

# FAMILY LEARNING, TRAINING AND PARENTING OPPORTUNITIES FOR PARENTS/CARERS OF CHILDREN AGED 0-19

January to April 2019

## Training Courses

### Made of Money-help with budgeting

Pickles Coppice

This course helps families talk, listen and learn about money and its impact on their lives. Topics include: shopping on a budget, money management skills, credit and debt. Weekly activities will also include taste testing, quizzes and more



Starts Tuesday 8th January  
12.30-2.30pm

6 weeks

There IS a FREE crèche with this course

### Healthy Living

Do you often take care of others but forget about yourself?

If the answer is YES come along to this course and get an introduction to improving your life by:

- \* goal setting
- \* life balance
- \* Sleep, exercise and healthy eating
- \* confidence building
- \* dealing with negative emotions.



Starts Tuesday 26th February  
12.30-2.30pm

6 weeks

There is a FREE crèche with this course

### Sign Time

Pickles Coppice

Find out ways to communicate with your child by using simple signs. Informal and practical signing sessions with songs, games and activities. Understanding their wants and needs before they can speak will benefit both you and your child. Suitable for parents and pre-school practitioners



Starts Wednesday 16th January  
6.00-8.00pm—5 weeks

FREE course

Sorry-there is no crèche  
Plenty of evening parking

### Employability Workshop

YMCA pre-school, Footsteps SO16 4AS

**Want to improve your chances of finding work?** Come and see the T.E.E.M.

**Training** - we help you find work-related training

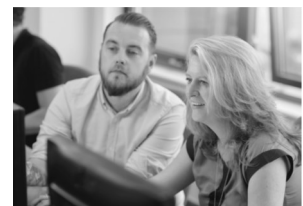
**Education** - we support you to access college and courses

**Employment** - we offer you advice and help to find lasting employment

**Motivation** - we can help you increase your confidence and motivation

Tuesday 1.00-3.00pm at Footsteps. No booking required, just turn up.

See back page for further details. **Sorry-no crèche available**



There will be a £2.00 refundable deposit per course booked. This will be handed back when you have finished the course. If you do not let us know beforehand that you can no longer come, the deposit can only be transferred to another course. Sure Start parents will take priority when booking.

You may not get a place without paying a deposit but please ask to speak to Debby if you are unable to leave one. You will be contacted to confirm your place, and sent a reminder a week before the course starts.

If you are unsuccessful you will be contacted and your deposit will be re-



University Hospital Southampton  
NHS Foundation Trust

NHS Solent  
NHS Trust



SOUTHAMPTON CHILDREN & YOUNG PEOPLE'S ALLIANCE

NHS  
Southampton City  
Clinical Commissioning Group

Education & Skills  
Funding Agency



## First Aid

Ashby/Pickles

Basic Life Support for Babies and Children  
Topics may include how to deal with resuscitation, choking, anaphylaxis, seizures, burns and major illnesses.  
(Trainer will check with learners at the start)

### Simple steps to learn and remember

Please wear comfortable clothing  
(trousers, t-shirts and trainers or comfortable shoes)  
as the course is practically based.



Choose between:

Monday 11th February at  
the Ashby 12.30-2.30pm, or  
Monday 4th March at Pickles  
Coppice 12.30-2.30pm

There is a FREE crèche with  
this course

## Play with Words-Family learning

Ashby Centre

Learn how to make every moment with  
your child count whilst having fun! You will  
learn about the six areas of learning and  
how to put these into practice with your  
child in an interactive and stimulating way.  
All learning will be classroom based with  
your child so you will be able to learn and  
practise at the same time.



Starts Friday 1st February  
9.30-11.30am 6 weeks  
no class on Friday 22nd February  
(half term)

There is no crèche with this course

## Baby Massage

Pickles Coppice

Infant massage to encourage that special bond  
between you and your baby.

Can aid relaxation and sleep. Learn the benefits  
to baby, parent, family etc. of nurturing touch and  
massage, and the programme of strokes which  
you can practice at home.



Starts Tuesday 15th January or  
Tuesday 26th February  
10.00am-11.00am

5 weeks

Wear comfortable clothing suitable  
for working on the floor.

## Parenting Courses

Self referral bookings being taken– please talk to a member of the Sure Start team if you would like to know more, and/or for a place on any of the following courses. You can also tick the form on page 5 to express your interest. (no deposit required at this stage) You will be contacted within a few weeks of enquiry

## Five to Thrive

Pickles Coppice

### Your child's brain grows better when you do five simple things...

Attend with your new baby to develop an understanding of their needs,  
brain development and attachment to you.

