



A look back through
November '25

Eat That Frog Group

NEWSLETTER



November saw centres marking Remembrance Day, learning about future careers, planning festivities and trying new things.

Our Supported Internships are now firmly underway giving our SEND learners the tools they need to succeed and giving them real plans to achieve their career goals.

Supported Internships on the up

We officially started offering Supported Internships at Eat That Frog in September. Since then we have successfully placed 13 learners into supported internship placements.

Learners have taken the leap with us into roles at:

Ocean City Media
Summer Skills Brewery
British Heart Foundation
The Range (Plymouth)
The Range (Paignton)
Cameron Mills Group
Barbican Theatre
Endsleigh Garden Centre
The Boathouse Seafood Restaurant and Bar
Craft Workshop
Torquay Museum
Eat That Frog
Exeter Library

 **Supported Internships**  **BOATHOUSE**
SEAFOOD RESTAURANT & BAR

“From day one, Alex impressed the team with his punctuality, focus and positive attitude, taking part in a variety of kitchen tasks from food prep to cleaning routines and settling in brilliantly with the staff. His confidence and independence are already shining through!”
THE BOATHOUSE

Are you an employer that would like to offer a placement?

Find out more here

or Email: daniel.newton@eatthatfrog.ac.uk

This has been a tremendous success in it's first term and we cannot wait to see how our learners progress. Updates can be found in this newsletter, on our social media pages and on our [Supported Internship webpage](#).

 **Supported Internships** 

“It's been a real pleasure working with Eat That Frog's learners. The learner has brought energy and commitment to her placement, and we've really valued the opportunity to help her build confidence and experience in a busy public library setting.”
CALLUM - LIBRARIES UNLIMITED

 **Supported Internships** 

“Maggie has made a fantastic start to her supported internship. She's quickly become a valued part of the team, supporting our business administration and keeping the office running smoothly. It's been great to see her confidence grow each week and we're really enjoying working with her”
OCEAN CITY MEDIA

 **Supported Internships** 

“It's been inspiring to see the learners grow in confidence and independence through the Supported Internship Programme. Their enthusiasm and willingness to learn have been a real asset to our team. Thanks again for all the great work you do – we're thrilled to be part of it.”
CAMERON - CAMERON MILLS GROUP

Post 16 Exeter

Exeter Centre marks Remembrance Day together

Exeter Centre marked **Remembrance Day** with a lovely team effort. Each learner decorated a letter or a poppy for the window display. It became a striking and thoughtful tribute.

The project was confidently led by our learner Louise. She also designed and created the impressive horse and poppy that sit at the heart of the display.

A big thank you as well to Reuben. He captured the finished display using our brand new tablet. **The result was something the whole centre could be proud of.**



Drama, teamwork and confidence at Exeter Centre

On 20th November, Eat That Frog, Exeter welcomed the dynamic **Jane Berry** to run a drama workshop for learners and staff. The drama presentation was a brilliant half day. It was entertaining, practical and informative.

Learners and staff fully got involved. The energy in the room was clear to see. One learner was an excellent and confident narrator. He spoke clearly and kept everyone engaged. Louise also played an active role, especially during the group read through of the Goldilocks script.

Learner, Reuben prepared this piece about the experience:

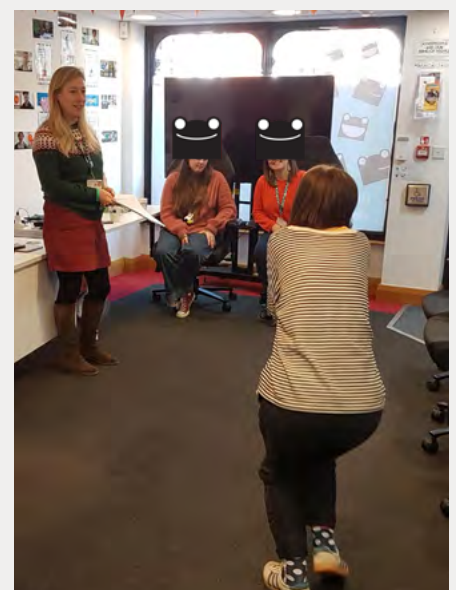
The workshop was attended by Nick, Louise, Jade and Fran who enjoyed it very much. To begin with, Jane ran some drama warm up games with music and later on Jane gave us her expert opinion on top tips on how best to perform our end of term Goldilocks production. (18th December)

According to learner, Louise, the workshop was 'very helpful and funny to watch teachers acting out the Goldilocks script'.

Another learner said "I enjoyed working as a team, the drama games and practising my narration skills".

