

The brain food Volunteer Development **Cookbook**

Community food provision
learning opportunities



This booklet has been created primarily for volunteers working in community food provisions such as pantries, foodbanks, community cafés, community fridges, and community growing projects including orchards, allotments, and community gardens.

It is aimed at supporting a learning pathway ranging from initial training programmes, through to formal Higher and Further education. It has been divided into three sections:

Starters

Basic requirements and areas of learning for volunteering in a community food project

Mains

Further courses for learning pathway that take place in the community

Desserts

Further and Higher education courses taking place in colleges with formal qualification (cost involved)



Starters

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REHIS Introduction to Food Hygiene

(The Royal Environmental Health Institute of Scotland)

cooking time

2 hours

use by date

3 years

serves

Up to 12 people

method

A 2-hour introductory course on the benefits of high standards of hygiene within food premises, the main requirements of food safety legislation and an explanation of the terms: food hygiene, food poisoning, food hazards, food spoilage and food contamination.

The course covers bacteria, causes of food poisoning, preventing food poisoning, personal hygiene, cleaning and disinfection, and safe handling and storage.

Participants receive a REHIS certificate that lasts for 3 years.

* This course is also available as an e-learning programme, which requires access to a PC or laptop with internet connection.

contact

Iain Anderson

Community Food Development Worker

Iain.Anderson@fife.gov.uk

07525 392808

REHIS Elementary Food Hygiene

(The Royal Environmental Health Institute of Scotland)

cooking time

6 hours

use by date

3 years

serves

Up to 12 people

method

A 6-hour course on the benefits of high standards of hygiene within the food industry, the disadvantages and costs of poor standards of hygiene within the food industry, the role of the employer and employee in maintaining these standards, the terms food poisoning, food-borne infection, food contamination, and food safety hazards, and the incidence of Food Related Illnesses within Scotland over the previous 10 years.

The course covers bacteria and their characteristics, the incidence of food poisoning and its prevention, personal hygiene and working habits of the food handler, the working environment, common food pests and their control, cleaning practices, HACCP, and food legislation.

Participants receive a REHIS certificate that lasts for 3 years.

* This course is also available as an e-learning programme, which requires access to a PC or laptop with internet connection.

contact

Jackie Arreaza

Community Food Team, Greener Kirkcaldy

jackiea@greenerkirkcaldy.org.uk

01592 858458

This course has a charge, see Greener Kirkcaldy's website for more information: www.greenerkirkcaldy.org.uk/project/rehis-training

Health and Safety: A Basic Guide

cooking time

3 hours

use by date

None

serves

Up to 12 people

method

This is a basic level course to increase participants' awareness and understanding of their statutory requirements in relation to occupational health and safety. There is a focus on the basic requirements, current enforcement priorities and the help available from the Health Promotion Workplace Team and partner organisations.

By the end of this course participants will have:

- An increased knowledge of the basic requirement for occupational health and safety related to small businesses
- An awareness of current 'hot' health and safety topics
- An understanding of the assistance available from Health Promotion Work- place Team in relation to fulfilling their statutory obligations

Suitable for those with an interest in health and safety in small businesses and voluntary sector organisations including new business start-ups and established workplaces.

contact

Health Promotion Training Team

fife.hittraining@nhs.scot

Health Promotion Training Website

<http://hptraining.fife.scot.nhs.uk>

Emergency First Aid at Work

cooking time

6 hours

use by date

3 years

serves

Up to 12 people

method

First aiders are an integral part of workplace safety. The Health and Safety (First Aid) Regulations 1981 require all employers to make arrangements to ensure their employees receive immediate attention if they are injured or taken ill at work. This includes appointing a suitable amount of first aiders and providing appropriate first aid training.