FREE crèche spaces available, for older siblings if needed.

**5 week course- Starts Wednesday 16th January or Wednesday 27th February  
1.00-2.30pm**



## Being a Parent

Ashby Centre

Being a Parent Course. For parents with  
children aged between 0-4. This course is  
for parents run by parents. You will learn  
practical communication skills needed for  
everyday life and this will help you to raise  
confident, happy and co-operative children



Introductory session on Wednesday  
23rd January 9.30-11.30am  
Course starts 30th January- 8 weeks  
There is no session on Wednesday  
20th February (half term) There is a  
FREE crèche with this course

You can find us on: <http://www.facebook.com/SureStart.WestClusterSoton> and  
our fan page for an update on what we are doing



## Strengthening Families Programme

@ Various Venues

A 7 week course that helps families with children aged 10-14yrs. The course offers the parent and child the chance to rebuild their relationship and prepare together for the next phase of the child's life. This includes helping parents to understand how to set boundaries and decide on appropriate consequences, as well as helping children to be ready to manage peer pressure. Find out how to take steps to avoid making bad choices and decisions. Work together to build on your family's strengths. There is always a hot meal included and the course runs 1 evening a week (usually in a local school).



For further information email [fmparenting.west@southampton.gov.uk](mailto:fmparenting.west@southampton.gov.uk) or ring Families Matter West team on 02380 834709

## LiNX Groups

@ Various Venues

The LiNX programme was devised originally for children that had experienced Domestic Violence and had gone on to commit crime due to the trauma they had experienced, leaving them with little or no empathy for others or themselves. It is based around the Empathy Wall with the intention to show how if different parts of the wall are missing it will be unstable and fall down. By rebuilding the wall, giving the child confidence, building their self esteem and self worth it allows them to reach their full potential. The age group is between 10 and 18. Single sex groups and age specific 10 -12yr olds, 16-18yr olds etc. Due to the success of the programme it is also used for children with behavioural problems.



For further information email [fmparenting.west@southampton.gov.uk](mailto:fmparenting.west@southampton.gov.uk) or ring Families Matter West team on 02380 834709

## NVR (Non-Violent Resistance)

@ Various Venues

This 7 week course is run for parents who feel that they have lost "control" of their child, that their child is extremely challenging and no longer adhering to boundaries or consequences. There is no specific age range for the child that this will be suitable for. The eligibility will be determined on an individual basis so please call the coordinator to discuss if you think you would benefit from this course.



For further information email [fmparenting.west@southampton.gov.uk](mailto:fmparenting.west@southampton.gov.uk) or ring Families Matter West team on 02380 834709

## Understanding Behaviour Workshop

@ Various Venues

This half day workshop is for any parent who struggles to manage the behaviour of their child. You will gain insight into why behaviours happen and how to manage them in a positive way....You may also learn something about yourself and others around you... what makes people 'tick'??... Good for children and grown ups of any age!



For further information email [fmparenting.west@southampton.gov.uk](mailto:fmparenting.west@southampton.gov.uk) or ring Families Matter West team on 02380 834709

## Sleep Workshop

@ Various Venues

Do your children get enough sleep? Do you have a good bedtime routine for your children? Do you have trouble getting your children into bed? Once they are in bed, do they keep getting up? Is Co-Sleeping becoming an issue?

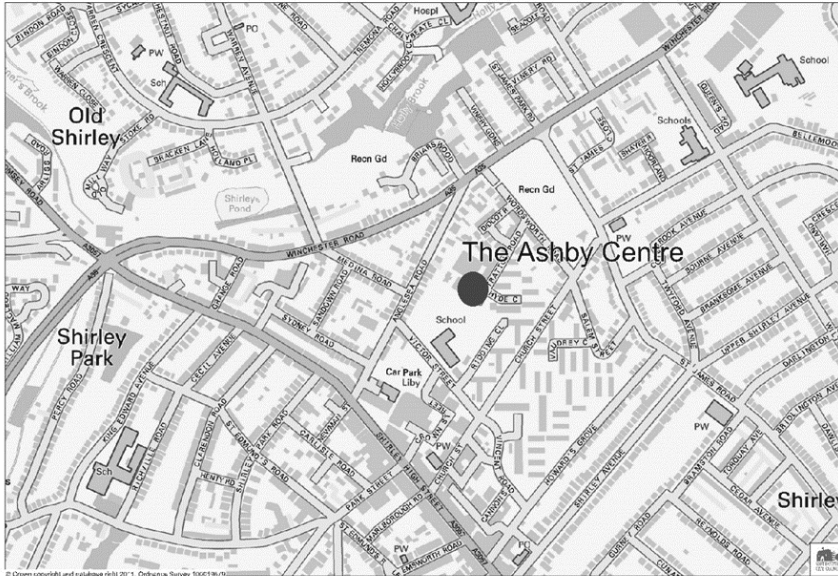
**Come along and find out more about:** Good sleep habits and routines. Techniques you can use to improve sleep routines. **Go away with a plan!**



