



# Employment Support

Get work-based training and employability support that grows your confidence.

 Commitment: 5 weeks

 Upcoming Start Dates:

**21st October 2025**

Practical Skills | Tues and Wed | 5 weeks

Carpentry | Tues, Wed and Thurs | 5 weeks

**2nd December 2025**

Hospitality Skills | Tues and Wed | 5 weeks

Carpentry | Tues, Wed and Thurs | 5 weeks

**3rd February 2026**

Hospitality Skills | Tues and Wed | 5 weeks

Carpentry | Tues, Wed and Thurs | 5 weeks

**24th March 2026**

Hospitality Skills | Tues and Wed | 5 weeks

Carpentry | Tues, Wed and Thurs | 5 weeks

Support Workers can make a referral to us by emailing [cfo@three13.co.uk](mailto:cfo@three13.co.uk)

Three13 Training run sessions at their delivery site in Sunderland that offers you opportunities to:

- Learn new skills in real working environments
- Feel better connected to your community
- Gain a Level 1 qualification
- Move forward with support to find your next steps

To find out more, speak to your Support Worker or call  
**0191 500 3345**