



EAT THAT FROG
COMMUNITY INTEREST COMPANY

What's on: January - April 2019

**Discover FREE Courses
in your area**

**Aged 50-75
& looking for a
new adventure?
See page 4**

**Extra opportunities
for 16-25 year olds!
See pages 8 & 9**

**Want better
wellbeing & health?
Activities & options
in your local
community**

**FREE -
PICK ME UP!**

About Us:

We offer a range of accredited courses and fun workshops to enable people to move forwards in their lives - this could be by gaining skills you need to enter employment, to progress in your current career or to feel happier and more confident in your day-to-day life.

Costs:

ALL of our courses are fully funded (**FREE**) to anyone claiming benefits - for more info please see page 20.

What makes Eat That Frog different?

Our small group sizes in relaxed friendly settings will enable you to learn at your own pace. We'll help you gain new skills, and show you how to access new opportunities!

Advice & Guidance:

We have free support available to help you find your best options. Our friendly advisers are available for advice & guidance by appointment (certain eligibility criteria apply - for info call 01803-551551).

How do I book a place?

Please call ahead on 01803-551551 to book your place on each course or email info@eatthatfrog.ac.uk for more details. Spaces are limited, and are subject to availability on a first come, first served basis!

Looking for a course that's not here?

Email: marketing@eatthatfrog.ac.uk and tell us about courses you'd find useful for your business, career or recreational needs!

How can we help you?



There are lots of reasons to come along to Eat That Frog; you could be looking to make new friends, to gain more confidence, or acquire more skills for work and life.

Whatever your motivation, our welcoming centres, small group sizes, bespoke training programmes and friendly, professional staff will help you get where you want to go - and have fun along the way!

What's on in your area:

- 2 Information, Advice and Guidance**
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Information in this booklet is correct at time of going to print, but we reserve the right to make changes at short notice, for example due to customer demand or tutor / centre availability. We always recommend that you call ahead to book.

Information, Advice and Guidance

The first step to getting where you want to be is knowing where you want to go.

It's not always easy to work out the best way forward, so we offer free information, advice and guidance (IAG) sessions to all our customers. We like all customers to have attended an individual or group IAG session before they attend their first course, so that we can make sure we are offering the best support for each person's needs.



IAG is available as individual sessions at The Pad in Paignton every day from 9 - 11 am. You will need to book in by calling 01803-551551.

We will also be running group IAG / Induction sessions at Newton Abbot and Torquay as follows:

Date	Time	Venue
Friday 4th January	10.00 - 2.00	Newton Abbot
Monday 7th January	10.00- 2.00	Torquay
Wednesday 21st January	10.00 - 2.00	Newton Abbot
Monday 11th February	10.00 - 2.00	Torquay
Friday 22nd February	12.00 - 4.00	Newton Abbot
Monday 25th February	12.00 - 4.00	Torquay
Monday 18th March	10.00 - 2.00	Newton Abbot
Monday 25th March	10.00 - 2.00	Torquay
Friday 12th April	12.00 - 4.00	Newton Abbot
Monday 15th April	12.00 - 4.00	Torquay

We are proud to maintain the matrix standard, which is the quality framework by which organisations can assess and measure their information, advice and/or guidance services, supporting people in their choice of career, learning, work and life goals.



The Pad - be part of something special!



The Pad in Paignton is our friendly community hub - and it's where the Eat That Frog story started in 2011!

For 2019, we have some great new opportunities available for old and young - so pop in and see what's going on or call us on **01803-551551**.

'Over Fifties' Lunchclub



Fridays 10.30am – 3.30pm at The Pad, Paignton

Lunch is served at 12.30pm

Main Course & Pudding plus Tea/Coffee for just £6

Meet new friends and access fun activities & bingo. Meals are planned, cooked & served by our trainee Chefs, overseen by qualified and experienced staff.

Revival

for anyone who remembers the good old days

Aged 50-75 & want to meet new people, learn different skills, and embrace the good times? Every Monday 11.30 - 4.00 at The Pad!

Discussions, crafts, skills, quizzes, competitions, advice & more!

FREE digital skills sessions to help you get the hang of new technology for shopping online, accessing healthcare, looking up your family tree or keeping in touch with friends!



Enjoy our 'Pay What You Can' kitchen lunch, with a choice of freshly prepared options.



Call Tania on 01803-551551 for more info!

