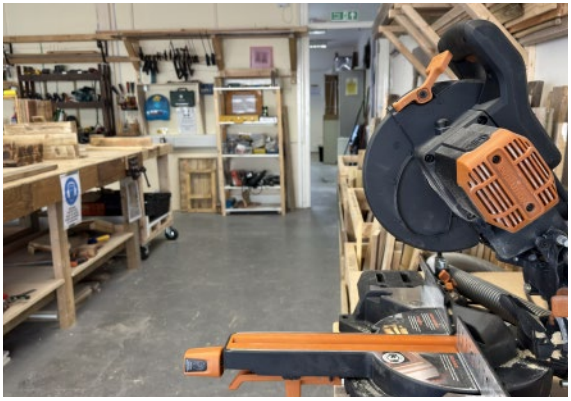
We use work-based training to change lives.











Quality training | Supportive community | Brighter future

North East Mayoral Strategic Authority

Sunderland City Council

We deliver training in Sunderland as part of the North East Skills Programme
Three13 Training & Enterprise Ltd Registered Charity No: 1113499 Company No: 05642155

What's available...

	Programme	Length	Start dates
TASTER	How do you do that? Basic DIY skills	3 days	1 Dec | 26 Jan | 16 Mar | 19 Apr
TASTER	How do you cook that? Basic cookery skills	3 days	5 Jan | 23 Mar | 13 Apr
FOUNDATION	Advance Multiskills Community Projects	6 days	8 Dec | 2 Feb | 30 Mar | 4 May
FOUNDATION	Hospitality Basic hospitality skills	6 days	12 Jan | 9 Mar | 20 Apr
ACTIVATION	Carpentry Level 1 construction skills	15 days	7 Dec | 1 Feb | 8 Mar | 26 Apr
ACTIVATION	Health & Safety (Construction) and CSCS prep	5 days	30 Nov | 18 Jan | 1 Mar 12 Apr | 24 May

Book your place at three13.co.uk/sunderland

Call 0191 5003345, or find us at Unit 4, St Ignatius Close, Hendon, Sunderland SR2 8BD

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three 13 training

sunderland hub

[for people who prefer hands-on learning]





SIGN UP TODAY

0191 5003345



ADVANCE COURSE

Designed for those looking to get back into a positive routine and build their confidence - our Advance course offers the opportunity to develop multiple practical skills whilst participating in a community project.

Delivered over 6 full days, it's hands-on and great for those who like to work as part of a team. Projects to date have included the renovation of community spaces in and around Hendon.

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HEALTH & SAFETY

To work on construction sites and projects, you'll need the CSCS Green Labourer Card.

Delivered across 5 full-day sessions, our face-to-face health and safety programme will walk you through all the preparation required to get you ready for a CSCS card test.

If you are ready to take a test at the end of the programme, we will cover the cost of a test at an approved centre (and the card if you pass).



HOSPITALITY SKILLS

Delivered across 6 full-day sessions, the programme includes:

- introduction to kitchen equipment through practical food preparation and basic cooking tasks
- learn how to meet special dietary needs
- level one qualification in skills for working in catering and hospitality industry



CARPENTRY SKILLS

Delivered across 15 full-day sessions, the programme includes:

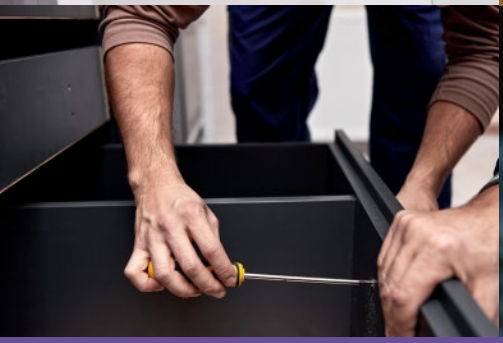
- making products from reclaimed wood
- introduction to basic carpentry and joinery skills, using hand and power tools
- applying health and safety in a practical environment
- level 1 qualification in construction and building industries

three 13

Talk to us about taster 'How do you...' courses | Over 18yrs | Sign up at three13.co.uk/sunderland









TRY OUR TASTER COURSE

three 13 training

How do you do that?

work-based training to build your confidence

Learn new skills and gain the confidence to tackle practical jobs around the home.

How do you do that? is delivered across 2 full-day sessions and includes:

- using tools at home
- changing fuses/ plugs/ bulbs
- painting and decorating
- basic plumbing skills/ bathroom maintenance

2026/27 course dates

19, 21 & 22nd October
1 - 3rd December
26 - 28th January

Express your interest

Call 0191 5003345,
email referrals@three13.co.uk
or visit three13.co.uk

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TRY OUR TASTER COURSE

three 13 training

How do you cook that?

work-based training to build your confidence

Learn new skills and gain the confidence to prepare home cooked meals.

How do you cook that? is delivered across 2 full-day sessions and includes:

- planning and preparing hot meals from scratch
- cutting bills at home through reducing food waste and cooking using an air fryer

2026/27 course dates

20 - 22rd October
5 - 7th Jauary
2- 4th March

Express your interest

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