is expected from a manual handling assessment and how to develop safer handling techniques in the workplace.

Level 2 Principles of COSHH (Control of Substances Hazardous to Health)

Course length: 5 hours

This qualification is designed for those who use substances hazardous to health at work. It is relevant in many industries including hairdressing and beauty, catering and cleaning. It looks at the risks and controls available and outlines what to expect from a COSHH assessment.



Working in Health & Social Care



Introduction to Health and Social Care

Course length: 3 hours

This course introduces working relationships in health and social care; an understanding of the legislation that informs the sector and principles relating to confidentiality at work and the importance of communication with a range of individuals.

Level 2 Award in Health and Safety in Health and Social Care

Course length: 1 day

Intended for people who want to work directly with patients/clients in a health and social care setting eg hospitals, care homes, and day care centres. It develops their awareness of health and safety issues and covers the importance of good personal hygiene, risk assessments and what to do in response to accidents and incidents at work.

Introduction to Working with Children

Course length: 3 hours

Learners will explore the many different environments and settings available in the children's sector and identify the qualifications necessary to work in these settings, including the progression routes. It will look at the importance of being confident in effectively communicating with children, young people and the adults who work with them.

Introduction to Safeguarding Vulnerable Adults or Children

Course length: 3 hours

Learners will be familiarised with the reporting procedures around the safeguarding of vulnerable adults. It will include definitions of safeguarding, safeguarding principles, how to recognise abuse, how to seek help and information sharing.

Designated Safeguarding Lead Training - NEW

Course length: 6 hours

This course explores the key responsibilities expected of a lead safeguarding officer either in a voluntary or workplace setting. It looks at the role of the DSL; managing safeguarding concerns; referrals, training and support.

Awareness Courses (half day courses)

These courses examine the knowledge and skills required to support people with various health conditions and challenges.

Introduction to Neurodiversity

This introduction will give participants an understanding of the key term neurodiversity and outline common neurodivergent profiles, for eg autism, ADHD and dyslexia. It will look at applying supportive practices for colleagues and visitors.

Introduction to British Sign Language

What is British Sign Language? Learners will look at the building blocks of BSL, the alphabet, how to sign your name and common daily greetings. Learners enrolling on this may wish to consider enrolling on a BSL Level one course.

Deaf Awareness

Many people live with some degree of hearing loss. This course looks at how to communicate with a deaf or hearing-impaired person; the types of hearing loss, Tinnitus and the language and culture of deaf people.

Dementia Awareness

This workshop introduces the basic skills and knowledge required to provide person-centred care to individuals with dementia. We can also adapt it to suit a customer-facing environment.

Autism Awareness

Autism is a spectrum condition and affects people in different ways. Like all people, autistic people have their own strengths and weaknesses. On this awareness course learners will look at labels, challenges around social interaction and language and ways to help.

Introduction to Diversity and Inclusion

This introduction looks at some definitions of diversity and inclusion; gives an understanding of barriers and bias, presents ways we can improve representation and continue to be more inclusive and why this matters.

RESPONSE Plus

Health and Social Care

This longer pathway is designed to give learners a clear, practical introduction to working in the health and social care sector. It combines sector awareness, accredited and non-accredited skills, dementia awareness, emergency first aid, and employability support so that learners can make informed career choices to begin preparing for applications into care, support, community health, or related roles.

Introduction to British Sign Language

This 5-week BSL course offers a friendly and engaging introduction to British Sign Language, perfect for beginners. You will learn essential signs, basic grammar, and everyday conversational skills to communicate with Deaf and hard-of-hearing people. Sessions are interactive, with plenty of practice and cultural insights, making it both educational and enjoyable. By the end, you will have a solid foundation to continue your BSL journey.



Improve Your Wellbeing - Mind & Body



Five Ways to Wellbeing

Course length: 3 hours

Learners will be introduced to the 5 Ways to Wellbeing steps as practical ways to manage wellbeing, stress & anxiety. You will learn the background knowledge on the five steps, how they were created and how understanding each step in turn can benefit our wellbeing.

Managing Stress and Anxiety

Course length: 3 hours

This introduction will assist learners in understanding more about the physical and psychological symptoms of anxiety and stress and the practical ways to manage them. You will receive practical experience of self-help relaxation techniques and how to boost resilience to cope with challenges.