Need a computer for jobsearch? Join our Jobclub Forum

We have a suite of modern computers available at The Pad and you can join us **Mon-Fri 9.30-11am** for free computer and wi-fi access to aid your job search. You'll also get a chance to chat about any issues.

The Pad - Wellbeing & Health

We're dedicated to helping you *live the best life you can*, so at the Pad you'll find a range of fun, supportive opportunities to help you improve your health, lifestyle and general wellbeing, either in a small friendly group, or 1:1 with a tutor.

Reset Your Life programmes will help you overcome problem areas in your physical or mental health! **They run every Thursday at The Pad**, and let you learn at your own pace. Call Tania on 01803-551551 for info.

Real Food, Real People:

Practical, hands-on cookery sessions that give you the skills to cook healthy food on a budget and take better care of yourself. Take advantage of seasonal ingredients from our community fridge and community garden!

A Healthier You:

'A healthy mind in a healthy body' - it's hard to feel happy if your physical well-being is poor, so this programme gives you tips to improve your everyday life. You'll also understand the effects of sleep on health & wellbeing and the importance of a balanced diet and regular exercise.

Social Media & Me:

Do you feel bombarded by images and adverts that leave you feeling worse about yourself? This programme will help you develop emotional resilience, understand issues around your body image & the media, and will help you use social media as a force for positive change and support.

Take Control:

If your confidence has taken a knock, it's hard to get out there and be your best. This programme helps build-up your Personal Confidence and Self Awareness by developing assertive behaviour.



The Pad - Community Fridge

We know it's not always easy to eat healthily when you're on a tight budget. That's why we've started a 'community fridge' at The Pad - with a little help from some local suppliers.

We act as a hub for Morrison's, Tesco, Costa, Riverford Delivery and Marks & Spencers, who are committed to donating 'close to expiry-date' food to The Pad.

We use the food to offer a 'free shop' for local people. *Anyone* is able to access this service - you do not have to be out of work or already on a course with Eat That Frog.



We'll be running 'Cooking on a budget' courses so local people, including the low-waged and young parents, can make delicious meals from the ingredients on offer.

We also use the ingredients to make meals for our Over 50s lunch club on Fridays, as well as our Monday Kitchen, and all of our young students can access food parcels to take home. We use the ingredients donated for our catering training, helping our young people gain their qualifications.

We also distribute food out to local charities, like The Haven Torbay (supporting the homeless) and the Salvation Army / Paignton Community Larder and a Holiday Hunger project for children who get free school meals.

Many thanks to the Hubbub project which has donated the fridge.

Our community fridge / free food is available to everyone:

9am - 4.45pm, Monday - Friday,

(availability of certain foods is subject to the donations we have received)

Parkfield - The Great Outdoors!

Getting outdoors and working with nature is fabulous for both your mental well-being and physical health, and we're developing more ways you can get involved!

Parkfield in Paignton is the venue for our outdoor activities - over the past few years, our learners have created a kitchen garden where they can practice their horticultural skills, while providing fresh produce for our catering students. We've also been maintaining the grounds for this historic site and learners have been involved in projects to preserve local wildlife habitats. We're expanding our provision at Parkfield for 2019, so keep an eye on our website for more details.



Grow Your Skills:

Do you want to meet new people, work on a community project and acquire new transferable skills for work? This course offers a small friendly group setting with hands-on project work - you'll also gain a basic understanding of sowing seeds and planting out seedlings, using garden tools, caring for plants and other outdoor skills.

Call Adam or Jason on 01803-551551 for more details of outdoor opportunities at Parkfield.

If you are interested in **Volunteering** you can find more info on page 19.

More Opportunities for Young People

Are you aged 18-24 and not in education, training or employment? We can help!

Devon County Skills for Young People

Free taster activities and support to access training / employment gives you the chance to gain new experiences and develop skills to support your personal development whilst exploring a wide range of learning and work opportunities. You'll be supported by friendly, qualified staff with skills in careers advice, mentoring, teaching, counselling and youth work.

Available until January 31st in Torquay and Plymouth, plus TUESDAYS at The Pad, Paignton. Call 01803-551551 for more details.

Empowering Enterprise

This exciting project aims to help you develop employability and life skills, giving you confidence to move into forwards. You can access 1:1 support and group activities, depending on what's right for you.

You'll be given a mentor to support you with information, advice and guidance, sign-posting to relevant support services, confidence building, goal-setting, achieving your potential and assistance towards finding employment.



