



A look back through
SPRING TERM
Jan/Feb '26

Eat That Frog Group
NEWSLETTER



With a little change up to our newsletters we are now publishing them half termly. This edition looks back through the Spring Term (Jan/Feb). An exciting time at Eat That Frog with a new year, new you mentality - we discovered employability skills during Employability Week and supported members of the community through DPS contracts in Exeter, Plymouth and Torbay.

Working Together to Achieve ISO 27001

In January Eat That Frog successfully achieved ISO 27001 certification.

This internationally recognised standard confirms that we have strong systems in place to manage information securely and responsibly.

ISO 27001 focuses on how organisations protect sensitive information.



Certificate Number 25423

It looks at how data is stored, shared and managed, as well as how risks are identified and controlled.

Achieving this certification means that our processes, policies and daily working practices meet a high standard for information security. It also shows our commitment to protecting the data of our learners, staff, partners and stakeholders.

The certification process involved a detailed external audit of our systems and procedures. Auditors reviewed how we manage information, how staff are trained and how we ensure that security and good practice are embedded across the organisation.

This achievement is very much a team success. ISO 27001 is about how we protect information, manage risk and work responsibly with data every day and the auditor's feedback clearly reflected the professionalism, openness and commitment shown by staff across the organisation.

Achieving ISO 27001 is an important milestone but it is also part of an ongoing commitment. We will continue to review and strengthen our processes to ensure that we maintain the highest standards of information security and responsible data management.

We want to express a huge thank you to all the staff that were involved in the process.

Employability Week Sparks Big Ideas in Exeter

Learners at our Exeter centre recently took part in a lively Employability Week packed with activities designed to build confidence and explore future career options.

Sessions focused on real world skills such as positive thinking, communication and respect in the workplace. Learners shared their ideas and took part in discussions about teamwork and what employers look for.

There was also time to think about future goals. Learners explored different career paths and considered whether they might prefer to work for an employer or run their own business. These conversations helped them reflect on their strengths and interests while learning more about the world of work.



A highlight of the week was a creative project where learners designed and marketed their own product. The standout idea was an energy drink called Pump It Up which even included advertising on a Formula 1 race car. Learners also practised interview skills through mock interviews helping them build confidence for future opportunities.

The week also included a fascinating presentation on Chinese New Year and an inspiring talk from Exeter's English tutor Fran who shared her experience of writing a children's book. It was a fantastic week that encouraged learners to think about their future, try new ideas and develop skills that will support them in the next step of their journey.



Dermot Unlocks New Skills

Our amazing learner, Dermot has been gaining valuable experience through his work placement at Guardian Security in Exeter. After previously researching this career path, the placement has been a great fit for his interests.

The team at Guardian Security have been very supportive and have created tasks especially for Dermot. During his time there he has learned how to cut keys, programme machines and assemble locks, building practical skills and confidence.

Alongside his placement, Dermot has also been making good progress in his Employability sessions, identifying his strengths, researching job roles and creating his CV for the future.

The photo shows one of the locks Dermot successfully put back together during his placement.

Post 16 - Newton Abbot

Mia Cooks Up a Storm in the Kitchen

Mia did a fantastic job preparing and cooking homemade turkey burgers independently.

She began by going shopping for the ingredients before returning to the centre to cook the burgers from scratch using a BBC recipe.

Mia made six burgers in total, using the hob, oven and a range of cooking utensils with supervision.

She shared that it was her first time making turkey burgers and was excited to take them home to share with her family.

Mia said she would love to try this cooking experience again in the future. Well done Mia.



Learners Share Kindness for Amelia



Learners and staff at our Newton Abbot centre recently came together for a special creative project making birthday cards for a very special eight year old called Amelia Kolpa from Rowley Regis.

Amelia is bravely living with neuroblastoma.

Amelia set herself the goal of breaking the UK record for the most birthday cards received, hoping to collect 8,000 cards by her birthday on 3 March.

