



People First



The People First Centre for Learning

wearepeoplefirst.co.uk



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The People First Centre for Learning

Supporting people labelled as having a learning disabilities to thrive.

Thank you for choosing to find out more about us, our courses and our distinct approach to learning.

The People First Centre for Learning is a unique, award-winning place where education, training and equality come together. This combination exists to support people with learning difficulties to thrive in the world of work.

We believe in a world where each and every individual is treated equally, fairly and where their rights, choices and beliefs are respected.

This belief is at the core of all that we do at the Centre for Learning; this simple truth forms the basis of our courses, learning environment, learner experience and commitment to progression.

Working side-by-side with professional experts, our learners are based in the dynamic People First Conference Centre in the heart of Carlisle. With encouragement and pride, our learners contribute in a real and integral way to the running of this professional environment.

Our programmes reflect personal needs and goals, our learners are experiencing a rewarding and challenging journey into working life.

Our programme reflects personal needs and goals, our learners engage in a rewarding and challenging experience. If you are looking to join, or would like to find out more, please do get in touch with one of the team who would be happy to help.

Faye McEwan-Barry
Education Manager



The People First Conference Centre

A unique place to learn and grow

We are based at the People First Conference Centre, a unique environment where study and experience come together in a thriving, active workplace. State of the art and statement-making: our building and facilities are equipped to provide impactful opportunities for you to develop.

A distinctive place with a distinct mission; The People First Conference Centre exists to provide a supportive and professional environment in which you can learn the skills you need to become ready for the world of work.

Our learners are part of a hardworking and supportive team. With real responsibilities and real challenges, you will experience a uniquely flexible curriculum. Working with expert staff, you will be supported to reach clear outcomes and goals in courses



firmly rooted in work-ready skills.

Underpinned by 30 years' experience providing advocacy and championing people's rights, you will be supported to develop:





“

I like to work independently. I try to do a good job and work as part of the team. We can all work it out together.”

Marcus

A welcoming learning experience

Friendly, accessible, safe

At the People First Centre for Learning you will become part of a welcoming, supportive and experienced learning atmosphere. Combining robust procedures, staff that are fully DBS checked and an inclusive location, we ensure that every learner is safe and respected.

You will get to know a team of friendly staff who will support you to achieving your best. Our education team are ready to explore your aims and goals, to provide mentoring, and work alongside you through the programme. Alongside your fellow learners you will be a valued member of the People First team.

Our belief in equality, fairness and respect extends to the design of our building. With fully accessible entrances and exits, drop-off and pick-up points, a city centre location and staffed reception area – we work hard to make sure you can focus on achieving your ambitions.





“

Our team are here to help you develop your work and life skills. We'll work with you to create a programme that fits your goals.”

Faye, Education Manager

Find your future

Our Courses

Hospitality Academy

We know that you are an individual with your own goals and interests. With this in mind, we take a personalised approach to our courses. We will work with you to ensure that you enrol on a course that is right for you.

As an Open Awards Centre, we deliver nationally recognised qualifications and bespoke programmes approved by the Open Awards 'Badge of Excellence'. We also offer a number of short courses.

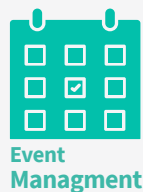


Hospitality Academy

Our Hospitality Academy has been designed to be a real alternative to traditional further education and day services. Alongside professionals in an active workplace setting, learners work in our conference centre to develop their skills and confidence.

Your learning

Offering a unique opportunity to be part of a supportive yet demanding environment, you will be part of a team where your contributions really count. Reflecting the diversity of the workplace, you will have opportunities to gain experience working with a range of departments, including:





Chill

Freezing food safely

- 1. Chill the food in the refrigerator for 15-30 minutes before freezing.
- 2. Use airtight containers or freezer bags to prevent freezer burn.
- 3. Label the containers with the date and contents.
- 4. Freeze the food in a single layer to prevent clumping.
- 5. Thaw the food in the refrigerator before cooking or eating.