**Available in Torbay & Teignbridge. Interested? Contact Lucy McGorian:
01803-551551 / email info@eatthatfrog.ac.uk**



FREE COURSE

16 - 25 YEAR OLDS

GIVING YOU THE SKILLS AND
CONFIDENCE TO SUCCEED IN LIFE!



Prince's Trust

Team programme

Working in
Partnership with



Increase your
confidence
and self esteem

Improve your chances of
getting a job
and further education

Join us on
activities
and adventures

@ The Pad
89 Torquay Road
Paignton TQ3 2SE

Call: Kieran Duggan
01803-551551
www.eatthatfrog.ac.uk

Programmes start:
21st Jan 2019
6th May 2019
TBC Sept 2019

Gain **Qualifications** and **Certificates**
FREE Residential Adventure
Also included:
Travel Expenses - Work Experience - Interview
Clothes - Lunch (16-18 bursary)

Courses & Workshops - Torquay & Newton Abbot

Our centres in Torquay and Newton Abbot offer small, friendly venues for training courses in a range of areas, designed to help you move on in your life and improve your career prospects. After completing courses from our 'toolkits' below, you can also join our **Jobclub** to access computers and wi-fi at our centres, enabling your jobsearch or further learning.

IT & Computers

We offer a range of accredited courses from absolute beginners up to Level 2 to enable you to move forwards by gaining the IT skills you need to enter employment.

Health & Wellbeing

Feeling good about yourself is a key factor to living your best life - our workshops can help you achieve a better balance of mind and body, while improving your confidence and motivation to succeed.

Personal Development

If you're looking for employment, but need to brush up your skills in applying for jobs or interviewing successfully, these workshops will help.

Careers

Our academies give you the skills to apply for jobs in your chosen career with confidence - plus they feature mock interviews with local employers on the final day. Recent academies have led to employers offering full interviews to successful candidates who have completed the course!

If you're thinking about working for yourself, our self-employment programme is SFEDI accredited and gives you a basic toolkit of skills to help you progress your plans into reality.

Course details in this booklet are correct at time of going to print, but we reserve the right to make changes, e.g. due to customer demand and tutor / centre availability.

IT & Computers

1: Intro to Computer Skills

This 2-day course is suitable for the absolute beginner, introducing you to computer equipment and teaching you some computer terms and actions.

Date	Time	Venue
Wed 2nd & Thu 3rd January	9.30 - 4.00	Torquay
Wed 9th & Thu 10th January	9.30 - 4.00	Newton Abbot
Thu 7th & Fri 8th February	9.30 - 4.00	Torquay
Wed 13th & Thu 14th February	9.30 - 4.00	Newton Abbot
Thu 14th & Fri 15th March	9.30 - 4.00	Torquay
Wed 3rd & Thu 4th April	9.30 - 4.00	Newton Abbot

Full Fee: £200

Co-Funded Fee:£100

Fee for those on benefits: £0

2: Basic Computer Skills

Get started on the basics! This 2 day course helps you set up an email account and send an attachment, find useful information on the internet, solve the mystery of 'copy and paste' and learn how to use Word.



Date	Time	Venue
Thur 10th & Fri 11th January	9.30 - 4.00	Torquay
Wed 16th & Thu 17th January	9.30 - 4.00	Newton Abbot
Thu 21st & Fri 22nd February	9.30 - 4.00	Torquay
Wed 20th & Thu 21st February	9.30 - 4.00	Newton Abbot
Thu 21st & Fri 22nd March	9.30 - 4.00	Torquay
Wed 10th & Thu 11th April	9.30 - 4.00	Newton Abbot

Full Fee: £200

Co-Funded Fee:£100

Fee for those on benefits: £0

3: Applying for Jobs Online

Recruiters expect you to apply electronically, and this can be daunting if you've not done it before! Gain skills for on-line job sites, use e-mail and application forms - a great way to build on your Basic Computer Skills!

Date	Time	Venue
Thu 17th & Fri 18th January	9.30 - 4.00	Torquay
Wed 23rd & Thu 24th January	9.30 - 4.00	Newton Abbot
Thu 28th Feb & Fri 1st March	9.30 - 4.00	Torquay
Wed 6th & Thur 7th March	9.30 - 4.00	Newton Abbot
Thu 4th & Fri 5th April	9.30 - 4.00	Torquay
Wed 24th & Fri 25th April	9.30 - 4.00	Newton Abbot

Full Fee: £250

Co-Funded Fee: £125

Fee for those on benefits: £0

4: Next Steps in IT

These 3 workshops are ideal for anyone who is ready to progress and wants to learn more. You will find out how to create documents (WORD), spreadsheets (EXCEL) or presentations (POWERPOINT) and gain a recognised Level 1 qualification.