This course is ideal for people who have a specific responsibility to provide basic first aid in voluntary and community activities. During this 1 day course, learners will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including: managing an unresponsive casualty, CPR, choking, shock, wounds and bleeding and minor injuries.

contact

Contact your local Fife Council Community Learning and Development Adult Learning provider, or alternatively the following organisations run courses:

- **St Andrews Ambulance Service**
0141 332 4031 or info@firstaid.org.uk
- **MRS Training and Rescue (Cowdenbeath)**
01383 510766 or scotland@mrsl.co.uk
- **First Aid Training Fife**
firstaidtrainingfife.co.uk/

Step into Volunteering

cooking time

3 x 2.5 hours

use by date

None

serves

Up to 10+ people

method

- **Stage 1**
Introduction to Volunteering and the Benefits of Volunteering
- **Stage 2**
Boundaries and Support
- **Stage 3**
Practical Elements of Volunteering

All sessions are at the same place, same time, and on the same day over three weeks. To make sure you have access to all information and to receive your certificate, you need to book onto and attend all three sessions.

contact

Fife Voluntary Action

01592 760720 or by email at info@fva.org

Or for further information visit

[Training and Learning - News and Events \(fva.org\)](https://www.fva.org)

Stigma Toolkit

(Making it Work for Families)

cooking time

6 hours

use by date

None

serves

Up to 12 people

method

This toolkit was developed as an aid to support thinking and challenging stigma at a local level to help improve outcomes for families. It was designed as part of a project by Making it Work for Families (MIWFF). This is a partnership project that brings together staff from Fife Gingerbread, Clued Up, Citizens Advice & Rights Fife and Fife Intensive Rehabilitation & Substance Use Team.

This toolkit is designed to start conversations and more importantly action around tackling stigma that communities and individuals face. By focusing on local change, we hope to contribute to broader social change and equality for all. This toolkit can be used in two ways:

- a self-directed approach and has links to external audio and visual resources, reflective activities as well as collaborative activities to help share learning. We suggest you work through this toolkit in a chronological order to help build your understanding of stigma and how to tackle it. This toolkit should take a few hours to complete.
- Contacting Stevan Sutherland from the Making it Work for Families Project to arrange an in-person training session from the project team.

contact

Stevan Sutherland, Clued-Up Project

stevan.Sutherland@cluedup-project.org.uk

or book through Fife Health Promotions training at website -

<http://hptraining.fife.scot.nhs.uk> or email **fife.hittraining@nhs.scot**

Challenging Poverty Stigma and Discrimination

cooking time

25 minutes

use by date

None

serves

15-20 people

method

This Public Health Scotland learning hub resource is aimed at those who work in frontline public services with some of the sections dedicated to those in management roles. It creates an opportunity for you to develop your understanding of poverty stigma and discrimination. It will introduce new ways to challenge poverty stigma and enable you to implement changes to your practice.

How to access

To access this module click on the following link to access Public Health Scotland's Virtual Learning Environment:

publichealthscotland.scot

Challenging poverty stigma and discrimination

contact

Health Promotion Training Team

fife.hittraining@nhs.scot

Health Promotion Training Website

<http://hptraining.fife.scot.nhs.uk>

Poverty Awareness Information Session

cooking time
45-60 minutes

use by date
None

serves
15-20 people

method

Virtual Workshop

The aim is to raise awareness of the nature and impact of poverty in Fife today and to equip participants with the knowledge to provide practical help and support.

By the end of this course participants will have:

- An understanding of the nature of poverty in Fife today
- Knowledge of the different types of poverty
- Knowledge of local sources and pathways of support
- Advice on signposting and referrals
- Increased confidence to have a supportive and healthy conversation about poverty

This session is for anyone who would like further information, guidance and advice to be able to support those affected by the poverty crisis.

contact

Health Promotion Training Team

fife.hittraining@nhs.scot

Health Promotion Training Website

hptraining.fife.scot.nhs.uk

Supporting Low Income Families

cooking time

Half day

use by date

None

serves

15-20 people

method

This virtual workshop course has been designed for frontline staff who require an understanding of the nature of poverty and changes to the welfare system and how they will affect people in Fife. The training should help staff provide initial advice and referral to specialist support services. By the end of this course participants will have:

