



Family and Community Learning Course Prospectus 2023-2024



Courses will be added to our timetable throughout the year.

Please contact us for dates and to book onto our courses.

Email familyandcommunitylearning@wiltshire.gov.uk

Phone 01225 770478

Website www.workwiltshire.co.uk/family-and-community-learning

Facebook <https://facebook.com/Wiltsfamilylearning/>

Wiltshire Council website <https://www.wiltshire.gov.uk/family-learning>

Right Choice website <https://rightchoice.wiltshire.gov.uk/Services/4501>



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Supporting Children's Wellbeing and Learning - Family Learning



Helping My Child with Anxiety and Worry

Support your child with practical methods to help when they feel worried or anxious. On this course you will learn to understand the difference between anxiety and worry, how they can affect learning, and how you can support your children's mental health at home through calming activities. This single-session course is taught online or at venues across Wiltshire.

Helping My Child Build Concentration and Resilience

Support your child's learning at home. On this course you will learn about the reasons why children may find concentrating difficult and resilience elusive, and discover ways to support children's concentration and resilience at home. This single-session course is taught online or at venues across Wiltshire.

Helping My Child to Prepare Positively for Change

Support your child to cope with change positively. On this course you will learn to understand the reasons why children may find change difficult, and learn ways to support children at home. This single-session course is taught online or at venues across Wiltshire.

Understanding the Early Stages of School Avoidance

Develop your understanding of what is emotional based school avoidance, and its impact. On this course you will learn strategies to use to support your child. You will develop your knowledge of reasonable adjustments a school can use to support good attendance. There will also be a Q&A session with an assistant educational psychologist. This single-session course is taught online.

Supporting Children's Wellbeing and Learning - Family Learning



Starting Secondary

Support your child in the transitions they make through their school journey. Learn ways to manage emotions to help your child navigate the changes coming up. On this course you will learn to identify ways to support your child and yourself to manage the changes as they move to the next step in their school journey. You will develop strategies to help them understand the changes ahead. This two-session course is held online or face-to-face.

Celebrations around the World

Explore practical ways to support your child's wellbeing and share the wonder of the world. On this course you will explore the five ways to wellbeing. You will consider the range of skills that children learn during celebrations and understand the connection between the five ways of wellbeing and festive seasons. You will also discover ideas for making low-cost homemade gifts as a family that you can share with others. This single-session course is taught online.

Supporting Myself to Support My Child

Learn ways to support your child's learning – beginning with parental wellbeing! On this course you will learn ways to support your child's needs at home and at school, explore ways to develop resilience and support siblings, as well as communicate effectively with professionals. This three-session course is taught online or at venues across Wiltshire.

Supporting Children's Wellbeing and Learning - Family Learning



Supporting My Teen with Wellbeing

Understand the changes in a teenage brain to help you to connect with and support your teen. On this course you will learn techniques to promote wellbeing, and you will explore positive psychology. This single-session course is taught online.

Supporting My Teen with Transitions to Adulthood

Explore how to support your teenager and navigate the changes ahead. On this course you will learn ways to promote your teen's emotional wellbeing, explore post-16 options, and find out about supporting your teen with life skills, online safety and decision-making. This five-session course is taught online.

English and Literacy – Family Learning



Helping My Child with Reading

Make reading fun and discover ways to encourage children to develop a love of learning and reading. You will develop an understanding of spelling patterns and comprehension and learn ways to support and work with your child to enhance their reading skills. This single-session course is held online or at venues across Wiltshire.

Phonics Games

Feel confident using phonics games to help your child with their early reading skills. This course is suitable for parents or carers of 3- to 6-year-olds and older primary school age children who require extra support with phonics. You will learn that phonics is a code to support reading and writing, and you will explore fun and practical ways to help your child develop phonic awareness. This single-session course is held online or at venues across Wiltshire.

Helping My Child to Learn Phonics

Build your confidence as your child's first teacher and learn to support your child's phonics skills at home. This course is suitable for parents or carers of 3- to 6-year-olds and older primary school age children who require extra support with phonics. You will learn about how phonics is taught in schools today and how you can help your children to develop phonics awareness. You'll explore games and activities to support phonics learning at home too. This five-week course is held online.

English and Literacy – Family Learning



Helping My Child to Learn English

Learn how to make homework easy and fun! This course will help you to understand the different terminology used to teach children English, and will give you practical ideas to help your child with reading and writing. In this course, you will learn how English is taught in schools today, find tips and ideas for encouraging your child's reading and writing skills, and develop your skills to support your children with their homework. This five-week course is held online.

