



Families on our Doorstep
Helping families flourish

Course details and events

April 2018



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Families on our Doorstep

- Families on our Doorstep is funded by The Big Lottery until December 2018
- Families on our Doorstep is available to Parents or Carers living in Swale who have caring responsibilities for a young person up to the age of 18 years. Courses and events are FREE
- We have our own Families on our Doorstep Facebook page where you can check out information on courses and events
- We regularly hold Flourishing Families events for adults and children to take part in activities
- Some of our courses are for adults and some for adults and children together
- Our courses and events are held locally in Swale in either Sittingbourne, Sheppey or Faversham

Your place on the course must be booked in advance by contacting the Families on our Doorstep Team. For further information on any of our courses or to book a place contact:

- Call the Families on our Doorstep Team on 01795 434290
- Ring or text 'FAMILIES' to 07595 085629 or 07841 505532
- Email: Emma Cummings at emma.cummings@optivo.org.uk or Liza Scholefield at liza.scholefield@optivo.org.uk
- Find 'Families on our Doorstep' on Facebook



What's Coming Up?

April 2018:

- **Flourishing Families Fun Workshops – Wood crafts**
Make Gypsy Flowers and Wooden Picture frames
Tuesday 3rd & 10th April
6-8pm
Bob's Allotment, Regis Crescent, Sittingbourne
For parents & children to work together, suitable for age 8+yrs
- **Community Champions**
Explore how to promote learning and community engagement
Wed 18th, 25th April & 2nd, 9th May
10am – 12pm
Sittingbourne Methodist Church Lounge, High Street
- **Laser Level 1 – Teaching Assistant Qualification**
Gain an accreditation for supporting children's learning
Taster sessions:
Thursday 19th & 26th April
9.30am – 1.30pm
Full course: Thursday 3rd May –
Thursday 12th July
10am – 1pm
Canterbury Road Primary School,
Sittingbourne



May 2018:

- **DIY Taster**
DIY demonstrations from a qualified Multi-Trader, Hands on practical session in tiling, painting, wallpapering & use of power tools
Monday 14th May
10am – 2pm
Sittingbourne Methodist Church Hall, High Street
- **CV Surgeries**
Create, improve or update your CV, with tailored support in a small group
Wednesday 16th or Tuesday 22nd May
10am – 12pm or 12pm – 2pm (2hr sessions).
Newbridge Community Centre,
Sittingbourne
- **Confidence for Work**
Build your confidence, recognise your skills, CV & Interview support, plan your next steps towards employment
Tues 17th, 24th May & 7th June
12pm – 2.30pm
Ideas Test, High Street, Sittingbourne
- **Keeping up with the Children – Maths Homework**
Gain an understanding of how your child is learning maths at school, & refresh your skills whilst learning how to help them
Friday 18th & 25th May, 8th & 15th June
10am – 12.30pm
Ideas Test, Sittingbourne High Street



June 2018:

- **Managing Children's Behaviour**

For parents wanting to: understand their child's behaviour, set boundaries, and praise & reward your child, show your child affection effectively, communicate better with your child

Monday 4th, 11th, 18th & 25th June

10am – 12.30pm

Sittingbourne Methodist Church Lounge, High Street



- **Mindfulness for Life**

An in-depth look at how we can include Mindfulness in our everyday lives and bring Mindfulness techniques to ease past situations, allowing a move to live in the now! We'll look at health benefits and finding gaps in our day to day life where mindfulness can sit within.

Wednesday 6th, 13th, 20th, 27th June & 4th July

10.30am – 12.30pm

Sittingbourne Methodist Church Lounge, High Street

- **Level 3 Award in Education & Training**

Do you want to become a certified trainer?

