



BUILD YOUR SKILLS TO SHARE YOUR SKILLS

sunderland hub

work based training in a community setting



(for people who prefer hands-on learning)

three13.co.uk

Three13 Training & Enterprise Ltd
Registered Charity No: 1113499
Company No: 5642155



**Sunderland
City Council**



gardening skills

work based training to grow your confidence

Be part of a local project to create a community garden.

Includes:

- hard and soft landscaping activities in a community garden setting
- applying health and safety in a practical environment
- opportunity to gain a level 1 qualification



For Sunderland residents

1. Over 18yrs
2. Keen to move forward

Express your interest

Call 07359 264837,
email referrals@three13.co.uk
or visit three13.co.uk



diy skills

work based training to grow your confidence

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

How do you do that?

Includes:

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



For Sunderland residents

1. Over 18yrs
2. Keen to move forward

Express your interest

Call 07359 264837,
email referrals@three13.co.uk
or visit three13.co.uk



carpentry skills

work based training with employability support

Includes:

- designing and 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



For Sunderland residents

1. Over 18yrs
2. Keen to move forward

Express your interest

Call 07359 264837,
email referrals@three13.co.uk
or visit three13.co.uk



skills for working in construction

Sunderland's skyline is changing through millions of pounds of investment.

There's never been a better time to start or build on a career in construction... and three13 can help you.

SKILLS FOR WORKING IN CONSTRUCTION

HEALTH & SAFETY IN A CONSTRUCTION ENVIRONMENT

CSCS PREPARATION + TEST AT AN APPROVED CENTRE

Express your interest

Call 07359 264837 | Email referrals@three13.co.uk | Visit three13.co.uk