

Family Learning Courses

Family Learning Courses are **FREE**

Spring 2021

Please check the "*been referred*" box to book on free

Please book onto each course by searching for the course title:

www.worcestershire.gov.uk/courses or call 01905 728537



Supporting you with Young Children

Fun Phonics - introduction to phonics in
Early Years & ideas to use at home
Starts 4th Feb Thur's 1pm

Magnificent Maths - intro to Early Years
maths & making resources to use at home
Starts 4th Feb Thur's 11am

Making & Using Story Sacks - supporting
imagination and story telling
Starts 4th Feb Thur's 7pm

Zog's Fire Breathing Adventures - art &
craft *Starts 19th Jan Tue's 11am*

Supporting your Mental Health and Wellbeing

Marvellous Me - supporting you during
lockdown
Starts 2nd Feb Tue's 1pm

Art in Your Heart - Colour Therapy
Starts 2nd Feb Tue's 7.30pm

Time for You - Mindfulness activities &
offloading
Starts 28th Jan Thur's 7.30pm

Heartful of Art - more complex art for those
with current knowledge
Starts 20th Jan Wed's 7pm

Supporting you with older children in Secondary School

Family Memories COVID-19 Time Capsule -
making memory box to remember this time
Starts 2nd Feb Tue's 1pm

Numeracy Skills for parents - refresh old skills
and learn new to support your child
Starts 1st Feb Mon's 7pm

English Skills for parents - feel confident to
help your child at school by learning skills
starts 4th Feb Thur's 7pm

Book & Cook - affordable cooking ideas
Starts 31st Jan Sat's 4pm

Supporting you with Special Educational Needs & Disabilities

**Nurture course for parents of children with
SEND** - nurture your own health & wellbeing
Starts 1st Feb Mon's 7pm

Managing Mindfulness - anxiety management &
coping with meltdowns - take away techniques
Starts 1st Feb Mon's 7pm

Stimulating Sense for SEND - ideas & activities
Starts 3rd Feb Wed's 7pm

**TA strategies & Techniques for supporting
SEND children** - transitions, managing anxiety,
timetables, increasing wellbeing & self-esteem
Starts 3rd Feb Wed's 7pm



Online Learning

Our friendly Family Learning courses are currently online using 'Zoom' on your mobile phone, ipad, tablet or laptop. Your tutor will ring you before your course starts to **help you get online** for your course and can support you to access Zoom, help you check that you can use it ok and offer you any help you need.