Positive Thoughts, Feelings and Behaviours

Course length: 3 hours

This course introduces learners to the concept of thoughts, feelings and behaviours. Learners will gain an understanding of how TFBs are linked to situational triggers; positive and negative cycles and how they are link to Cognitive Behavioural Therapy.

Confidence and Self-esteem

Course length: 2 days of 3 hours

This course can be tailored for groups and will contain some or all of the following topics: awareness of the 'inner critic;' replacing blame with praise; strategies for working with negative emotions; body consciousness; self-care; making an impression; finding a voice; speaking out, being heard and being a good listener.

Mindful Living

Course length: 2 hours

Explore the reasons behind Mindfulness and try out some practical activities to explore mindful techniques. How do we use mindful language? How can mindfulness help you in your everyday life? You will be guided through practical exercises to explore relaxation.

Introduction to Mental Health Support

Course length: 4 hours

This course is designed to help learners understand why anyone can be susceptible to mental health challenges. Learners will gain a wider understanding of positive and negative mental health, related signs and symptoms and how they can help themselves and others.

Men's Mental Health Awareness - NEW

Course length: 2 hours

This course is to help participants understand the pressures men may face, recognise when someone may be struggling, and feel more confident starting supportive conversations. It is also aimed directly at men, supporting them to better understand when they may need help. The session explores common signs of distress, barriers that can stop men asking for help and where to signpost for local and national support, including services in Kent.

Managing Menopause - NEW

Course length: 2 hours

This course is designed to give clear, practical information about what menopause is, common symptoms, treatment and self-care options, and when to seek further support. It offers a chance to better understand the physical, emotional, and social impact of menopause, while helping to break stigma and encourage open, supportive conversations. It is open to anyone who wants to learn more. Men are very welcome to attend to better support a family member or friend.

Relax and Reflect: Be Creative with Crafts

Course length: 2-4 hours

Arts and crafts take many forms. On these courses you can try a variety of seasonal arts and crafts and have the opportunity for some relaxing 'me' time.

RESPONSE Plus (6 week courses)

Therapeutic Gardening - NEW

This longer course is for adults experiencing unemployment or low income who may benefit from improved wellbeing, confidence and social connection. It is suitable for individuals facing barriers such as low confidence, social isolation, or mild to moderate mental health challenges, but who can engage safely in a small group outdoor setting in a host or community garden. The course provides a supportive stepping stone toward further learning, volunteering or employment.

Introduction to Seated Exercise

This is a simple exercise programme designed to be undertaken while seated. It can be as energetic as Zumba or as relaxed as Tai Chi. Routines can be adapted for individual ability.

Ease into Fitness with relaxation

A friendly, low-impact fitness session designed to help adults improve mobility, strength, stamina and overall wellbeing in a supportive environment. Based on simple exercises and light aerobic activity, participants build confidence and develop sustainable healthy habits at their own pace to improve joint mobility, strength and endurance.

Introduction to Fitness

Learners will be introduced to a simple exercise routine to aid wellbeing. You will discuss the benefits of exercise and stretching and preparing for exercise. Routines can be adapted according to learner needs and ability. You can reflect on the effectiveness of each session at the end. The sessions can be tailored depending on fitness goals as follows: (not all courses available in all areas)

- **Fitness Foundations** - A gentle introduction to exercise - ideal if you are returning to exercise, recovering from injury, or seeking a low-impact way to stay active.
- **Strength and Tone** - Build muscle tone and become stronger and feel fitter using resistance and weighted equipment.
- **Balance and Tone** - Low impact movement to improve flexibility and strength with a focus on core and back muscles.
- **Yoga** - A gentle and accessible way to improve flexibility, strength, balance and overall wellbeing using simple postures and breathing techniques.



Employment Essentials (Online Modules)



Staying Positive while Job Searching

Course length: 2 hours

Introduce ways to help you stay positive and be at your best while looking for a job. Explore areas that range from self-care and keeping healthy, to new ways of developing skills and confidence.