Word

Date	Time	Venue
Wed 13th & Thu 14th March	9.30 - 4.00	Newton Abbot

Full Fee: £150

Co-Funded Fee: £75

Fee for those on benefits: £0

Excel

Date	Time	Venue
Thu 24th & Fri 25th January	9.30 - 4.00	Torquay

Full Fee: £150

Co-Funded Fee: £75

Fee for those on benefits: £0

Powerpoint

Date	Time	Venue
Wed 6th & Thu 7th February	9.30 - 4.00	Newton Abbot

Full Fee: £150

Co-Funded Fee: £75

Fee for those on benefits: £0

5: Level 2 Certificates in IT

These certificates give you a recognised Level 2 qualification - ideal for showing employers that you really know your way around a computer!

Word

Date	Time	Venue
Wed 20th & Thu 21st March	9.30 - 4.00	Newton Abbot
Thu 11th & Fri 12th April	9.30 - 4.00	Torquay

Full Fee: £168

Co-Funded Fee: £85

Fee for those on benefits: £0

Excel

Date	Time	Venue
Thu 7th & Fri 8th March	9.30 - 4.00	Torquay
Thu 25th & Fri 26th April	9.30 - 4.00	Torquay

Full Fee: £168

Co-Funded Fee: £85

Fee for those on benefits: £0

Build a Simple Website

Discover some of the free or low-cost platforms that will help you build a simple website. This 1 day workshop is the ideal starter for anyone who wants to run their own small business, or for people wanting to showcase a community group, interest or hobby.



Date	Time	Venue
Tue 19th February	9.30 - 4.00	Newton Abbot

Full Fee: £150

Co-Funded Fee: £75

Fee for those on benefits: £0

Health & Wellbeing

It's My Life

This supportive group workshop will help you understand your barriers and move towards managing your physical and emotional health. You'll get tips on stress management, building your confidence and communication skills and learn how to live a healthier, happier lifestyle.

Date	Time	Venue
4 Mondays over 4 weeks: 28th January, 4th, 11th & 18th February	9.30 - 4.00	Newton Abbot

Full Fee: £485

Co-Funded Fee: £245

Fee for those on benefits: £0

Looking Good

This fun and friendly session (women only) gives you a little pamper time in a relaxed and friendly setting, to boost your confidence.

Includes advice about hair styling, make-up tips, posture, personal grooming and dressing on a budget.

Date	Time	Venue
Tue 12th March	9.30 - 3.30	Newton Abbot (Venue TBC)

Full Fee: £100

Co-Funded Fee: £50

Fee for those on benefits: £0

Easter Craft Workshops

These fun workshops give you the opportunity to try out new crafting skills and take some 'me' time, while meeting new people in a friendly setting.



Date	Time	Venue
Thu 28th March	10.00 - 1.00	Newton Abbot
Wed 3rd April	10.00 - 1.00	Torquay

Per workshop:

Full Fee: £35

Co-Funded Fee: £10

Fee for those on benefits: £0

Personal Development

Planning For Work

Whether you're new to jobsearching or returning to work after a break, it can be hard to figure out the best way to get where you want to be! This workshop will explore your skills and help you find the right career path, identifying support / further training to help you achieve your goals, and giving you an updated CV and Cover Letter.

Date	Time	Venue
Mon 14th & Tue 15th January	9.30 - 4.00	Newton Abbot
Tue 12th & Wed 13th February	9.30 - 4.00	Torquay
Mon 25th & Tue 26th February	9.30 - 4.00	Newton Abbot
Tue 26th & Wed 27th March	9.30 - 4.00	Newton Abbot
Mon 1st & Tue 2nd April	9.30 - 4.00	Torquay

Full Fee: £100

Co-Funded Fee:£50

Fee for those on benefits: £0

Prepare for Interview Success

Interviews come in lots of different formats these days, but they don't have to be scary! Fine-tune your interview skills with this 2-day workshop covering telephone, individual and panel interviews. You'll learn how to be interviewed in a group activity session and we'll also discuss presenting yourself in a professional manner, positive body language and tips for overcoming nerves!