For further information email [fmparenting.west@southampton.gov.uk](mailto:fmparenting.west@southampton.gov.uk) or ring Families Matter West team on 02380 834709

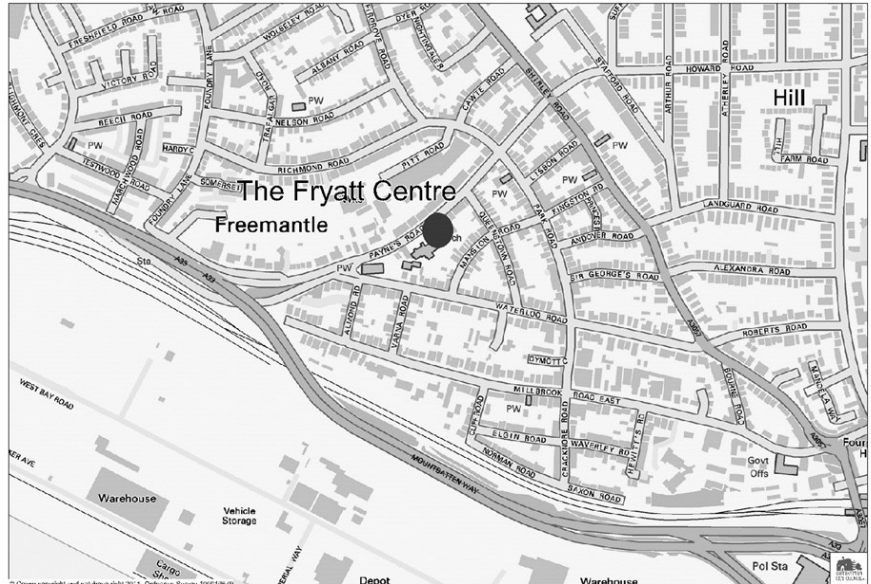
# VENUES

The Ashby Centre



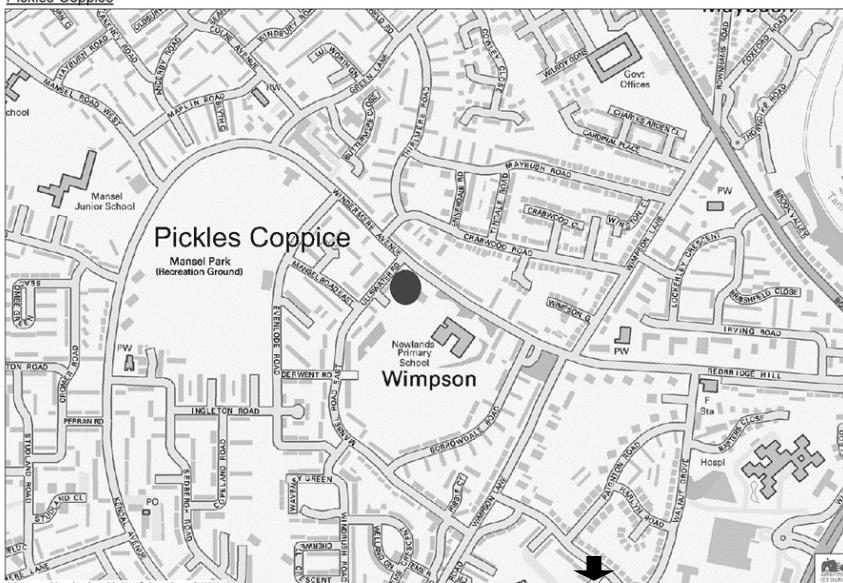
**The Ashby Centre SO15 5QZ** can be reached by any bus that stops at Shirley Precinct. Walk to the back of Sainsbury's, turn right onto Victor Street, first left into Ridding Close and follow the perimeter of Wordsworth Primary school. The Ashby Centre is in Stratton Road. Parking is limited and parking restrictions may apply.

The Fryatt Centre



**The Fryatt Centre SO15 3BY** can be reached by any bus that runs through Shirley High Street and stops at Foyes Corner. Walk to Paynes Road towards the Christ Church, Freemantle and the Fryatt Centre is next door. Parking is limited and parking restrictions may apply.

