

# SKILLS FOR LIFE

response  
referral education skills provision opportunities  
networks sustainability engagement



## FREE COURSES ACROSS KENT

Supporting adults aged 19+ who are unemployed or in low-paid work into employment, volunteering & further learning

Providing practical training and recognised qualifications, including:

- Emergency First Aid & Food Safety
- Employment Essentials - help with job searching skills
- Boosting confidence with communication, customer service, hospitality, care & volunteering skills
- Supporting wellbeing through mindfulness, stress management & creative activities



Response run FREE courses in targeted areas across Kent

Contact us to find out more:

Email: [response01@kent.gov.uk](mailto:response01@kent.gov.uk)

Visit: [kentadulthoodeducation.co.uk](http://kentadulthoodeducation.co.uk)



Kent Adult Education is part of  
Community Learning and Skills

# OUR MOST POPULAR COURSES



## Level 3 Emergency First Aid at Work

Practical, hands-on training and essential knowledge to handle workplace emergencies.

On successful completion, learners receive a certificate valid for 3 years.



## Level 2 Health & Safety in Health & Social Care

Ideal for those wanting to work with patients and clients in health and social care settings. Learn about hygiene, risk assessments and how to respond to workplace incidents.



## Level 2 Food Safety in Catering

An essential qualification for anyone handling food in cafés, restaurants, or community settings. Covers hygiene, temperature control, and safe food storage.



## Confidence & Self-Esteem

Explore topics like self-care, body confidence, managing emotions, and finding your voice. Tailored for group needs to help feel heard, empowered, and confident.

**For more information and to find out how we can help in your area contact our Community Education Managers:**

Dartford, Gravesend, Sevenoaks &  
Tonbridge:  
[Patricia.Dillon-Russell@kent.gov.uk](mailto:Patricia.Dillon-Russell@kent.gov.uk)

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