Instructor, Nick said "I enjoyed it very much."

Overall, the Eat That Frog Exeter Team found this workshop inspiring and fun and a great way for learners to develop confidence and communication skills.



Post 16 - Newton Abbot

Learners inspired by real life career journey

We were pleased to launch Employability Week with a visit from the **Fire Service**.

Caroline Anderson joined us to share her personal career journey. She spoke openly about the skills, qualifications and qualities needed to work in fire and rescue services.

The session included an engaging interview led by our tutor, Merrick. Together, they explored the value of early work experiences, transferable skills and the importance of resilience and lifelong learning.

Caroline shared that career paths are rarely straightforward. She found her dream job at 38 and now thrives in a role she loves, supported by strong training and teamwork.

Her message was simple and powerful. Stay positive. Keep learning. Try new things. Every experience helps move you closer to your goals.



Cooking Up Confidence at The Country Table

Last week Tom completed his final shift at **The Country Table** in Newton Abbot.

Over two busy weeks, Tom worked in the kitchen and gained hands on experience in food preparation and cooking. He supported the team with food prep, helped bake cakes, and even created his own vegan soup for the café.

Tom enjoyed learning new cooking skills and trying different techniques. His favourite part was cooking a wide range of dishes and building confidence in a fast paced kitchen.

He said he has learnt new skills with food and really enjoyed the experience. **A great achievement and a brilliant step forward.**



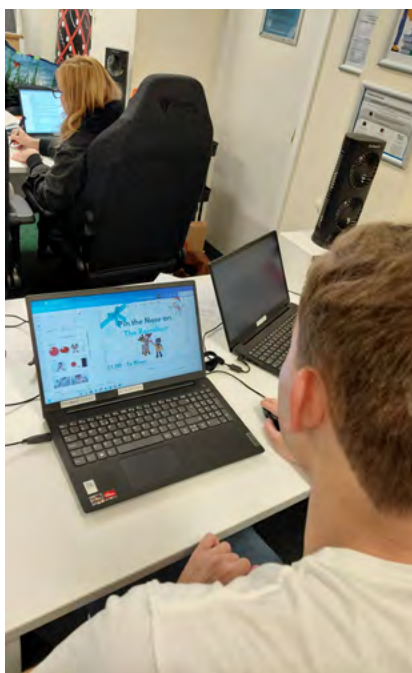
Post 16 - Paignton

Learners Bring Festive Ideas to Life

Learners and staff were busy getting ready for the Christmas Fayre during November. Now that the planning stage is complete, the creative work has begun. Learners are designing and making their own Christmas decorations, games, signage and posters for the event.

So far, learners have started building the frame for a portable photo booth. They have also created the outline for the game Pin the Nose on the Reindeer. Signage with prices for activities is underway, along with festive brainstorming to decide on prize ideas.

The Fayre is really starting to take shape and the creativity on display has been brilliant. Updates about the Fayre will be published in our December Newsletter.



Post-16 - Plymouth Futures

Futures learners step into Plymouth's past

On Thursday 6 November, learners from the Futures Centre took a journey through time and explored Plymouth's past at the Remember, Respond, Resist exhibition.

Learners watched a large scale audio visual film about the Port of Plymouth. It brought the city's history to life. The film traced Plymouth's story from ancient settlements through to its role as a world class maritime city.

Learners also met Mildred the Mammoth and explored fascinating specimens, skeletons and taxidermy animals.



One learner especially enjoyed the artwork in the exhibition. He shared that a painting reminded him of setting himself free from secondary school.

Alex Impresses at The Boathouse Restaurant



<https://www.theboathouseplymouth.co.uk/>

Alex has completed his six week review on his Supported Internship at the Boathouse Restaurant on the Barbican and it has been a very positive one.

Alex supports the kitchen team with food preparation. He helps with deliveries and keeps hygiene and safety standards high. He has also been completing online food hygiene training alongside his placement.

The restaurant manager George is very pleased with Alex's progress. He said "Alex is punctual always well presented and very confident in his work. He completes tasks efficiently learns quickly and needs very little instruction."

Alex has been praised for his behaviour and attitude. George described his conduct as "impeccable" and highlighted how well he fits into the team. Alex works well with colleagues and follows instructions carefully at all times.

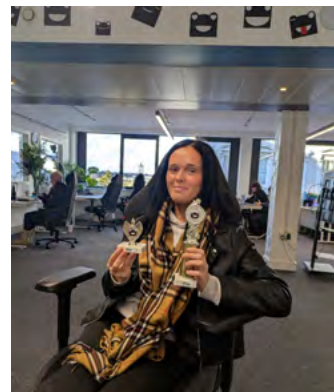
The team is very pleased with Alex's progress and has expressed an interest in offering him a paid position during the summer holidays, which is the restaurant's busiest time of the year.

