



SIGN UP TODAY

0191 5003345



@three13training



CSCS PREPARATION

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 8 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 16 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

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





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 course dates

20-21 January
10-11 March
28-29 April
16-17 June
28-29 July



For Sunderland residents

1. Over 19yrs
2. Keen to move forward

Express your interest

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



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

Course dates

25-26 November 2025
27-28 January 2026
17-18 March 2026

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