Stock Rotation

Packaged Goods

FREEZER 2

Chill

Freezer box

- 1. Chill the food in the refrigerator for 15-30 minutes before freezing.
- 2. Use airtight containers or freezer bags to prevent freezer burn.
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- 4. Freeze the food in a single layer to prevent clumping.
- 5. Thaw the food in the refrigerator before cooking or eating.

Stock Rotation

Packaged Goods

FREEZER 1

“

I have responsibilities and jobs here. I meet, greet, and help to set up for meetings. I've also taken part in work experience at The Halston. It went really well; they gave me lots of advice on hospitality and looking after people”

Tom



Our Courses

Hospitality Academy

Your programme

After your induction and 'settling in' period, you will be assigned to a suitable learning route, these include:

Your experience

The learning you will experience on this course is largely practical and reflects the demands of future employment. Practical learning will be supported with classroom-based interactive workshops which build the evidence needed to secure your qualifications.

Work Experience

Our priority is to support you to gain the skills you need to enter the world of work.

To compliment your learning at the People First Conference Centre, we

work hard to find and prepare you for exciting work experience opportunities in the wider employment market. Our current learners have spent time in a range of hospitality work places including, The Halston, Barton's Yard, Overwater Hall Hotel, John Watt Coffee and Tullie House.

In 2021, we opened the People First Cafe in the Northern Centre for Cancer Care at the Cumberland Infirmary, Carlisle. This new location has become part of our learners' education, providing the opportunity to work in a fast-paced cafe environment with supportive staff.



Live your best life

Our Courses Best Life Programme

This co-produced, educational programme has been developed to help you to think about 'Living Your Best Life' and is based on a Human Rights and equality. This programme is backed by nationally recognised qualifications such as Independent Living Skills (Open Awards).

Your learning

We will focus on all the different parts of your life. You will be supported to identify areas for personal and skills development in the following topics:

- Healthy Life: Personal Wellbeing
- Life with Love: Personal Relationships
- Informed Life: Education and Information
- Wealthy Life: Income/ Money Management
- Productive Life: Occupation/Recreation
- Safe Life: Personal Security/ Safeguarding
- Expressive Life: Voice, Views/ Representation
- Connected Life: Community Participation
- Family Life: Supporting Family Relationships, Parents and Children





“

The Best Life Programme has helped me to speak about myself. I have learned more, I understand more and have made more friends. We share our own point of view. We learn how to tell people what we like, dislike, want and don't want and what is available for us.”

Ricardo

Why choose The People First Centre for Learning?



We are an active workplace

As a successful hospitality venue we offer a unique opportunity to learn in a real working environment



We are award winning

With awards including a Golden Apple Award for Best Inclusion Initiative



We are connected

With partnerships with local and renowned hospitality businesses including The Halston

30 Years

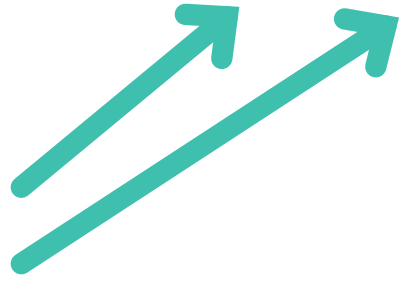
We are experienced

Drawing on 30 years' experience of advocacy and supporting people



We are successful

Our learners secure impressive qualifications each year



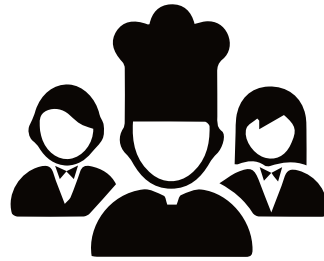
We are progression-focused

Finding work experience with employers including John Watt, The Halston and Overwater Hall Hotel



We are supportive

Our dedicated team use their experience and skills to offer bespoke support



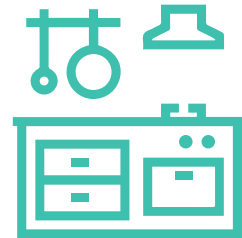
We are one team

Our learners work side-by-side with our staff to learn from industry experts in a variety of roles



We are highly qualified

Our staff have a base of impressive experience and formal qualifications



We are well-equipped

With a thriving conference centre and a professional kitchen

Working with others to improve confidence

More than just qualifications

Our approach to learning

We do not rely on exams and coursework. We will talk to you, use methods such as photos and videos to track your progress. Using our experience of many years' working with a range of recognised awarding bodies, we teach and assess in diverse ways to suit as many learning styles as possible.