Wanting to be part of this inspiring effort, our learners designed and created handmade cards filled with colourful messages and positive wishes.

The session was full of creativity and a strong sense of community as everyone enjoyed contributing to something meaningful. We are proud to have played a small part in helping Amelia's birthday wish come true and we send her our very best wishes for a wonderful birthday.



Post 16 - Paignton

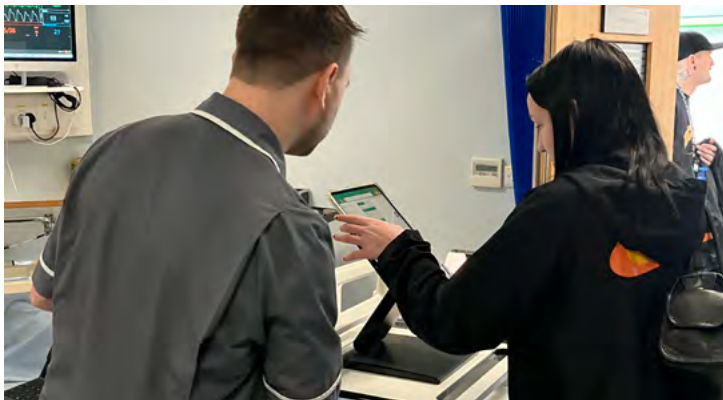
Paignton Learners Explore NHS Careers

Learners from our Paignton centre recently attended the NHS Annual Education and Apprenticeships Careers Event at the Horizon Centre in Torbay Hospital.

The event brought together a wide range of NHS departments and partner organisations, giving learners the chance to explore the many career paths available within the healthcare sector within simulated wards and scenarios. It was a great opportunity to speak directly with professionals and learn more about the skills and qualifications needed for different roles.



Learners enjoyed discovering the variety of opportunities within the NHS and hearing from people who are passionate about inspiring the next generation of healthcare workers. The event offered valuable insight into future careers and pathways into the NHS.



Paignton Learners Crack the Escape Room Test

Learners at our Paignton centre recently took part in a fun escape room challenge. Working together as a team, they solved clues and deciphered codes to escape the scenario set before them.



The activity encouraged teamwork, communication and problem solving as learners shared ideas and supported one another to complete the challenge. It was a great way to build confidence while having plenty of fun along the way.



Post-16 - Plymouth Futures

Hard Work in the Garden Brings Gold

Learners from the Futures Centre have been volunteering in the community garden at The Minster Church of St Andrews Abbey Hall. Lucas, Stephen and Leo have shown great commitment while helping to care for the garden, and their efforts have made a real difference.

The church community has been incredibly impressed with their hard work. One parishioner even suggested the learners could become the official caretakers of the garden. Thanks to the improvements made, the Abbey Hall Committee decided to enter Plymouth in Bloom as part of the Waterfront Partnership.



The results were fantastic. The garden won the Community Award and helped the Waterfront Partnership achieve a Gold award. Many people who use the hall have commented on how wonderful the garden now looks.

In recognition of their efforts, the learners were invited to meet the Lord Mayor of Plymouth. Lucas, Stephen and Leo spoke confidently about their time at Eat That Frog and their plans for the future, inspiring others with the positive impact they are making in their community.

Exploring Future Opportunities in Plymouth

Learners from our Futures and Pathways centres recently attended the Eat That Frog Careers Fair in Plymouth.

The event brought together employers, education providers, apprenticeship opportunities and supported internship organisations, all sharing information about possible next steps.



Learners had the chance to speak directly with exhibitors, ask questions and collect information to explore further with their tutors and careers advisers.

It was great to see everyone taking their future seriously and engaging with the opportunities available.

The exhibitors were incredibly welcoming and supportive, helping learners better understand the training, employment and support options open to them.

Post 16 - Plymouth Pathways

Questions and Conversations with Local Police

A group of Plymouth Pathways learners recently visited the Futures Centre for a Q and A session with the local police team. It was a great opportunity for learners to learn more about policing and ask questions about the work they do in the community.