- An understanding of the nature of poverty in Fife and how it provides a context to the UK Government's welfare reforms
- The ability to summarise the main changes made to the benefits system, to identify which groups are affected by them and the impacts they have had
- An overview of emerging big changes particularly in relation to Universal Credit and Personal Independence Payments including up to date timetables for implementation
- An understanding of benefit conditionality and how clients can avoid welfare benefit sanctions and appeal or manage those sanctions if they are imposed
- Information on how people can access the Scottish Welfare Fund, get support to manage their money and access other specialist support services

contact

Health Promotion Training Team

fife.hittraining@nhs.scot

Health Promotion Training Website

hptraining.fife.scot.nhs.uk

Samaritans Awareness

cooking time

One hour

use by date

None

serves

15-20 people

method

This virtual workshop aims to create awareness of what the Samaritans do while stressing the value of talking and listening. And to know that there is support 24 hours a day.

By the end of this workshop participants will have:

- An awareness about the importance of talking and listening
- The skills to use questioning techniques when they have concerns about someone

The awareness session is available to anyone who works and resides in Fife.

contact

Health Promotion Training Team

fife.hittraining@nhs.scot

Health Promotion Training Website

hptraining.fife.scot.nhs.uk

Allergens Training

cooking time

3 hours

use by date

None

serves

15-20 people

method

This online training tool has been developed by Food Standards Scotland to help bring greater awareness about allergens in manufacturing and catering settings. The training is primarily intended for use by food business operators and local authority enforcement officers, but may also be of interest to anyone wanting to learn more about food allergies.

- Module 1 Rules & regulations
- Module 2 In the body
- Module 3 In the factory
- Module 4 Prepacked food, on the label
- Module 5 In the catering environment
- Module 6 Providing consumers with allergen information

The modules can be accessed online at
[foodstandards.gov.scot | allergen training](https://foodstandards.gov.scot/allergen-training)

contact

Jackie Arreaza

Community Food Team, Greener Kirkcaldy

jackiea@greenerkirkcaldy.org.uk

01592 858458

The REHIS & Allergy Action UK Allergy Awareness course has a charge, see Greener Kirkcaldy's website for more information:

www.greenerkirkcaldy.org.uk/project/rehis-training

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REHIS An Introduction to Food and Health

(The Royal Environmental Health Institute of Scotland)

cooking time

3 hours

use by date

None

serves

Up to 12 people

method

The aim of this course is to provide participants with a basic understanding of healthy eating.

By the end of this course participants will have:

- An appreciation of the importance of a healthy diet and its impact on health
- An understanding of the Eatwell guide and its key messages
- An appreciation of how to put healthy into practice

This course is suitable for anyone who is interested in food and health, for example, those who require some basic knowledge of healthy eating to support them in the workplace.

contact

Jackie Arreaza

Community Food Team, Greener Kirkcaldy

jackiea@greenerkirkcaldy.org.uk

01592 858458

This course has a charge, see Greener Kirkcaldy's website for more information: www.greenerkirkcaldy.org.uk/project/rehis-training

REHIS Elementary Food and Health Level 1

(The Royal Environmental Health Institute of Scotland)

cooking time

6 hours

use by date

None

serves

Up to 12 people

method

To explore the relationship between food and health, providing participants with the skills and knowledge necessary to influence healthy lifestyles within communities.

By the end of this course participants will have:

- An appreciation of the value of having a balanced diet
- An understanding of the function of food in the diet in relation to health
- An appreciation of the influences of life circumstances on dietary habit, e.g. social, cultural and religious

On successful completion of a short multiple choice assessment participants will receive the REHIS Elementary Food and Health Certificate

contact

Jackie Arreaza

Community Food Team, Greener Kirkcaldy

jackiea@greenerkirkcaldy.org.uk

01592 858458

This course has a charge, see Greener Kirkcaldy's website for more information: www.greenerkirkcaldy.org.uk/project/rehis-training

REHIS Elementary Cooking Skills

(The Royal Environmental Health Institute of Scotland)

cooking time

6 hours

use by date

3 years

serves

Up to 12 people

method

This course will provide participants with basic cooking skills that increases confidence, skills and knowledge.