Storybox

Discover how to inspire your child's love of reading by bringing books to life through puppets, crafts and storytelling. On this course you will learn how to engage your child in a familiar story, how to plan, create and use puppets and props to enhance a story and how to use crafts and play to develop literacy skills. You will develop confidence in helping your child learn. This five-week course is held at venues across Wiltshire, with the first hour for parents and carers and the second hour with children joining their adults for fun learning activities as a family.

Families Reading Every Day

Learn how to make reading a pleasure for your family. On this course you will learn a range of fun and practical ways to make reading engaging and fun for your child, and support them to develop their skills to become a confident reader. This five-week course is held at venues across Wiltshire, with the first hour for parents and carers and the second hour with children joining their adults for fun learning activities as a family.

Maths and Science – Family Learning



Helping My Child with Times Tables

Take the headache out of learning times tables with this fun and practical course designed to help you to help your child learn. On this course you will explore a range of games to engage children in learning times tables. You will understand more about how maths is taught in schools and you will be able to adapt games as your child gains confidence with times tables. This single-session course is held online.

Discovering Maths – KS1 and KS2

Discover ways to have fun as a family while learning maths. On this course you will discover a variety of great games and practical ideas to help your child feel more confident with maths. These single-session courses are held online.

Helping My Child to Learn Maths

Make maths easy and fun for your child and yourself with this five-week course. On this course you will learn practical ways to help with homework and ease your worries about maths. You will understand the new methods of teaching maths in schools and build your confidence supporting your child with maths. This five-session course is held online.

Spectacular Science

Discover the wonder of science and explore fun ways to engage your child in learning. On this course you will learn scientific terms, you will discover science experiments you can create using items you have in the home, and you will learn how to develop a sense of awe and wonder to promote enthusiasm for science. This single-session course is held online or at venues across Wiltshire as a course for parents and children.

ESOL – English for Speakers of Other Languages



ESOL Pre-Entry

Start your journey learning English. On this course you will begin to understand and use common words and phrases. You will practice greetings, asking and answering questions, as well as reading and writing with the English alphabet. This course is for adults who are new to the English language. This 10-week course runs at venues across Wiltshire.

ESOL Beginners

Communicate more confidently and improve your English speaking, listening, reading and writing skills. On this course you will learn to understand and use words and phrases for everyday conversation. You will practice speaking skills and discuss topics such as shopping, transport, family, work, wellbeing and money. You will practice grammar, writing and how to fill in forms. This course is for adults who have basic English skills and want to build on these. This 10-week course runs at venues across Wiltshire.

ESOL Intermediate

Improve your English speaking, listening, reading and writing skills and develop your knowledge of grammar and vocabulary. On this course you will learn to build your English skills by communicating on a range of topics such as healthy living, festivals and food. You will learn to follow grammatical rules relating to tenses, and to identify and improve pronunciation. This five-week course is held online or at venues across Wiltshire.

ESOL Higher – online

Enhance your English speaking, listening, reading and writing skills and expand your knowledge of grammar and vocabulary to prepare for further study or work. On this course you will further develop your spoken and written English skills with practical activities and discussion. You will practice formal English and develop your writing with different grammatical techniques. This five-week course is held online or at venues across Wiltshire.

English and Literacy – adults



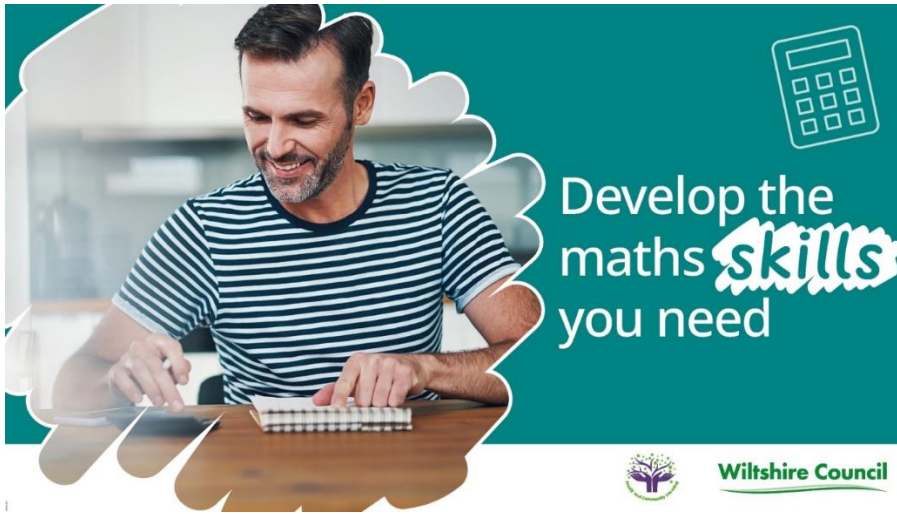
Building English Skills

Feel more confident with English. On this course, you will learn techniques to help you with everyday reading and writing, and build your confidence using English with accuracy. You will also develop a sense of enjoyment around using your English skills. This five-session course is held at venues across Wiltshire.