Learners asked a wide range of questions and enjoyed hearing directly from the officers. The session was both informative and engaging, giving learners a better understanding of the role of the police and how they support local communities.



The event also highlighted the growing support across the city for people with disabilities to achieve their goals.

And of course the buffet was a big hit, with one exhibitor saying it was the best provided at any event in the city.



From New Skills to Apprenticeships with LE@P

LE@P's third outing has come to an end and it has been a fantastic success for our learners.

Over the course of the programme, the group explored a range of different career paths and visited several training providers including Skills Group, City College and Greenlight Training.

These visits helped learners learn more about their options and discover what their next steps could look like.

Construction proved to be a popular pathway for many in the group. We are delighted to share that half of the learners have already secured apprenticeships in bricklaying and property maintenance.

This is a brilliant achievement and a real reflection of the hard work and determination shown throughout the programme.



The Learning Curve
LE@P
OUTSIDE THE BOX!

 Eat That Frog

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 

 Department for Education

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

Several learners also joined LE@P with negative past experiences of education. Through centre visits, meeting tutors and spending time at the Plymouth Futures centre, many began to see education in a different light.

Some are now considering applying for a place at City College this September and one learner has even expressed interest in joining our own Post 16 programme, sharing that ***"I really feel that the staff here genuinely care about their learners and want the best for them."***

It has been a wonderful group to work with and we are incredibly proud of everything they have achieved. We wish them all the very best as they move on to the next stage of their journey.

Teamwork and Community Spirit on Display

Funded by
The Learning Curve
Charity Number: 1090735

Learners recently took part in an overnight residential in Okehampton focused on building confidence and overcoming personal barriers. During the trip they learned how to build fires, tackled problem solving challenges, climbed Jacob's Ladder, tried archery and completed a night orienteering walk. The experience encouraged teamwork, resilience and supporting one another as they rose to every challenge.

Inspired by the trip, the group began planning their community project and chose to support Parkfield CIC, a local organisation that provides a safe and welcoming space for young people and the wider community.

Learners organised a bake sale across our Paignton and Newton Abbot centres, raising £65. They also volunteered on site, painting beach huts, brightening the manager's office and helping with weeding. Despite the weather they made great progress and will return soon to complete the final coat.

We are incredibly proud of their teamwork, determination and commitment to giving back to their community.



Futures Learners Experience Life in Gran Canaria

Learners from **Autism Unlimited's Futures Centre** recently enjoyed an unforgettable trip to Gran Canaria. For two learners it was their first time flying and for many it was their first time travelling away from family.

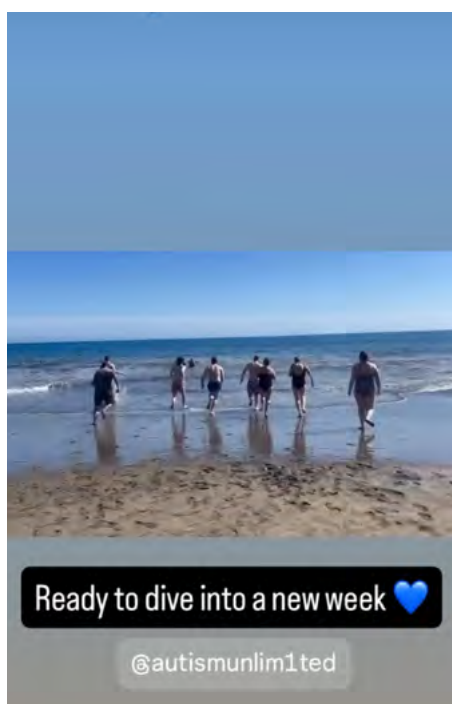


During the trip learners gained hands on work experience at a local care home, spending time with residents, painting nails and playing bingo. They also visited coffee and banana plantations where they learned about cultivation and even tried roasting coffee beans.