Date	Time	Venue
Tue 19th & Wed 20th February	9.30 - 4.00	Torquay
Wed 27th & Thur 28th February	9.30 - 4.00	Newton Abbot
Mon 8th and Tue 9th April	9.30 - 4.00	Newton Abbot
Tue 16th & Wed 17th April	9.30 - 4.00	Torquay

Full Fee: £150

Co-Funded Fee:£75

Fee for those on benefits: £0

Motivate & Move Forwards

If you've been looking for work for more than a few months, it's easy to get disheartened.

This workshop will help you re-focus your jobsearching techniques and time-management skills, giving you renewed motivation to get out there and get the job you want!



Date	Time	Venue
Tue 8th & Wed 9th January	9.30 - 4.00	Torquay
Mon 21st & Tue 22nd January	9.30 - 4.00	Newton Abbot
Tue 19 & Wed 20th March	9.30 - 4.00	Torquay
Tue 23rd and Wed 24th April	9.30 - 4.00	Torquay

Full Fee: £300

Co-Funded Fee: £150

Fee for those on benefits: £0

Managing Money

Make the most of what you've got with this one day course. We'll help you with ways to live on a limited budget; you'll also learn how to produce a simple budget plan and understand key financial information on everyday documents. We can also look at ways of moving into work when you are on Universal Credit.

Date	Time	Venue
Wed 16th January	9.30 - 3.30	Torquay
Mon 25th March	9.30 - 3.30	Torquay

Full Fee: £150

Co-Funded Fee: £75

Fee for those on benefits: £0

Careers

Academies are our special industry-focused programmes which run over 1 or 2 weeks and aim to get you up-to-speed for your chosen career path, potentially including an interview with a local employer on completion of the course!

All academies run from 9.30 - 4.00pm.

Care: a great preparation for looking for work in the thriving Care sector. Discover the Principles of Care and basic hygiene regulations.

Hospitality & Customer Service: every employer wants good customer service skills, and this course will help you prepare for interviews with employers in this dynamic, fast-paced industry.

Retail: the customer is king - and this course will help you polish and demonstrate your customer service skills, giving you a head-start for a career in a shop environment.

Construction: gain a grounding in L1 Health & Safety plus that all important CSCS Labourer's card, to get you ready to work in a construction setting.

Type	Venue	Date
Care (5 days)	Torquay	Mon 8th - Fri 12th April
Hospitality & Customer Service	Torquay	Mon 28th Jan - Fri 8th Feb
Retail	Torquay	Mon 4th - Fri 15th March
Construction	The Pad & Parkfield (Paignton)	Mon 11th - Fri 22nd February

Full Fee: £750

Co-Funded Fee: £375

Fee for those on benefits: £0

Homebuilder supports young adults to leap into the construction sector

On our most recent Construction Academy, Cavanna Homes' Head of Health and Safety, Richard Henderson, and Site Manager, Ian Napier spent a day with students teaching valuable skills and guidance as well as sharing their experience and knowledge from working in the homebuilding industry.

Richard Henderson, who was also asked to assess and feedback on the students' work, said: "This is a great opportunity for young adults to get hands-on experience and a real taste of what working in the construction industry is like. When Eat That Frog asked if we would like to support this course we leapt at the chance, and we have thoroughly enjoyed working with the students and sharing our insights to help them in the future. We hope this initiative will encourage more young adults to explore the vast career opportunities available in the construction sector".



Successful students gain their CSCS card, showing future employers they have the training and qualifications to work in the industry.

Self Employment

6 week programme with 5 workshops to help you plan for self employment and launching your own business. Ideal for anyone who is looking to access the New Enterprise Allowance, our workshops include:

- Understand the Challenges of Working from Home
- Importance of Business Planning (create your business plan - 2 days)
- Marketing your Business
- Social Media for Business
- Basic Book-keeping & HMRC Self-Assessment

You may attend individual workshops, but completing the full programme will give you a Level 1 Award from SFEDI, the awarding body for enterprise.

Date	Time	Venue
Fridays - starts 11th January for 6 weeks	10.00 - 4.00	Newton Abbot
Fridays - starts 1st March for 6 weeks	10.00 - 4.00	Newton Abbot

Full Fee: £585

Co-Funded Fee:£295

Fee for those on benefits: £0

NEW - Volunteer Programme



Become a community superhero!

Why volunteer?