The course covers using safe and hygienic practices, understanding and following a recipe, food preparation techniques, cooking methods and food presentation, pulling it all together and an assessment.

Participants receive a REHIS certificate that lasts for 3 years.

contact

Karen Scott

Community Education Worker (Food Insecurity)

karen.scott@fife.gov.uk

07849 309741

Fife Community Food Champions

(The Royal Environmental Health Institute of Scotland)

cooking time

18 hours

use by date

3 years

serves

Up to 12 people

method

This course will provide participants with three REHIS certificates in Elementary Food Hygiene, Elementary Food and Health, and Elementary Cooking with Groups and takes place over three days, usually one day a week for three weeks, with an assessment the first two weeks followed by a practical session where the third assessment takes place.

Participants receive 3 REHIS certificate that lasts for 3 years.

contact

Health Promotion Training Team

fife.hittraining@nhs.scot

Health Promotion Training Website

hptraining.fife.scot.nhs.uk

Scotland's Mental Health First Aid (SMHFA)

cooking time

2 full days

9.30am to 4.00pm

use by date

None

serves

Up to 12 people

method

To raise awareness of mental health and wellbeing issues and to provide participants with basic crisis first aid skills training. This course has recently been revamped and includes sessions on attitudes, recovery, alcohol and drugs, suicide, listening skills, self harm, depression, anxiety and psychosis.

By the end of this course participants will have:

- Increased knowledge about mental health issues in Scotland
- Increased skills and confidence in recognising the signs of mental health problems or suicidal thoughts, be able to provide initial help and guide toward appropriate professional help
- Explored issues around recovery

This course would suit anyone who is interested in developing their knowledge and skills in supporting someone with a mental health problem or suicidal thoughts.

contact

Health Promotion Training Team

fife.hittraining@nhs.scot

Health Promotion Training Website

hptraining.fife.scot.nhs.uk

Information Technology

cooking time

12-18 hours

use by date

None

serves

Up to 12 people

method

Data Skills Bootcamp for Women Returners 3 day course

Fife College 03442 480115 or visit fife.ac.uk

Adult Basic Education and English Speakers of Other Languages

Adult Basic Education (ABE) offers free learning for young people and adults over the age of 16 in Fife, who want to develop their skills in reading, writing, numbers and ICT. Learners can also work towards an SQA qualification at Levels 3 and 4. Learning takes place in small groups and is based around a learner's goals and interests. ESOL offer English classes to people living in Fife whose first language is not English. We will help you to learn to improve your English language skills. The hope is this will help you move to further learning, a new or different job and to integrate into community life.

For more details email abe.esol@fife.gov.uk or call 0800 7835161.

Digital Skills

Digital skills training courses are running all the time. You can start a course at a time that's convenient to you and you'll be supported in a friendly and informal environment while you learn. There are three digital skills courses available. Level 1 is for people who have never used a computer mouse and keyboard. Level 2 is for people with some experience of using a computer. If you'd like to improve your reading and writing skills at the same time a learning digital skills then choose a course marked with "literacies".

Find out where the courses are by visiting www.fife.gov.uk and searching for Digital Skills Courses, or email cdtadmin@fife.gov.uk to book a place.