Transferable Skills

Course length: 2 hours

What do you love? What sets you apart? What makes you unique? Use Mind maps to identify skills, strengths, values and needs of specific jobs to inform decision making and applications. How to change jobs or work areas while still benefiting from the experience you have.

Creating and Tailoring your CV

Course length: 2 hours

Look at what makes a great personal profile and how to tailor your CV to each application. Using the job description to tailor your CV.

Hunt Those Hidden Job Markets

Course length: 2 hours

Make social media work for you, making the most of online resources. Finding those jobs that are not advertised.

Personal Power and Confidence

Course length: 2 hours

Engage with your most confident, successful self and explore strategies to build confidence. Recreate moments from the past that bring out your best, most capable self.

Digital Skills and Psychometric Tests

Course length: 2 hours

What are they? Why are they used? Practice tests: Personality Tests; Situational judgement tests; Aptitude tests – numerical, verbal, inductive and deductive reasoning tests.

Interview Practice

Course length: 2 hours

Build confidence by looking at common interview questions and thinking about our own answers. Use strategies to make a strong first impression, explore stress and management specific to interviews, discuss and demonstrate answering common interview questions.

AI in the Workplace

Course length: 2 hours

How to use AI tools to improve productivity, communication and decision-making in the workplace, safely and ethically, with a focus on real tasks, data awareness and maintaining human judgement.

RESPONSE Plus

Introduction to Setting up your Own Business - NEW

Turn your business idea into reality with this practical introductory course. Learn how to evaluate your business concept, understand legal and financial requirements, know when you should register with HMRC and when you will need to start paying tax. We will also explore different ways to set up and run your business and the IT skills needed. Discover the advantages and challenges of self-employment, including working from home, insurance, and marketing. Ideal for anyone considering starting a small business and wanting the confidence to take their first steps.

Introduction to Working in the Beauty Industry - NEW

This course is ideal for adults who are interested in becoming self-employed or starting their own beauty business. Whether you are just exploring the idea or ready to take your first steps, you will gain an introduction to the practical, legal, and financial aspects, and through interactive activities build confidence to begin planning your journey to self-employment.

Working in a Digital World



Getting Started with Digital Devices: PC Basics

Course length: 2 sessions of 2-3 hours

This course offers basic skills for those who have never used a computer before or lack confidence. It covers starting a computer, learning the terminology, Windows basics, desktop icons and saving your work. Builds essential digital skills for everyday tasks, volunteering, further learning and work preparation.

Digital Focus: Staying Safe Online

Course length: 3 hours

Designed to show you how to stay safe online, this course will look at how to search the internet safely protecting your personal data, creating safer passwords, spotting scams, and phishing emails. This will support you in the digital world for everyday life, volunteering, job searching and accessing services.

Digital Solutions: Zoom Basics

Course length: 2 hours

This course introduces the main features of Zoom for online meetings, training and interviews. Learners practise joining and setting up meetings, inviting others, using basic controls, sharing a screen and changing backgrounds. It will build confidence for volunteering, employability and further learning.

Digital Solutions: Using Social Media

Course length: 3 hours

This course helps learners use social media safely and appropriately for communication, community involvement and work preparation. Covers platforms such as Facebook, X, Instagram, TikTok and WhatsApp, including calls and sharing information. Supports finding opportunities, promoting activities, and building a positive presence online.

Tips and Tricks to take Great Photos on your Phone - NEW

Course length: 3 hours

To build confidence, this course will help you get to know your phone camera and its core features so you can use it for everyday, volunteering and work-related tasks. It covers camera features, composition, lighting and simple editing. Learners will be supported to record activities, create basic promotional content and evidence learning or achievements.

Practical AI for Everyday Life and the Workplace - NEW

Course length: 3 hours

Learners will get a practical and accessible introduction to artificial intelligence for everyday life and the workplace. You will explore what AI is, where it is already being used and how common AI tools on computers and mobile phones can support communication, organisation, creativity, job-related tasks and daily life. The course also introduces safe, responsible and effective use of AI so that learners can begin using suitable tools with more confidence.

RESPONSE Plus

Digital Skills – Confidence into Computing

Course length: 6 weeks

This course is for absolute beginners who want to start to build confidence using computers. You will learn how to identify desktop icons, use the mouse, open and re-size windows and begin to use a simple word-processing application. You will gain confidence to start developing practical digital skills that will lead to you feeling more connected and confident in your abilities.

