

## Back On Track -

## FREE short courses to build skills, knowledge and confidence

Back on Track is an interactive programme of activities for residents, that offer career and personal development opportunities. It provides ideas and tools to make a difference in your community, whether you are already involved or would like to be, and a range of transferable skills to support your aspirations.

All sessions are online unless stated otherwise.

REGISTER YOUR INTEREST

Email: [aylesbury@nhg.org.uk](mailto:aylesbury@nhg.org.uk)

Call: 07920 466133

### March

WED 2<sup>ND</sup>  
Growing a Money Mindset

THU 3<sup>RD</sup>  
Budgeting and Money Principles

TUE 8<sup>TH</sup>  
Debt 101  
(Part 1 of 2)

THU 10<sup>TH</sup>  
Debt Management  
(Part 2 of 2)

TUE 15<sup>TH</sup>  
Build Your Credit

THU 17<sup>TH</sup>  
Make Your Money Grow

TUE 22<sup>ND</sup>  
Smart Saving

Time: All sessions 7-8pm  
(1hr per session)

### March

WED 9<sup>TH</sup>  
How to Resolve Conflict  
10am-2.45pm

THU 17<sup>TH</sup>  
Emergency Adult First Aid Day  
Course with Qualification  
In person, Notting Hill Genesis.  
Aylesbury Estate Office

THU 24<sup>TH</sup>  
Challenge and Question  
With Confidence 10am-2.45pm

THU 31<sup>ST</sup>  
Digital and Social Media  
Engagement 6-8pm

### April

WED 20<sup>TH</sup>  
Your Voice Matters: Building  
Safety 6-8pm

MON 25<sup>TH</sup>  
Your Voice Matters:  
Introduction to Scrutiny  
9.45am- 2.45pm

TUE 26<sup>TH</sup>  
Making Teams and Zoom  
Work for You 6-8pm

THU 28<sup>TH</sup>  
Running a Successful  
Residents' Association 6- 8pm

### May

WED 4<sup>TH</sup>  
Foods Good for Immunity –  
Healthy Breakfast and Dinner  
Prep 9.30am till 1pm  
In person at St John's Centre

WED 11<sup>TH</sup>  
Think Ingredients –  
Tasty leftovers 9.30am till 1pm  
In person at St John's Centre

WED 18<sup>TH</sup>  
Celebration colours of food –  
Latin American and South East  
Asian 9.30am till 1pm  
In person at St John's Centre

THU 21<sup>ST</sup>  
Social Action Workshop

### June

TUE 7<sup>TH</sup>  
Money Mentor Course with  
Personal Finance qualification

SAT 11<sup>TH</sup>  
Money Mentor Course with  
Personal Finance qualification

TUE 14<sup>TH</sup>  
Money Mentor Course with  
Personal Finance qualification

TUE 21<sup>ST</sup>  
Money Mentor Course with  
Personal Finance qualification

TUE 28<sup>TH</sup>  
Money Mentor Course with  
Personal Finance qualification

### July

TUE 5<sup>TH</sup>  
Money Mentor Course with  
Personal Finance qualification

TUE 12<sup>TH</sup>  
Money Mentor Course with  
Personal Finance qualification

#### 1:1 Money Know How sessions

Date: Sessions available March - June

Online/telephone support for money issues.  
With potential referral for specialist debt  
advice. Support will be scheduled according  
to your availability.

#### IT Skills The basics (8 sessions)

In person (The Old Pharmacy, Taplow)

An 8 week group course that will equip  
learners with all the core skills they need  
to begin their digital journey and move  
ahead with increased confidence.

#### 1:1 Career coaching (Online via Zoom)

Date: Tuesday 12th April, Thursday 12th  
May, Monday 16th May  
(Available slots on these dates)

Time: 9.30-10.30am, 10.30-11.30am,  
11.30am-12.30pm, 1-2pm, 2-3pm



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Rasheed  
Ogunlaru