Research shows that volunteering can help improve your mental and physical well-being, aid your social life and all-round skills and is really valued by employers. It's also an amazing way to 'give back' and improve your local community!

Why volunteer with Eat That Frog? 10 great reasons!

1. We run a structured programme that offers you real benefits
2. Gain a qualification in a relevant area - our 'Stepping into...' courses
3. Mentoring throughout the programme
4. Help with improving your CV and moving forwards
5. Opportunity to take part in a traineeship to move into work
6. Gain satisfaction from helping community projects and local people
7. Improve your self-confidence and motivation
8. Opportunities to take part in social activities and events
9. Free DBS check
10. Become part of the Eat That Frog community!

Sounds good? If you'd like to be one of our community superheroes, call 01803-551551 or call into The Pad, Paignton for more info.

Course fees explained

Our courses are funded by the ESFA (Education & Skills Funding Agency).

We are therefore able to offer **FREE** (fully funded) courses in certain circumstances. So if you are:

- Unemployed OR
- Employed part-time (working fewer than 16 hours a week) OR
- Claiming state benefits and earning either
 - less than 16 times the appropriate age-related rate of the national minimum wage / national living wage a week, OR
 - £338 a month (individual claims) OR
 - £541 a month (household claims) though state benefits

then we should be able fully fund you to help you be economically active or progress into more sustainable employment.

If you do not meet these requirements, all is not lost as we may be able to Co-fund any learning activities - which means you would pay the Co-funded price shown (effectively half of the full fee).

You can take advantage of this reduced (Co-Funded) price, IF you are a UK resident or have been resident in an EU member state for 3 years and are actively looking for work.

If you are NOT in receipt of benefits and NOT from the UK or EU, you must pay the full course cost.

If you have any queries about your eligibility for funding, please drop us an email on info@eatthatfrog.ac.uk or call 01803-551551 and we will do our best to help you!



Education & Skills
Funding Agency

What our learners say about us!

"I'm very happy with courses in Eat That Frog. I can learn new skills and information in a very nice environment and atmosphere."

"I enjoyed the experience, meeting others who are at the same point in their life has encouraged me greatly to keep going, also I have learnt some useful tips which I greatly appreciate."

"The tutor was patient and a very good teacher. He put me ease because I was really nervous. I'm definitely not so afraid of a computer now and he's given me the incentive to carry on learning at home and not give up."

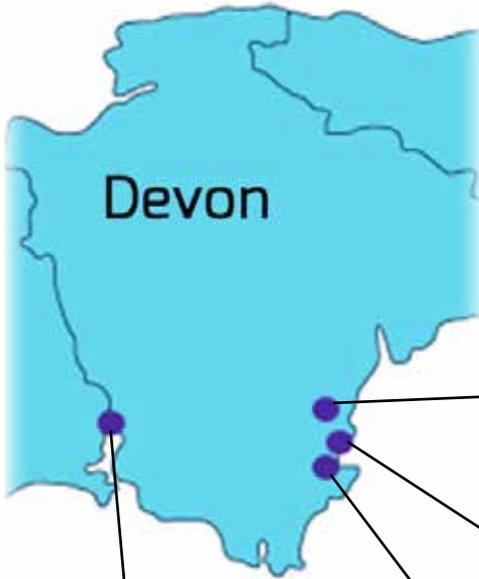
"I have found the course very helpful. The venue was lovely and clean and the staff were very welcoming. Everything was explained well and if you did not understand first time, it was explained again."

"THANKYOU for the wonderful experience of being tutored by one of your fantastic staff! I do feel like I have been given a chance - your tutor was very patient, kind and very, very supportive."



How to find us:

All of our centres are accessible by public transport (bus or train links) and are ground-floor accessible. We are a Disability Confident Employer. Please visit our website - www.eatthatfrog.ac.uk for more information.



Eat That Frog Professional Training
17 Union Street, Newton Abbot, TQ12 2JX

Eat That Frog Professional Training
91 Union Street, Torquay TQ1 3DG

The Pad Training & Community Centre
89 Torquay Road, Paignton TQ3 2SE

Plymouth Education & Training Centre
Units 11, 19 & 20 Scott Business Park,
Beacon Road, Plymouth PL2 2P

Parkfield (for Horticulture Courses)
Colin Road, Paignton, TQ3 2NR

Contact us:

01803-551551 / info@eatthatfrog.ac.uk
Facebook / LinkedIn / Instagram