The course is aimed at those who are/looking to become a tutor for/or teach Adult & Community sector, & private training providers

Thurs 7th, 14th, 21st, 28th June, 5th, 12th & 19th July

10am – 2pm

Regis Gate, Milton Regis, Sittingbourne

- **Being your Best Self**

Do you want to feel more confident and enjoy better relationships? We will explore opportunities to appreciate & embrace your unique qualities and to begin to realise your future potential

Tuesday 19th, 26th June, 3rd, 10th, 17th & 24th July

10am – 12pm

Canterbury Road Primary School, Sittingbourne

- **Keeping up with the Children – English Homework**
Gain an understanding of how your child is learning English & reading at school, & refresh your skills whilst learning how to help them

Friday 22nd, 29th June, 6th & 13th July

10am – 12.30pm

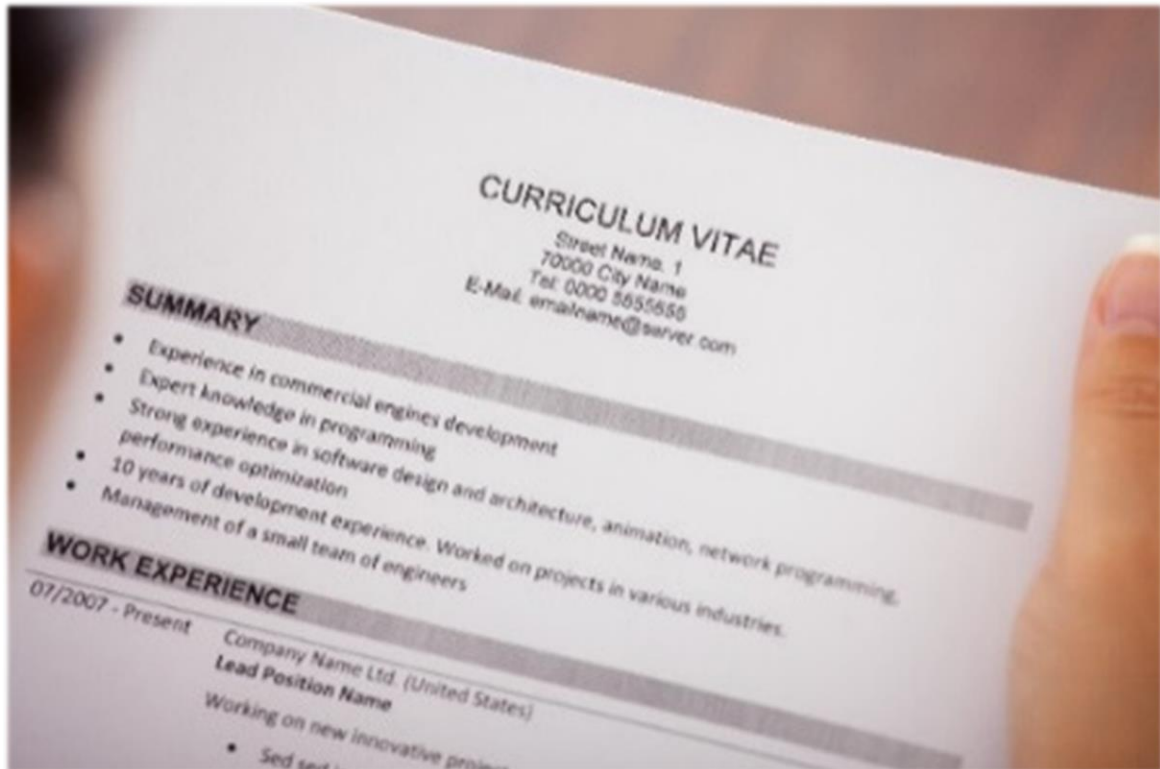
Ideas Test, Sittingbourne High Street

Other courses coming up:

- First Aid
- Internet Safety
- Introduction to Safeguarding
- Forest Skills workshops for parents & children
- Fun with Food for parents & children



Does your CV need a refresh, re-write or you just don't know where to start with it? Contact us for one to one CV support and we'll help you make it great



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