- Practical
- Group work
- One-to-one
- Peer assessment and review
- Discussions
- Observations
- Role play
- Interactive media
- Real life interviewing and conference presentations
- Real work skills

Our courses are designed to support you to achieve your goals. We measure progress with individual plans which you will complete with your job coach at frequent intervals to make sure you are keeping on track and being your best.

A positive environment

We do things differently at the People First Centre for Learning. We make sure that your aims and ambitions are fully supported in a person-centred way. This includes regular one-to-one support sessions, small group work, exploring positive wellbeing and maintaining an atmosphere of togetherness through social experiences with the wider People First team.

In this positive environment you will receive a holistic education that focuses on workplace skills and culture. You will discover the rewarding feeling of hard work; the satisfaction of team work; and the pride of personal achievement. All of this you will discover in a supportive and secure space.



“

There is excellent feedback to the learners and opportunity to add their own feedback. Resources are excellent as is feedback to learners.”

Quote from Open Awards
Quality Assurance Review.

Meet our leadership team



Faye McEwan-Barry
Education Manager

Faye has a degree in English and a PGCE with QTS, both from the University of Chester. Faye has significant experience working in the education sector, including twelve years' experience in Further Education. For seven years Faye worked as a Programme Manager running courses for people with learning difficulties. Faye is also a busy Mum and enjoys quizzing, reading, cooking and baking.



Hannah Nicholson
Education Team Leader

Hannah has been working for People First for over 5 years. Having various roles including Community Engagement Officer supporting the Carlisle Self Advocacy Group and Job Coach. Today Hannah is the Education Team Leader, supporting the Education team and teaching on our Best Life Programme. Her highlights across her time here so far is seeing our learner's thrive, become more independent, confident and achieve their goals.



Luke Watts
Conference Centre Manager

Luke has worked in the Hospitality Industry since the age of 16. Beginning his career at The Overwater Hall Hotel where he was nominated for a Sheila Hensman Award for Outstanding Customer Service, Luke joined the management team at the Overwater in 2013 when the hotel won a Visit England Gold Award. Luke has studied with the Open University, travelled extensively in Africa and believes that education opens many doors.

Our team is made up of hardworking and experienced staff who care deeply about your progression. With backgrounds ranging from teaching to hotel management, our staff are knowledgeable, friendly and approachable.



**Danielle and
Maureen**
Job Coaches

Your Application

Now that you have read about our courses, got to know our staff and learned about what makes us a great and empowering place to learn, the next step is to make an application.

Our application process has been designed to be as individual and accessible as possible. You can start the process through an appointment with a member of our team, or you can come along to one of our popular Open Days organised throughout the year. Whichever approach you choose will be your first step on an exciting learning journey.



We work with you to help you find your best life; whether that is through the world of work or exploring your local community. This all starts with our easy read application, a taster session and a chat to make sure we are a good fit for you and your ambitions.”

Hannah, Education Team Leader

How to apply



Contact us



Come along for a tour of our building and facilities



Have a discussion with a member of our team about courses and funding



Complete and submit an application form (available in accessible formats)



Have an interview and attend a taster session (if applicable)



Funding confirmed



Place offered



Registration and enrolment



Start your first day as a People First learner



Get in Touch

To start your application, or to find out more information about The People First Centre for Learning, get in touch with our friendly team.

