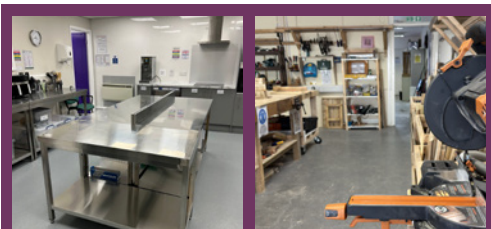




# Hands-on Learning

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



Three13 Sunderland Hub

Support Workers can make a referral to our kitchen or workshop setting 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 useful 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**