Volunteering Skills Award

cooking time

12 hours

use by date

None

serves

Up to 12 people

method

This course is ideal for anyone about to volunteer or is actively volunteering. The course will give you an opportunity to apply your skills and knowledge and gain a recognised qualification that recognises the contribution that volunteers make. It is delivered in a blended approach of face to face and online learning. You will be supported throughout your studies as you cover three units in Preparing to Volunteer, Volunteering Experience, and a Project.

contact

Fife College

Call 0344 248 0115 or email info@fife.ac.uk

Adult Achievement Award

cooking time

12 hours

use by date

None

serves

Up to 12 people

method

Adults learn throughout their lives and in many different settings. Adult Achievement Awards offer an opportunity to gain a National Certificate for learning undertaken in a variety of places, in the community, at work, in the home, in college, and in volunteering programmes. Adult Achievement Awards are currently available on the Scottish Credit and Qualifications Framework (SCQF) at Levels 2, 3, 4, 5 and 6. There are no entry requirements for the awards. It is a recognised SCQF qualification that employers, colleges and Universities all accept.

In all of the levels, learners are asked to review and reflect on the learning they have undertaken and plan for the future. This learning may have taken place within the past 12 months or can be something you are involved in at the moment. There is no requirement to attend classrooms at set times, the award is undertaken at the learner's own level and pace using a journal to evidence their learning and there is a cost attached for the assessment.

For more information watch the New Battle Abbey videos on their website www.nac.ac.uk/adult-achievement-awards

contact

Lesley Pringle, Development Worker

Fife Council (Community Learning & Development)

Call 07960677577 or email Lesley.pringle@fife.gov.uk

Volunteer Management

cooking time

6 x 3.5 hours

use by date

None

serves

Up to 10+ people

method

- Course 1 - Volunteer Involvement, Getting Started
- Course 2 - Effective Volunteer Recruitment
- Course 3 - Supporting Your Volunteers
- Course 4 - Fair and Equal Volunteering
- Course 5 - Risk Management in Your Volunteer Programme
- Course 6 - Avoiding Legal Issues in Volunteer Management

You must make a separate booking for each session you wish to attend.

contact

Fife Voluntary Action

Call 01592 760720 or email info@fva.org

For further information visit

[Training and Learning - News and Events \(fva.org\)](#)

Step In

cooking time

17 weeks

2 half days per week

use by date

None

serves

Up to 12 people

method

Thinking of updating your skills? Step In is a practical short course with a range of taster activities to help develop skills and confidence in a supportive and stress-free environment. This course offers the support you might need to get the job you want or the college course that is right for you. The course is offered in various locations across Fife.

- Employability skills
- Working with others
- Confidence
- Study Skills
- Increases motivation, self-esteem, independence and responsibility
- Health and wellbeing
- Computing
- Applied number skills
- Personal development

contact

Fife College

Call 0344 248 0115 or email info@fife.ac.uk

Step Up

cooking time

17 weeks

2 half days per week

use by date

None

serves

Up to 12 people

method

This course will allow you to develop skills and qualifications in essential skills within a small and supportive environment. Achievement of this course may assist you to progress on to a further College programme, employment or volunteering.

You will be provided with support throughout your programme to help with your future choices.

- Employability Group Award
- Communication, numeracy and computing
- Customer care
- Tourism

The course is delivered in three locations, Dunfermline (Halbeath Campus), Levenmouth (Levenmouth Campus), and Glenrothes (Stenton Campus).

contact

Fife College

Call 0344 248 0115 or email info@fife.ac.uk

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Retail

cooking time

180 hours

use by date

None

serves

Up to 20 people

method

Skills for Work—Food & Drink Manufacturing Industry (Elmwood College)

This 12-week course is designed to provide an introductory qualification for the food and drink manufacturing industry. The course will enable learners to experience, develop and reflect on general and specific practical skills, knowledge and understanding together with employability skills and attitudes needed for work in the food and drink manufacturing industry.

This course will be delivered on campus over 12 weeks, approx. 15 hours per week.

contact

Scotland's Rural College (SRUC)

Call 0131 535 4000 or enquiries.sruc.ac.uk

Professional Cookery

cooking time

1 year

use by date

None

serves

Up to 20 people

method

NC Professional Cookery

This course is designed to teach you the skills required to work in the hospitality industry and professional cookery. It will introduce you to the range of opportunities available and has a focus on professional cookery. As part of the course, you will be working in our purpose-built professional kitchens and bistro cooking and serving our loyal customers. Work experience will be part of the course and helps you identify which area of professional cookery you would like a career in.