There were plenty of exciting experiences too, including a visit to Sioux City, an American western theme park where learners enjoyed feeding goats and watching a horse show. Back at the villa they practiced independent living skills such as cooking, washing up and making their beds. They also took part in a MasterChef style cooking session led by their guide Rosi.

Learners immersed themselves in the local culture by speaking Spanish, trying new foods at the fruit market and enjoying walks and time at the beach.

One learner summed up the experience perfectly saying, ***"It made me think I could do this on my own in the future."***



Adult Training - DPS

We have been recently running some DPS (Dynamic Purchasing System) contracts funded by the DWP (Department of Work and Pensions). These contracts open up opportunities for our local community members to access advice and guidance. Recent contracts offered support to the homeless, young adults and the over 50s to help them with barriers in life. Names have been removed to keep anonymity.

Positive Progress for Learner, N

N has been working with Mentor, Steve as part of the DPS Plymouth project, showing a fantastic, consistent attitude and commitment. With Steve's support, N was put in touch with a recruitment company in Plymouth and was invited to attend an interview.

N impressed the team during the interview and his positive attitude really stood out. As a result he has been offered a role as a warehouse operative in Plymouth for 20 hours a week.

Alongside starting work, N has also applied to City College Plymouth and has been exploring future options with Steve. He is currently looking into courses in plumbing or electrical as possible next steps for his career.

Learner, E Builds a Brighter Future

E has been working with Eat That Frog as a participant on the DPS Homelessness Project and has made fantastic progress during her time on the programme.

With support, E has developed important employability skills including creating a strong CV, writing a covering letter and preparing for interviews. Alongside this she has taken positive steps to build her future, enrolling on a teaching course and a Level 3 Personal Training qualification.

E has also successfully secured new housing and has been volunteering at Centre Peace, continuing to develop her confidence and skills.

We are incredibly proud of the determination E has shown and the positive steps she is taking towards her future.

A Moves Into Employment

Learner A joined Eat That Frog as a participant on the DPS Complex Needs Plymouth programme while experiencing high levels of anxiety and ongoing health challenges. She was keen to find work but needed support to manage barriers including fibromyalgia, anxiety and depression.

A also felt that her health concerns were not being taken seriously by her GP. With support, she researched alternative practices and was helped through the process of registering with a new doctor who could better support her needs. At the same time, the team worked with A to build her confidence around employment. Developing her CV, cover letter and interview skills, while also exploring job opportunities that would work around her health.

With support, A was introduced to a recruitment company in Plymouth. She attended an interview, impressed the team and successfully secured a part time administrative role. **A is now enjoying her new position and shared simply, "It's great so far."**



National Careers Service
Helping you take the next step

Eat That Frog 

WORKSHOP

GET A CV

HERE

EVERY MONDAY!

CV WORKSHOP
10.00 - 12.00PM

POP IN TO FIND OUT MORE!

NEED A CV?
JOIN OUR CV WORKSHOP

NEED CAREER ADVICE?
DROP IN AND SEE US!

EAT THAT FROG,
91 UNION STREET,
TORQUAY, TQ3 1DG





Looking for work in construction or labouring?
Our construction programme could help you get back on track



CONSTRUCTION PROGRAMME

OPEN TO TORBAY RESIDENTS 19+*

A Construction Programme designed to support people aged 19+ and over who are claiming benefits and looking for a job.



Giving you the chance to build skills, gain qualifications, 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.

Level	Level 1
Times	9.30 - 3.30
Course Length	2 Weeks
Delivery Type	Face to Face
Location	Eat That Frog 91 Union St, Torquay, TQ1 3DG
Dates	6 th - 17 th October '26 1 st - 12 th December '26 12 th - 23 rd January '26 16 th - 27 th February '26 16 th - 27 th March '26 4 th - 15 th May '26

Employability
Discover what employers look for when applying for construction or labouring roles. Get help with your CV, cover letters, job applications and mock interviews.