Digital Skills – Building Confidence

Course length: 6 weeks

This course is designed for learners who have completed an introductory digital skills course or who those who already have some knowledge. Learners will have some basic experience using computers and would like to further develop their confidence and independence with practical, hands-on activities to support everyday life, communication, learning, and employment.

Digital – Skills for the Workplace

Course length: 6 weeks

This 6-week course is designed to support adult learners who need to build confidence using digital tools for everyday work, volunteering, job search and further learning. It brings together key elements from existing Response digital skills provision, including basic computing, online safety, internet use, files and folders, digital communication, online forms and employability tasks, and extends this with a practical introduction to artificial intelligence for workplace productivity.



Building Confidence



Introduction to Assertiveness

Course length: 3 hours

Explore how using assertiveness tools and skills helps you to feel more in control. Recognise how to manage your own feelings when you are challenged with new experiences and feel empowered to say no when you mean it without feeling guilty. You will practice listening and speaking with others in small groups.

Confidence and Self-esteem

Course length: 2 days of 3 hours

This course can be tailored for groups and will contain some or all of the following topics: awareness of the 'inner critic'; replacing blame with praise; strategies for working with negative emotions; body consciousness; self-care; making an impression; finding a voice; speaking out, being heard and being a good listener.

De-Escalation – Staying Calm Under Pressure - NEW

Course length: 3 hours

Identify the key triggers that can cause conflict on this course and learn how to de-escalate a potentially volatile situation. You will learn proven step-by-step techniques for dealing with difficult circumstances.

Introduction to Conflict Management

Course length: 3 hours

Understand the importance of positive communication and body language in managing conflict on this introductory course. Learners will bring awareness to develop strategies to manage states of being and stress responses. Explore ways to defuse conflict situations.

Level 2 Award in Conflict Management

Course length: 2 days - Day 1: 4 hours | Day 2: 5 hours

This course provides you with an opportunity to learn some skills to reduce the likelihood of conflict and challenging behaviour occurring in your job or in everyday life. You will learn a range of ways to deal with difficult situations, which will develop your knowledge and ability to deal with conflict situations and build your confidence.

Disclosure Toolkit

Course length: 5 hours

Learners on this course will look at the legislation around disclosing criminal convictions; what must be disclosed; how to write a statement and how to present disclosures to potential employers.

Moving On

This longer course can assist people in identifying skills, knowledge, and insights to develop communication and behaviour for moving forward. Learners explore the difference between self-esteem, confidence and resilience and how they can impact behaviour; identify what makes effective learning and communication skills and develop strategies for positive communication and managing challenging situations.



Community Support & Becoming a Volunteer



Response works in partnership with several volunteer centres around Kent – including Kent Coast Volunteering; The Healthy Living Centre in Dartford, Swanscombe & Greenhithe Community Hub and Swale CVS to deliver courses designed to provide potential volunteers with the skills and confidence to succeed in their first volunteering role.

Skills for Volunteers

Course length: 6 hours

This course looks at the benefits of volunteering transferable skills and overcoming barriers, rights and responsibilities, body language and training. It is ideal for those ready for their first role in volunteering.

Communication and Listening Skills for Volunteers

Course length: 4 hours

You will explore communication skills and techniques, understand issues that impact on communication in different types of situations and assess strategies for personal development and resilience.

Introduction to Diversity and Inclusion - NEW

Course length: 3 hours

This course explores the definitions of diversity and inclusion and looks at understanding the barriers and bias. How do we be more inclusive?

Introduction to Safeguarding Vulnerable Adults or Children

Course length: 3 hours

Learners will be familiarised with the reporting procedures around the safeguarding of vulnerable adults. It will include definitions of Safeguarding, Safeguarding principles, how to recognise abuse, how to seek help and information sharing.

Designated Safeguarding Lead Training - NEW

Course length: 6 hours

This course explores the key responsibilities expected of a lead safeguarding officer either in a voluntary or workplace setting. It looks at the role of the DSL; managing safeguarding concerns; referrals, training and support.