Post 16 - Plymouth Pathways

Exploring Future Careers in Care

Learner, Emily recently visited a local scrap store with our in house Careers Adviser and discovered some trophies with great potential. Emily had the idea to give them a fresh look and use them as prizes for the winners at her music bingo work experience placement.

With support from tutor, Chelsea, Emily designed and created new labels for the trophies. These included the Eat That Frog logo and gave the prizes a professional finish.



The trophies were a huge hit with residents at the care home. They were delighted with the prizes and showed lots of enthusiasm and motivation to take part in the first week of music bingo. **A simple idea. A bit of creativity. And a big impact for everyone involved.**

Recognising Staff Excellence at Plymouth Pathways



Plymouth Pathways held their very first staff half term awards this term.

The awards were a chance to recognise outstanding work in the centre and to celebrate staff who go above and beyond every day.

A huge congratulations to staff members Tom, Sid Freer, Richard Lamb and Kate Powney, who all received awards for their excellent work and commitment to learners.

A well deserved moment of recognition and a great way to celebrate the team.

Frog on the Pod

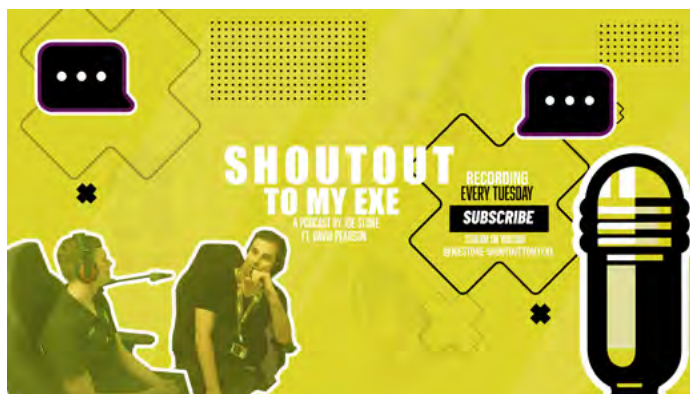
Learner, Joe has launched his very own Exeter Chiefs podcast. Titled 'Shout Out to My Exe', the podcast covers news, reviews, chats and opinions on all things Exeter Chiefs and rugby.

Joe has been supported by his English tutor David, who also appears on the podcast.

Vocational tutors Chelsea and Jack have helped Joe with editing and creating the visuals.

Episode one is now live on [YouTube](#) and is a great first step into podcasting and media production.

A brilliant achievement and a confident start to Joe's new project.



A Confident Start for LEAP Learners

LEAP, specially designed programme for those in Plymouth aged 16 - 18 who are NEET began its second outing this week and it has got off to a great start.



Nevaeh, Ruben and Tom joined the programme and quickly got stuck in. In their first week, learners took part in a range of activities designed to build confidence and gain real experience linked to their personal goals.

Together they cooked, visited the Box, took part in a talk about Parliament and supported activities at Abbey Hall. Each activity helped learners develop new skills while working as a team.

It has been a positive and busy first week for the group and a strong foundation for what comes next.



The Learning Curve

LE@P

OUTSIDE THE BOX!

A fully funded, Plymouth based, six week programme for 16-18 year olds

LE@P is perfect for you if you want to build confidence, learn new skills and take steps towards employment or further training.

WHAT'S INVOLVED?

- > Group sessions and 1:1 support
- > Work Preparation
- > Health & Wellbeing support
- > Money and budgeting help
- > Digital Skills

WHY JOIN?

Gain valuable skills and work experience, get help with job searching and applications, build confidence and overcome barriers whilst getting support every step of the way.

START HERE

MORE INFORMATION
 01803 551551
www.eatthatfrog.ac.uk | info@eatthatfrog.ac.uk

Department for Education

From tired space to thriving place at the Acorn Centre

Our **King's Trust Team** learners have proudly unveiled the fully completed community project at the **Acorn Centre** in Barton. After two weeks of hard work, dedication and teamwork, the group transformed the garden space into a brighter, more welcoming area for everyone to enjoy.

The learners repainted the fences, refreshed the exterior walls and created a stunning mural that now brings colour and creativity to the outdoor space. They also carried out a range of gardening duties, helping to restore the area and give it a new lease of life.

This project has not only made a positive impact on the Acorn Centre but has also helped the team develop valuable personal and employability skills. Throughout the challenge, learners demonstrated strong communication, planning and teamwork abilities, and it's safe to say their painting skills have come a long way too!