Advanced Certificate Professional Cookery

This course is about developing culinary skills and knowledge in the professional kitchen. Developing on basic skills gained on the NC Professional Cookery the focus is on food production and food presentation skills at a higher level.

NQ Professional Cookery

This course is the perfect way to start your career in professional cookery and the hospitality industry. You will learn basic practical skills from food preparation through to food services. This course is all about hands-on learning, team-work, and building confidence. You will be able to produce great food for the students, staff, and visitors in our purpose-built kitchens and bistro facilities.

Work placement is an integral part of the course and will build your employability skills ready for the world of work.

contact

Fife College

Call 0344 248 0115 or email info@fife.ac.uk

Professional Cookery

continued

cooking time

1 year

use by date

None

serves

Up to 20 people

method

HNC Professional Cookery (Patisserie)

This course will develop your patisserie skills to an advanced level. It is a follow on course from Advanced Certificate: Patisserie and will focus on key aspects in the world of patisserie and pastry. The course will challenge you and develop your confidence both in practical and theory subjects within this specialist area of professional cookery.

HNC Professional Cookery

This course is ideal for you if you are looking for a career in professional cookery and want to lead a team in a professional kitchen in the future. Producing highly technical dishes and fine dine food, you will develop your cookery and supervisory skills at an advanced level. Building on your existing cookery skills you will study both practical and theory subject based around a kitchen supervisory role.

HND Professional Cookery

This course builds on the knowledge and skills gained in the HNC: Professional Cookery and includes topics such as gastronomy, managing resources and kitchen planning and design. It also includes a period of practical work experience which will enable you to put into practice the knowledge and skills learned.

contact

Fife College

Call 0344 248 0115 or email info@fife.ac.uk

Intermediate Certificate in Bakery

cooking time

1 year

use by date

None

serves

Up to 20 people

method

Are you looking for a career in a bakery or catering outlet? You will learn about craft baking, and the art of making bread and dough products, as well as gaining specialist knowledge in basic pastry, desserts and cake decoration. You will learn about food hygiene, customer care and the service of food and beverages.

This hands-on course will give you the opportunity to experience what is required for preparing, producing, promoting, and selling food products as part of an enterprise activity including running our successful in-house bakery. This course includes a work placement in the local area.

contact

Fife College

Call 0344 248 0115 or email info@fife.ac.uk

NC Introduction to Horticulture

cooking time

1 year

use by date

None

serves

20 people

method

Full time (1 year course) at Elmwood College, Cupar

This entry-level course will give you an opportunity to develop a wide range of horticultural skills and knowledge to build a career in the horticultural industry. Potential career paths include working in estate management, garden labouring, labouring in landscaping firms or for garden centres, equipment sales or supply.

A range of topics are covered during the course including plant propagation, rural estate management, horticulture and greenkeeping tools and machinery and preparing an area for landscaping.

Progression

- NC Horticulture (Oatridge College)
- HNC Horticulture (Edinburgh, Oatridge, Glasgow, Elmwood) HND Horticulture (Edinburgh, Glasgow)
- SVQ Level 5 Horticulture (Oatridge, Elmwood)
- MA Horticulture SCQF Level 5 (Barony, Oatridge, Elmwood)
- MA Horticulture SCQF Level 6 (Barony, Oatridge, Elmwood)
- BSc (Hons) Horticulture (Edinburgh)

contact

Scotland's Rural College (SRUC)

Call 0131 535 4000 or enquiries.sruc.ac.uk

NC Rural Skills

cooking time

1 year

use by date

None

serves

Up to 20 people

method

Full time (1 year course) at Elmwood College, Cupar

This course is designed to attract 16-19 year olds who may have required additional help while at School/College, who enjoy and have an interest in hands- on land-based subjects and would like to develop their knowledge in this area.