Level 2 Award in Customer Service - NEW

Course length: 1 day

This course will give an understanding of how to work in a customer service environment. It will look at communication; the principles of personal performance and development and application to a business environment working with others.

RESPONSE Plus

Supported Pathway to a Volunteer Placement

Complete the Kent volunteer passport by undertaking some introductory courses around customer service; health and safety and safeguarding before then working with a volunteer centre to complete your DBS check and find a placement in the right voluntary role for you.



At a Glance - RESPONSE Plus - NEW Longer Courses

Working in Food, Drink and Hospitality

- Food and Drink Work-Ready Trio
- Hospitality & Catering Career Pathway
- Healthy Eating: Cooking with Air Fryers
- Health Eating and Nutrition

Supported Pathway to a CSCS Green Labourers' Card

- Level 1 Health and Safety in a Construction Environment
- CITB operatives Health, Safety and Environment Knowledge Test
- CSCS Card application

Health and Social Care

- Pathway to Health and Social Care
- Introduction to British Sign Language

Digital Skills

- Confidence into Computing – for beginners
- Building Confidence – for improvers
- Skills for the Workplace

Building Confidence

- Moving On

Getting Started in Business

- Intro to setting up your own business
- Intro to working in the beauty industry

Building Stronger Communities

- Supported pathway to a volunteer placement

Health and Wellbeing

- Be Creative with Crafts
- Therapeutic Gardening
- Introduction to Fitness
- Introduction to Seated Exercise
- Ease into Fitness with Relaxation

Next Steps - Careers Education, Information, Advice and Guidance

Kent and Medway Skills Bootcamps

Skills Bootcamps are free, flexible training courses lasting up to 16 weeks, designed to help you gain sector-specific skills that are in high demand. The aim of the programme is to help individuals upskill, retrain or formalise their skills to access in-demand jobs, apprenticeships, new opportunities, and potentially higher income levels. Upon completion, you will receive a guaranteed job interview for a role that matches your new skills.

Digital Skills

- Digital Business Skills for Self Employed Creative Freelancers
- Creative & Digital Assistant Production Management

Construction Skills

- Introduction to the Construction Industry
- Intro to Construction: Steel fixing
- Bricklaying
- Bricklaying (Advanced)
- Bricklaying NVQ
- MultiTrade Skills
- Groundworks
- Construction Site Management
- Construction and Rail

Food Sector

- Skills Bootcamp in Agri-food technology & Land

Health and Social Care Sector

- L2 Autism / Learning Disabilities / Dementia
- Working in Health & Social Care

Early Years/School Sector

- Teaching Assistant & SEND Skills Bootcamp

Scan the QR code for further information.



Subcontracted Provision

Kent Adult Education also delivers with a number of sub-contractors who can provide a range of courses in high-need sectors such as construction; health and social care; retail; early years education; sign language; agri-food logistics and creative digital skills.

For more information contact: richard.kearnes@kent.gov.uk

Connect to Work

This is a voluntary employment support programme launched by the UK Government as part of the Get Britain Working Strategy. It is designed to help people who face barriers to employment - such as health conditions, disabilities or specific disadvantages - find and stay in meaningful work.

Learning in Kent

For further careers information and advice, and to explore different learning opportunities in Kent for adults returning to work, scan the QR code below.



Contact Us

The Response programme is funded by the Department for Work and Pensions as part of the Tailored Learning element of the Adult Skills Fund. Learners must be 19 at the start of the academic year to be eligible for funding.

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We are always interested to hear about any ideas or suggestions you have for new courses. We work with community partners but are happy to receive general enquires via email.

Please note that in order to assess your eligibility for this funding, we will need to ask information regarding employment and earning status, about benefits and residency.

We aim to provide you with the best possible learning experience. To help us to do that we need to know if you have any disabilities or additional support needs.

Response works with a range of partners to deliver this programme, including but not limited to: People Plus; BeChange; The Blackthorn Trust; Faversham Umbrella Centre; Swanscombe & Greenhithe Community Hub; Kent Coast Volunteering; Healthy Living Centre; Shaw Trust; Swale CVS, Kenward Trust and The Perfect Place to Grow.

To find out more,
scan the QR code:



Kent Adult Education is part of
Community Learning and Skills