

ONGO COMMUNITIES

Free Training courses

— January —

Get into Hospitality

Date | 14/01/26

Time | 9:30am - 3:30pm

Mindfulness Bootcamp

Date | 15/01/26

Time | 10:30am - 12:30pm

L1 Mental Health First Aid

Date | 19/01/26

Time | 9:30am - 12:30pm

Mindfulness Bootcamp

Date | 22/01/26

Time | 10:30am - 12:30pm

Mindfulness Bootcamp

Date | 29/01/26

Time | 10:30am - 12:30pm

Volunteer and Work Placement Induction

Date | 30/01/26

Time | 9:30am - 2:30pm

— February —

Computer Confidence

Date | 03/02/26

Time | 09:30am - 3:30pm

Get Into Customer Service

Date | 11/02/26

Time | 10:30am - 1pm

Mindfulness Bootcamp

Date | 11/02/26

Time | 10:30am - 12:30pm

Unlocking Apprenticeship Opportunities

Date | 13/02/26

Time | 10:30am - 2:30pm

L1 Mental Health First Aid

Date | 17/02/26

Time | 9:30am - 12:30pm

Volunteer and Work Placement Induction

Date | 20/02/26

Time | 09:30am - 2:30pm

EMPOWER YOU

Date | 24/02/26

Time | 09:30am - 2pm

— March —

Volunteer and Work Placement Induction

Date | 06/03/26

Time | 9:30am - 2:30pm

L2 Food Safety

Date | 11/03/26

Time | 9:30am - 3pm

Mindfulness Bootcamp

Date | 11/03/26

Time | 10:30am - 12:30pm

Unlocking Apprenticeship Opportunities

Date | 13/03/26

Time | 10:30am - 2:30pm

Get Into Admin

Date | 16/03/26

Time | 10:30am - 1pm

L2 Emergency First Aid

Date | 17/03/26

Time | 9:30am-4:30pm

L2 Mental Health First Aid

Date | 24/03/26

Time | 9:30am-4:30pm

Mindfulness Bootcamp

Date | 25/03/26

Time | 10:30am-12:30pm

For more information or
to sign up please contact

 01724 279900 option 6

 skillsandpersonaldevelopmentteam@ongo.co.uk