CSCS Card
Take the test to gain your CSCS card to give your new career a kick start!

Construction safety
Health and safety is a crucial part of any role but even more so in construction sites. Explore the best practices of keeping safe in your new role.

Starting work onsite
Discover what to expect when you start. Go into your new role with a new found confidence.

Meet employers
Meet local employers who are actively recruiting for construction roles.

For more information:

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

SCAN HERE!

The Learning Curve



LE@P

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Department for Education



TEAM PROGRAMME

Aged 16 - 18?

BOOST YOUR CONFIDENCE

on our 12-week personal development programme

TEAM



DELIVERY PARTNER



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

Team Leader: Louise/Tony
Email: info@eatthatfrog.ac.uk

Contact Number: 01803 551551

Start Dates:

27th Apr '26 Eat That Frog, 89 Torquay Road, Paignton, TQ3 2SE
27th Apr '26 Eat That Frog, 13 Courtenay Str, N. Abbot, TQ12 2QH

Eat That Frog

✓ I can do that!

CONNECT TO WORK

Funded by **UK Government**

Torquay - Paignton - Brixham

Connect to Work is a **free** employment support programme for people living in Torbay who want to work but need the right support to get there.

Helping people move into paid, meaningful jobs with personalised one-to-one support from Eat That Frog CIC and I Can Do That CIC

Real jobs. Right support. At your pace

Who it is for?

Adults who face barriers to work, including:

- Health conditions or disabilities
- Mental health challenges
- Caring responsibilities
- Housing or life instability
- Past experiences that make work harder to access
- You do not need to be "work ready" to take part.

COMMUNITY ORGANISATIONS

If you support people who want to work but face barriers, you can refer into Connect to Work.

We work alongside health services, housing teams, VCSE organisations and community groups to provide joined-up, person-centred support.

What support looks like?

- One-to-one support from a dedicated Employment Specialist
- Help to explore the right kind of work for you
- Support with job searching, applications and interviews
- Ongoing help once you start work
- Paid jobs only, no unpaid placements

Support is flexible and works at your pace

Want to work but don't know where to start?

START HERE

Phone: 01803 551551
Email: info@eatthatfrog.ac.uk
www.eatthatfrog.ac.uk/connect-to-work

working with **TORBAY COUNCIL**

Devon County Council

Youth Hub

Eat That Frog

NEED SUPPORT WITH WORK OR LIFE?

If you're 16-24 and live in Torbay, the Youth Hub is here to support you with work, money and your wellbeing.

We can help you with:

- Housing & independent living skills
- Employment & applications
- Digital skills
- Health and wellbeing
- Money & Budgeting

Try the Youth Hub if you need support moving towards work, education or training or overcome barriers like low confidence, mental health challenges, housing worries or lack of experience.

Ready to get started?

Sign up today
Scan the QR code, drop in or visit our website

01803 551551
www.eatthatfrog.ac.uk
Your next step starts here.

WHAT TO EXPECT

- One-to-one support
- Friendly mentors
- About 1 hour per session
- Support up to 6 months

Your space. Your future. Your Next Step.

working with **TORBAY COUNCIL**

Current Programmes

Click on each one to find out more

Torbay

Connect To Work

National Careers Service (19+)

SWAPs (19+)

Digital Skills (19+)

King's Trust (16-18)

Construction Programme (19+)

Youth Hub

Newton and Exeter

Essential Employment Skills (16+)

Plymouth

LE@P (16-18)

Dates for Your Diary

2nd April '26
Last Day of Term

3rd April '26
Bank Holiday (Good Friday)

6th April '26
Bank Holiday (Easter Monday)

7th – 17th April '26
Easter Holidays

20th April '26
First day back



Eat That Frog
Group



eatthatfrog.ac.uk

01803 551551

info@eatthatfrog.ac.uk

Plymouth, Torquay, Newton Abbot, Paignton
and Exeter