0300 303 4077

hannah@wearepeoplefirst.co.uk

wearepeoplefirst.co.uk

The People First Centre for Learning

The People First Conference Centre
Milbourne Street, Carlisle CA2 5XB

“

I work on reception and love meeting new people.”

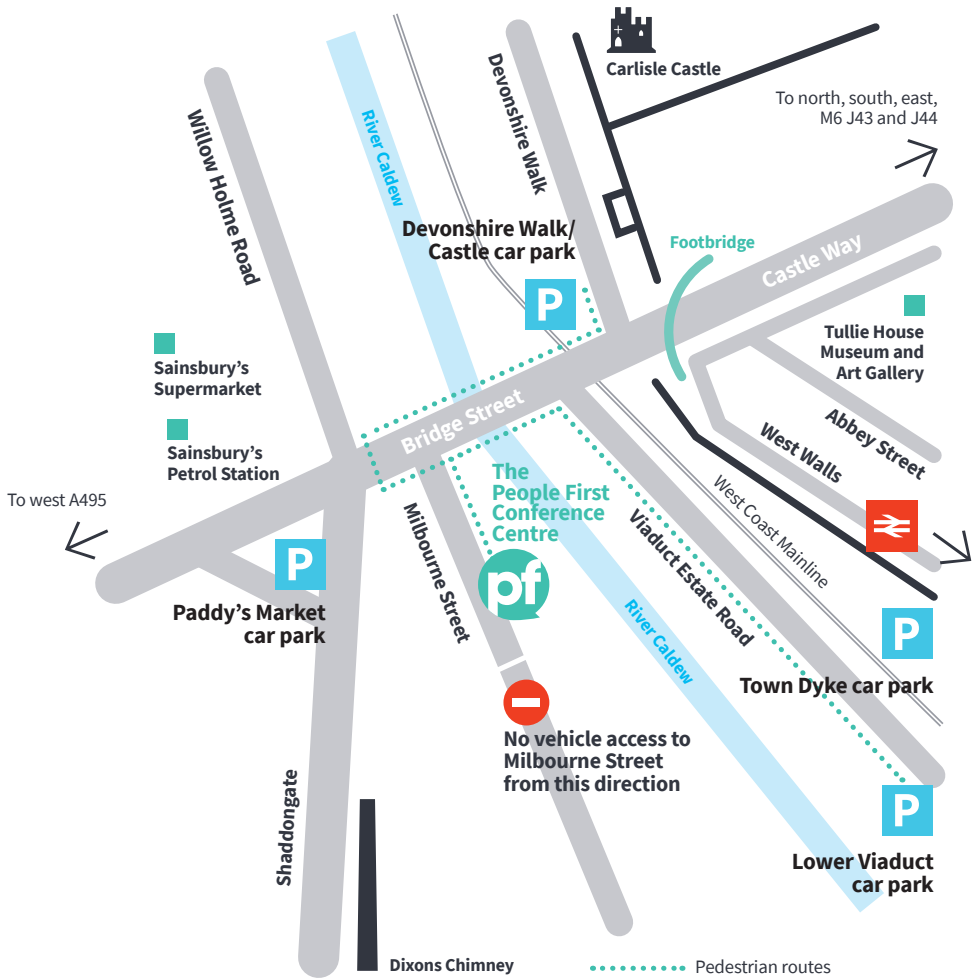
Ellie

“

First time I was here I was a bit nervous. I feel more relaxed now. My favourite job is to make drinks.”

Keith

Finding Us



The People First Conference Centre is conveniently close to Carlisle city centre. With four public car parks a short walk away, we are easy to find and easy to get to. We also offer accessible parking onsite.

Carlisle Railway Station is a 15-20 minute walk from The People First Conference Centre.



**We are
People First.**

We Listen, Engage and Empower

Contact us

0300 3034077

hannah@wearepeoplefirst.co.uk

**The People First
Conference Centre.**

Milbourne Street, Carlisle CA2 5XB

We are a charity

The People First Centre for Learning and Conference Centre are part of People First Services.

A Registered Charity No.1184467

An Open Awards Centre



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