

Dear Parents/Carers,

Please find some information below in regards to some upcoming parent/carer courses - please also find attached some posters advertising the courses.

The courses are running on Zoom, and are open to all parents/carers/ grandparents living in Gloucestershire.

I know a lot of parents/carers are anxious about their own maths skills, so we are running a course to build their confidence.

Parents will learn in a small group with a friendly and approachable tutor. This is a 4 week course initially, but can be extended to suit parents needs.

All you Need to Know About Numbers runs on Thursdays from 12:30-2:00

We are running a **Money Management Workshop** on Wednesday 5th May from 9:30-12:00. This focuses on managing household budgets effectively and can transform parents attitudes to finances.

Our **Wellbeing Courses** are continuing to support families across the county.

·**Happier and Calmer: Wellbeing at Home** is running on Friday mornings from 9:30-11:00. This looks at the science behind feeling good and gives parents the opportunity to try out different wellness techniques to see what works best for them.

·**Get Crafty and Relax** runs on Tuesdays from 9:30-11:00. This is a practical course where you get to make crafts in a relaxed group. We will send out all of the resources for this.

·**Writing for Wellness** runs on Tuesdays from 12:30-2:00. This course focuses on using writing for wellbeing, using free writing to develop wellbeing and builds learners skills and confidence to write for themselves and possibly to share life stories with their family.

We are continuing to run ESOL classes for parents/carers.

·**Improve Your English and Help your Child** runs on Wednesday and Friday mornings

·**Help Your Child with English in the Early Years** runs on Thursdays from 9:30-10:30. This course supports ESOL parents to work with their preschool children to build their English skills together.

The courses are free to people 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.

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.



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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Money Management Workshop



Transform your attitude to finances by learning how to stretch your money using a money planner and becoming an effective budgeter to improve your quality of life.

- Learn how to budget
- Look at incoming and outgoings and what is left
- How to save money
- Wants vs. Needs
- Benefits and disadvantages of borrowing money
- Where to get help if in debt

Wednesday 5th May 2021
9:30am – 12:00pm
Online via Zoom

To book on or for further information contact

nusrath.khan@gloucestershire.gov.uk / 07825424319





*Free subject to eligibility



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 Fridays
starting on 23 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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Writing for Wellness



A free* course for parents/ carers across Gloucestershire

Join us to explore how writing can make us feel better

- ✓ Try out free writing for wellbeing
- ✓ Rediscover the joy of writing
- ✓ Explore writing your own life story
- ✓ Find out how you can help your children with their English

Tuesdays from 12:30 to 2:00

Starting on 27 April

This course will be 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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Get Crafty and Relax Course for Parents



This free* course is designed for parents to develop some new skills and relax, making beautiful bespoke crafts for their home

All the materials needed will be provided

You don't need any special skills to get crafty. The tutor, Lydia, will guide you to make items which are lovely and personal

Tuesdays from 9:30-11:00

27th April – 25 May

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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All you Need to Know About Numbers



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

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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