



BUILDING HOMES
MAKING PLACES
ENHANCING LIVES

Foundations Course programme

January 2019



Foundations courses

- Optivo's Health & Wellbeing service, Foundations is offering a programme of courses in Swale
- Our courses are open & FREE to all adults living in Kent. For some of our accredited courses, you need to be aged 19yrs +
- We are happy to answer any questions you have about our courses, let us know if you need any extra support to take part
- 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
- We work with Kent Adult Education, Traci Ferguson Coaching, Mindfulness 4 Life to deliver these courses

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

- Ring or text 'COURSES' to 07595 085629 or 07525 680177
- Email: Emma Cummings at Emma.Cummings@optivo.org.uk or Shona Matson at Shona.Matson@optivo.org.uk

What's Coming Up?

Jan 2019:

- **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

Mon 14th, 21st, 28th Jan, 4th & 11th Feb 2019

9.30am – 11.30am

Ideas Test, High Street, Sittingbourne

- **Rescue Me – Resilience & Mindfulness**

Learn how to use mindfulness meditation & relaxation to move forward with a positive mind-set. The course looks at resilience, empowerment, self-esteem, confidence building, encouragement

Mon 21st, 28th Jan, 4th, 11th Feb, 4th & 11th March 2019

(1 week break – half term)

10am – 12.30pm

Sittingbourne Methodist Church lounge, High Street

- **Basic Life Support**

Level 2 First Aid qualification – useful life-saving skills

Tuesday 22nd Jan 2019

9.30am – 3pm

Umbrella Centre, Court Street, Faversham

- **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

Thursday 24th, 31st Jan, 7th, 14th, 28th Feb & 7th March 2019

(1 week break – half term)

1pm – 3pm

Canterbury Road Primary School, Sittingbourne

- **Assertiveness**

Look at negotiation skills, understand behaviours, listening skills, positive & assertive communication skills, building resilience

Thurs 31st Jan 2019

9.30am – 2.30pm

Sittingbourne Methodist Church lounge, High Street

Feb 2019:

- **Understanding Anxiety**

Techniques and exercises to manage stress & anxiety, and guidance on supporting others

Thurs 7th & 14th Feb 2019

11.30am – 2.30pm

Ideas Test, High Street, Sittingbourne

- **Spring Crafts – Family Learning**

Parent & child workshop – make your own spring-inspired figures and magnets with our easy-to-use air dry, no mess clay

Suitable for children aged 4-12yrs

Tuesday 19th Feb 2019, 10am – 1pm

Kemsley Community House, Coldharbour Lane, Sittingbourne

OR

Thurs 21st Feb 2019, 10am – 1pm

Rushenden Community House, Manor Road, Sheppey

- **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 26th Feb, 5th, 12th, 19th, 26th March & 2nd April 2019

10am – 12pm

Ladybirds Childrens' Centre, Rushenden, Sheppey

- **Intro to Mentoring**

Guidance & skills for mentoring vulnerable adults & children

Weds 27th Feb & 6th March 2019

10am – 1.30pm

Umbrella Centre, Court Street, Faversham

- **Our Family Scrapbook**

Design and make your own family scrapbook to record your treasured memories, explore & develop your creative skills, improve your photography skills, build your confidence & meet new people!

Weds 27th Feb, 6th, 13th, 20th, 27th March & 3rd April 2019

12.30pm – 3pm

Canterbury Road Primary School, Sittingbourne

- **Cooking on a Budget**
Would you like to enjoy better food, have a healthier lifestyle? Learn new, exciting & child friendly recipes, & buy more with your shopping budget with this fun course
Thursday 28th Feb, 7th, 14th, 21st & 28th March 2019
9.30am – 12pm
South Avenue Primary School, Sittingbourne

March 2019:

- **Practical IT & Social Media Skills**
Providing you with the practical admin skills for work & an insight into how to use Social Media for work
Tues 5th, 12th & 19th March 2019
12pm – 2.30pm
Kent Adult Ed Centre, London Road, Sittingbourne
- **Conflict Management**
Level 2 accredited qualification – how positive communication can prevent conflict, difference between assertiveness and aggression, diffusing emotive situations, recognise signs of escalation
Weds 6th & 13th March 2019
9.30am – 2pm
Sittingbourne Methodist Church lounge, High Street
- **Food Safety in Catering**
Level 2 Food Hygiene qualification
Weds 20th March 2019
9.30am – 4.30pm
Ladybirds Childrens' Centre, Rushenden, Sheppey

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