The learners also received flowers and chocolates from the staff and trustees, at the Acorn centre for their hard work.



TEAM PROGRAMME

Aged 16-18?



BOOST YOUR CONFIDENCE

on our 12-week personal development programme

➤ TEAM



DELIVERY
PARTNER



 **Next Start Date: 12-Jan-2026**

Location: Eat That Frog, 91 Union Street, Torquay, TQ1 3DG
Email: info@eatthatfrog.ac.uk **Phone:** 01803 551551

Gain Confidence | Work Experience | New Skills
New Friends | Qualifications

Funded by
The Learning Curve
 Charity Number: 1090735



We are incredibly proud of everything the group has achieved and look forward to seeing them continue to grow throughout the Kings Trust Team Programme.

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Adult Training

Finding direction with Essential Skills

An **Essential Skills** learner joined Eat That Frog feeling unsure about what to do next.

College had not worked out for them and they were feeling a bit lost about their future. They needed time, guidance and the right support to help them move forward with confidence.

With encouragement from the team, he began building practical skills for the world of work.

They worked on creating a CV and spent time practising how to write cover letters. With this new confidence, he also applied for a role with a local employer to gain valuable work experience.



Essential Skills



"The course has been very helpful with boosting my confidence, maths skills and interview skills."

- EAT THAT FROG - ESSENTIAL SKILLS LEARNER



As part of their journey, he took part in a mock interview.

This was a very nerve wracking experience at first, but they approached it with determination and completed it well. It was a big step and a real confidence boost.

Through this process, he discovered a strong interest in Business.

This has helped them shape a clearer idea of what they want to do next and they are now aiming to secure an apprenticeship in this area.

To support this goal, he has arranged an appointment with Learn Devon.

This will help them access further learning and work towards achieving a GCSE Grade 4.

They have made strong progress during their time with us.

They are now moving forward with greater confidence and a clear plan for their future.

**Funded by
UK Government**



Your Path, Your Future

Age 16 - 24 *Essential Skills*

Ready to strengthen your life skills, boost your confidence and start planning for a future that works for you?

Your Path, Your Future is a FREE and practical Essential Skills Programme designed especially for 16-24 year olds who want to take that next step forward with support, direction and real skills that open doors.

What's in it for you?

- Boost your confidence and self-belief
- Improve your literacy and numeracy skills
- Get hands-on with digital skills that matter
- Learn everyday life skills and personal development tips
- Explore your career options & set goals
- Build your employability skills - CVs, interviews and more

**Available in
Newton
Abbot &
Exeter***

Ready to take the first step?

Ask your support worker, work coach or local provider to refer you – or contact Eat That Frog to find out more!

- **Must not be in education, employment or training AND must be a resident of Newton Abbot or Exeter.**

Contact:

info@eatthatfrog.ac.uk
01803 551551



SCAN ME



Start Dates:
Two sessions a week for 3 weeks

ETF Newton Abbot
Every Wed & Fri

- 7th January '26
- 28th January '26
- 18th February '26

Exeter Community Centre
Every Tue & Thu

- 6th January '26
- 27th January '26
- 17th February '26



Digital Skills Course

Available to age 19+ in Torquay & Paignton

Do you need help using a computer.. or a mobile phone?

*Must live in Torbay and not be in work or training

Want to feel more confident using technology? Whether it's a phone, tablet, or computer, our **FREE** Digital Skills course is here to help you step by step. No experience needed – just bring your curiosity!*

What you'll learn

- Stay Safe Online** – protect personal info, avoid scams and shop securely
- Get Online** – use phones, tablets, laptops and connect with ease
- Use Apps** – discover useful apps and how they support daily life
- Find & Apply for Jobs** – search, register and apply online with confidence
- Create CVs & Documents** – write, save and manage your work simply
- Explore Careers** – discover job opportunities and career paths
- Everyday Tasks** – save photos, add contacts, use social media safely
- Email & Communication** – set up, send and receive messages easily
- Solve Simple Tech Problems** – learn what to do when things go wrong
- Digital Wellbeing** – manage screen time and use technology healthily

Start Dates:

Eat That Frog Torquay:
(91 Union Street, TQ1 3DG)

- 17th - 28th Nov '25
- 30th Mar - 10th April '26
- 20th Apr - 1st May '26
- 11th - 22nd May '26
- 1st - 12th June '26

Eat That Frog Paignton:
(89 Torquay Rd, TQ3 2SE)

- 17th - 28th Nov '25
- 9th - 20th Feb '26
- 30th Mar - 10th April '26

For more information:
Ask your support worker, work coach or local provider to refer you – or contact Eat That Frog directly!