contact

Scotland's Rural College (SRUC)

Call 0131 535 4000 or enquiries.sruc.ac.uk

NC Gamekeeping

cooking time

1 year

use by date

None

serves

Up to 20 people

method

Full time (1 year course) at Elmwood College, Cupar

This course provides a mixture of practical training and background knowledge. As well as completing vocational training in a real working environment, you'll help to manage a local estate in Fife. You'll also undertake residential work placements to upland estates for both red deer and grouse management.

contact

Scotland's Rural College (SRUC)

Call 0131 535 4000 or enquiries.sruc.ac.uk

NC Countryside Management

cooking time

1 year

use by date

None

serves

Up to 20 people

method

Full time (1 year course) at Elmwood College, Cupar

This course is designed for anyone interested in a career in any aspect of countryside services, like estate maintenance, environmental projects, or wildlife conservation. It also gives you the skills you need to work with community based or voluntary countryside and environmental projects. You'll learn about conservation management and sustainability, ecology and wildlife identification, habitat protection and access to the countryside. You'll also learn a variety of skills you can use in any working environment, like good communication and team as well as communication and team working skills.

Contact

Scotland's Rural College (SRUC)

Call 0131 535 4000 or enquiries.sruc.ac.uk

HNC Working with Communities

cooking time

2 year

use by date

None

serves

Up to 20 people

method

Part time (2 year course) at Fife College St Brycedale Campus, Kirkcaldy

This course is for those interested in working in the community in a range of settings and with a range of individuals. HNC Working with Communities is for you if you have an interest in working in the community education sector. This can range from private, statutory and voluntary organisations and with a range of individuals of different ages. You will study a range of topics from sociology, group work and working with asylum seekers. The course contains a work placement where you will gain practical experience and be able to apply the knowledge gained through the units of study. The course is assessed by continual assessment throughout the course.

contact

Fife College

www.fife.ac.uk | **Working with Communities - HNC SCQF Level 7**

Call 03442 480115 or email info@fife.ac.uk

Useful information

- **Fife Voluntary Action** have an extensive list of training opportunities, contact them direct on 0800 389 6046 or by email at info@fva.org
- **Student Awards Agency Scotland** can be contacted on 0300 555 0505 for information about funding for courses, or visit their website at www.saas.gov.uk
- **Fife College** can also discuss this with you and support you to apply for funding and bursaries, contact them on 03442480115, email on info@fife.ac.uk or visit their website at www.fife.ac.uk

Other volunteer training

Open Learn Courses from the Open University

www.open.edu/openlearn/free-courses/full-catalogue

This covers a huge range of free training, including many issues related to employment that have a crossover to volunteering e.g., working in teams; communication at work; working in the third sector etc. In the Money and Business section you'll find; Using voluntary work to get ahead in the job market.

Fife Council Adult Basic Education (ABE)

Offers free learning for young people and adults over the age of 16 in Fife, who want to develop their skills in reading, writing, numbers and ICT. Learners can also work towards an SQA qualification at Levels 3 and 4. Learning takes place in small groups and is based around a learner's goals and interests.

ESOL

English for Speakers of Other languages offers free classes. You can learn in the classroom or online.

We can help you learn English for everyday situations, study or work. You'll meet people from other countries and make friends too.

For more information email abe.esol@fife.gov.uk
or call 0800 783 5161

Fife Health & Social Care Partnership Health Promotion Service Workplace Team

The Workplace Team provide free and confidential support and advice to help Fife employers and workers create a healthier and safer working environment to promote good work

Health Promotion Workplace Team

Call 01592 226946 or email fife.hwl@nhs.scot

www.nhsfife.org/workplace

Notes



This document was compiled by
Fife Council Community Development Team.
If you have any suggestions for updates or additional
information to include please email CLD.BSU@fife.gov.uk

For more information about
foodbanks and community cafés in Fife visit
www.fife.gov.uk/communityfood



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