Pickles Coppice



● **Pickles Coppice Children's Centre SO16 9QX** can be reached by First Bus No 2 or Blue Star line No 18. There is a bus stop 30 metres from the entrance in Windermere Avenue SO16 9QX. There is limited parking but all surrounding roads have no restrictions and there is a car park in nearby Crabwood Road

↓ **Footsteps, YMCA pre-school SO16 4AS** can be reached by Blue Star bus No 7. There is a bus stop in Cumbrian Way and the centre can be reached by crossing the road and walking to the back of Fernside Close, or First Bus No 2 to Redbridge fire station and 5 minute walk along Walnut Grove to Cumbrian Way. There is no parking or access from the school site but plenty of on road parking with no restrictions.

For further information, please contact Debby Sweeney on 023 80540135/07788444335

PERSONAL DETAILS	
Title: Mr Miss Ms Mrs Other:	Gender M / F
Date of birth	Already registered with Sure Start? Y / N
First name(s)	Surname
Address	Email address
Post code	
Contact telephone number (home)	Contact telephone number (mobile)

TRAINING COURSES		Please tick all courses that you would like to enrol on. (There is a £2 refundable deposit required for each course) * = no deposit	
Made of Money		Play with Words-Learning as a Family	
Healthy Living		Baby Massage - January	
Sign Time		Baby Massage - February	
First Aid-Babies and Children-Pickles Coppice		Five to Thrive *	
First Aid-Babies and Children-Ashby		Being a Parent *	

**Do you require a crèche place(s) Y / N (if offered, please see individual course details)**

**Name of child ..... DOB ..... Course(s) .....**

**Name of child ..... DOB .....**

**Please let me know if there is any training that you would like to see that we don't already offer. We are fairly restricted with the funding that we receive but all suggestions could be considered.**

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Southampton City Council is collecting this information in order to perform this service or function, and if further information is needed in order to do so, you may be contacted using the details provided. In performing this service, the Council may be required to share your information with other organisations or departments, but it will only do so when it is necessary in order for the service to be provided.

The Council may also share personal information for the purposes of the prevention, investigation, detection, or prosecution of criminal offences, but will not share personal information, or use it for this, or any other purpose, unless provided for by law.

More detailed information about the Council's handling of your personal data can be found in its privacy policy, available online (<http://www.southampton.gov.uk/privacy>), or on request.

<b>LEARNING HISTORY</b>		<b>When did you last take part in formal learning in the UK?</b>			
Less than 2 years ago		2-5 years ago	6-10 years ago		Over 10 years ago
<b>What is the highest level qualification you have achieved, if any?</b>					
			No formal qualifications		
<b>EMPLOYMENT</b>		<b>What are you currently doing? Please tick any boxes that apply.</b>			
Working full time				Retired	
Working part time				Home maker / carer	
Self - employed				Voluntary work	
Unemployed				Full time education	
<b>OTHER</b>	<b>We need to check some other details as attendance on courses may depend on certain criteria being met. Please tick any boxes that apply.</b>				
Are you in receipt of Universal/Income based benefit, and if yes, which one?					
Are you a lone parent?					
Is English your second language? If so, do you require support with language?					

**Want to improve your chances of finding work? Then see the T.E.E.M.**  
T.E.E.M. provides work clubs in Southampton for Southampton City Council Housing tenants, and additional one-to-one support if required.  
We can help you with:

* Your job application forms	* Preparing for interviews
* Job searching	* Gaining skills
* CV	* Moving towards work
* Disclosure advice	* volunteering

Nearest clubs for the West of the city are:  
**Tuesday Maybush Local Housing Office, 43-45 Irving Road SO16 4EG 10.00am-12.00pm**  
**Footsteps (YMCA pre-school site) Helvellyn Road SO16 4AS 1.00-3.00pm**  
**Thursday Central Library, Learning Centre, 1st Floor SO14 7LR 3.00-5.00pm**  
For more information and details of other clubs held across the city, please contact Francesca Prior, tel. 023 8091 7868 francesca.prior@southampton.gov.uk

Receipt for refundable course deposits. £2.00 per course. Will be given back at the end of each course No deposit required for courses marked *	
Amount £ .....	
<input type="checkbox"/> Made of Money	<input type="checkbox"/> Play With Words-Learning as a Family
<input type="checkbox"/> Healthy Living	<input type="checkbox"/> Baby Massage - January
<input type="checkbox"/> Sign Time	<input type="checkbox"/> Baby Massage - February
<input type="checkbox"/> First Aid - Pickles Coppice	<input type="checkbox"/> Five to Thrive *
<input type="checkbox"/> First aid-Ashby	<input type="checkbox"/> Being a Parent *

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