

Dear Parents/Carers,

Please find attached some flyers for some great family learning courses for parents/carers starting after Easter!

All of the courses are being delivered over Zoom and they are open to all parents/carers or grandparents in Gloucestershire - the courses are free for many parents/carers - there are notes at the bottom of each flyer!

The tutors all have a wide experience in their subject and bring great energy and enthusiasm to the course.

There are 2 Wellbeing courses:

- **Calming the Mind**- a focused mindfulness course for 6 weeks on Tuesday mornings from 10:30-11:30, or Wednesday evenings from 7:30-8:30
- **Happier and Calmer :Wellbeing at Home**- this course looks at the science behind wellbeing

Supporting Children's Maths:

Everything You Ever Want to Know about Numbers But Are Afraid to Ask- a 4 week course giving parents an understanding of the building blocks of numeracy, looking at decimals, fractions and percentages. This course will help anyone overcome their fear of numbers! Parents can use this course to progress towards a Functional Skills Maths Qualification if they choose

English as a Second Language:

- **Improve Your English and Help Your Child** delivers English lessons for ESOL parents and teaches them how their children learn in school
- **Help Your Child with English in the Early Years** is a course for ESOL parents with preschool children. They come together (virtually) to share a story and make some resources to go with it. This course focuses on teaching parents how they can support their child to develop their language skills.

Help Your Child with English in the Early Years



A free* course for ESOL parents!

The course will be delivered via Zoom

- ✓ Find out how young children and babies learn English
- ✓ Build your children's language skills
- ✓ Boost your own English skills

Thursdays from 9:30 to 10:30

Starting on 22nd April

You can access this through your smartphone, tablet or computer.

We can help you use it!

To book a place please email fay.tucker@gloucestershire.gov.uk

* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,000 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.

Everything You Want to Know About Numbers but Are Afraid to Ask



This free* course for parents runs for 4 weeks

The tutor, Richard, will explain the building blocks of maths

Take the stress out of:

- Decimals
- Fractions
- Percentages and more

Starting on Thursday 22 April

12:30 - 2:00pm

If you worry about maths this course is for you!

This course can lead towards a Functional Skills Maths Qualification

The course will be delivered via Zoom

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Happier and Calmer: Wellbeing at Home

A *free online course for parents

We will be guiding you through the latest science on how to build a happier and calmer home

-  Find ways to settle yourself in these uncertain times
-  Discuss ways to make your family calmer
-  Get tips to make you feel happier
-  Develop yoga and mindfulness skills

**A 6 week course running on Wednesdays
starting on 21st April
9.30 - 11.00am**

The course is being delivered via Zoom. You can access this through your smartphone, tablet or computer. We can help you to use it.




To book a place, please email fay.tucker@gloucestershire.gov.uk

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Calming the Mind for Parents



A free* 6 week online course to introduce you to mindfulness in the comfort of your own home.

-  Explore ways to manage your stress levels
-  Find new ways to relax yourself and your family
-  Learn how to be mindful everyday

Tuesday Daytime 10:30-11:30 from 20th April

Wednesday Evenings 7:30-8:30 from 21st April

The course is being delivered via Zoom. You can access this via your smartphone, tablet or computer.




To book a place please email fay.tucker@gloucestershire.gov.uk

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Improve Your English and Help Your Child on Zoom

A free* ESOL course for parents

-  Learn English
-  Find out how to help your children
-  Build your skills

Wednesdays 9:15-11:15

Fridays 9:30 - 11:30

in the Summer Term

The course is being delivered via Zoom.
You can access this through your smartphone, tablet or computer

To book a place, please email fay.tucker@gloucestershire.gov.uk

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