01803 551551
www.eatthatfrog.ac.uk
info@eatthatfrog.ac.uk




Funded by UK Government



Stepping Stones Age 18+ Essential Skills

Take the First Step Towards a Brighter Future. If you're facing challenges like unemployment, low confidence or health issues, Stepping Stones is here to help you move forward, one step at a time.

This **fully funded** programme is designed to build your confidence, strengthen essential skills and guide you towards new opportunities.

Available in Newton Abbot & Exeter

What's in it for you?

- Literacy Skills**
Boost your English, create strong CV's and complete job applications with confidence.
- Numeracy Skills**
Budget for everyday life, understand payslips and manage money better.
- Digital Skills**
Use email, online forms and access online services with ease

Ready to take the first step?

Ask your support worker, work coach or local provider to refer you – or contact Eat That Frog to find out more!



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Finding confidence after loss with

Focus Forward

Following the end of our much loved Focus Forward Programme, we wanted to share with you another success story.

Anonymous learner joined the Focus Forward programme after completing university with a degree in Graphic Design. Although they had achieved a lot, he felt lost about what to do next. They were struggling with low confidence and anxiety. The learner was also dealing with the loss of a family member, which had a big impact on how they were feeling. At first, they signed up because they wanted to find employment. It quickly became clear that they needed support to rebuild his confidence first. They worked closely with Steve through weekly one to one mentoring sessions. These focused on recognising his strengths and skills. This helped them begin to feel more confident. The learner attended a CV workshop with Trisha, who helped them create a strong and professional CV. They also worked together on interview skills.

The learner discovered that their creativity, people skills and compassion were key strengths. These played a big part in building their confidence. They also attended the Wellbeing Hub regularly and shared ideas that helped shape weeks nine and ten of the programme. During their time on Focus Forward, they developed a strong interest in social justice. They wanted work that matched their values. To build confidence and experience, they contacted Rowcroft Hospice and secured a role in their retail team.

The learner has been volunteering there since August and is thriving. The team at Rowcroft love having them and have shared very positive feedback.

Island Buzz from Gran Canaria

It has been a busy and exciting month on the island. We were delighted to welcome the Eat That Frog Post 16 group. Fourteen enthusiastic learners arrived earlier this month and quickly got stuck into island life. They have embraced every opportunity and are already getting so much from the experience.

One standout moment was the visit to the care home. The connection between learners and residents was genuinely heart warming. There were smiles, shared stories and some very special moments that showed just how powerful these experiences can be.

We are now preparing for the first partner trip to Gran Canaria this year. Schools including St Piers and others will be visiting in early December to explore the project and see what it has to offer.

Behind the scenes, we have also made a very promising new contact. This could lead to links with foundations across Europe and open up even more opportunities to support vulnerable people in meaningful ways.

There is lots to look forward to and plenty more to come.



Looking for work in a particular sector?
A **SWAP** could help you get back on track

SWAP
FULLY FUNDED
LEVEL 1 COURSES

*A Sector-based Work Academy Programme (SWAP) is designed to support people aged 19+ and over who are claiming benefits and looking for a job.

OPEN TO TORBAY RESIDENTS 19+*

Giving you the chance to build skills, gain qualifications and experience and learn more about working in a specific industry – all while getting support to apply for real job opportunities at the end of the programme.

We have courses in the following sectors:

Level	Level 1
Course Length	2 Weeks
Delivery Type	Face to Face

Teaching Assistant
Hospitality
Customer Service
Health & Social Care
Cleaning & Facilities
Warehouse & Logistics

POP IN AND TALK TO US ABOUT SWAPS OR TALK TO YOUR JCP WORK COACH FOR A REFERRAL

SCAN TO USE OUR SWAP FINDER

For more information:
Talk to your work coach
01803 551551 info@eatthatfrog.ac.uk
www.eatthatfrog.ac.uk

learndevon

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Current Programmes

Click on each one to find out more

Torbay

Multiply Maths (16+)

National Careers Service (19+)

SWAPs (19+)

Digital Skills (19+)

King's Trust (16-18)

Newton and Exeter

Stepping Stones (18+)

Your Path, Your Future (16-24)

Plymouth

LE@P (16-18)

Dates for Your Diary

22nd Dec '25 – 2nd Jan '26
Festive Holidays

5th January '26
1st day of term

21st January '26
Non Pupil Day

9th – 13th February '26
Employability Week

Decembers Newsletter will be published in January.



Eat That Frog
Group



eatthatfrog.ac.uk

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Plymouth, Torquay, Newton Abbot, Paignton
and Exeter