Enhance Your English

Develop the English skills you need for further study, work or volunteering by brushing up your spelling, punctuation, grammar, reading and writing. This course is ideal preparation if you are thinking of moving on to study Functional Skills English or GCSE English. On this course, you will learn practical techniques to improve your written and spoken English. You will feel more confident spelling commonly used words and using punctuation. You will also discover how we can use reading and writing to help our wellbeing too. This 10-session course is held online.

Maths and numeracy - adults



Building Maths Skills

Take all the worry out of maths with this friendly five-session online course which starts from the very beginning with your maths skills. On this course you will learn practical ways to make numbers make sense. You will feel more confident using straightforward maths to help you in everyday life. This five-session course is taught online or at venues across Wiltshire.

Manage Your Maths

Make maths easy with this 10-week course that will help you to brush up on the maths skills you need for further study, work or volunteering. These courses are ideal preparation if you are thinking of studying Functional Skills English or GCSE English. On this course you will recap addition, subtraction, multiplication and division, and you will develop the maths skills you need for work or further study such as understanding data. This 10-session course is held online.

Budgeting



Shop for Less

Make your money go further with this cost-cutting course. On this course you will learn ways to spend less, identifying good value for money and choosing the best buy. This single-session course is taught online or in venues across Wiltshire.

Saving Energy

Make energy saving changes to help with your fuel bills. On this course you will learn where energy could be saved in different areas of your home and how to compare the costs of running different household appliances. You will also explore ways to minimise food waste and store leftovers safely. This single-session course is taught online or in venues across Wiltshire.

Balance Your Budget

Take control of your money with this course that will show you how to plan a budget. On this course you will learn how to sort spending into essential and non-essential expenditure, see the benefits of setting and following a budget, and learn how to create a budget which includes planning for regular and one-off expenses. This single-session course is taught online or in venues across Wiltshire.

Skills for Work



Discover Your Skills

Identify your qualities and plan your next steps for the future. On this course you will learn how to focus on and build on your positives. This single-session course is held face-to-face or online.

Boost your Opportunities – part 1 and 2

Work towards your dream job and increase your self-esteem with these two courses which cover job searching, applications, CVs, interview skills and much more. On these courses you will learn how to explore opportunities in the labour market, how to present yourself and your skills when applying for jobs, and how to prepare effectively for interviews. You will learn how to recognise your skills and strengths and how to plan for your next steps. These two five-session courses are held online.

Customer Service

Make the difference for your customers by providing amazing customer service and learn more about working in this important role. On this course you will learn about the importance of good customer service, how to handle complaints effectively, and how to communicate well. This four-session course is held online.

Skills for Work



Working in Schools

Feel more confident applying for jobs in schools and learn more about what it is like to work in education. On this course you will learn about how to engage and support children in learning, effective responses to challenging behaviours, how to use curriculum documents to map and guide learning, and how to promote wellbeing and safety. You will also have the opportunity for a day's work experience placement to shadow a teaching assistant. This five-session course is held online.

Working in Early Years

Find your ideal job working in an Early Years setting with the support of this course that will introduce you to the variety and job satisfaction of working with children under five. On this course you will learn about roles and responsibilities in early years settings, the importance of indoor and outdoor play, statutory duties and safeguarding, and how to read and respond to behaviour. This eight-session course is held online.

Food Safety

Gain essential knowledge and skills about food safety to work in catering or hospitality. On this course you will learn the principles of safe handling and storage of food, and you will be able to identify safe practices in relation to cross-contamination of allergens. This four-session course is held online.

Wellbeing and Confidence-Building - adults



Manage Worries Positively

Feel more confident handling your worries using a range of coping strategies with this single-session course that is held online or face-to-face. On this course you will learn about the differences between worry and anxiety and how they affect the body. You will also learn practical ways to help stop worries from taking over.

Wellbeing

Feel more resilient and in control with this course which focuses on using the Five Ways to Wellbeing. On this course you will discover healthy coping strategies for stressful times. You will explore practical ways to take charge of your wellbeing, and understand how these techniques help us feel more resilient. This five-session course is held online or face-to-face.

Walk and Talk for Wellbeing

Feel more confident, positive and healthier with this 10-session course that combines wellbeing and communication skills with walking your way to health. This course is taught in venues around Wiltshire. On this course you will learn how to enhance your life and the wellbeing of your family members. You will develop greater awareness of your health and feel better and more confident. We will share lots of ways to communicate better and look after our mental health.

We also offer a version of this course for speakers of English as an additional language, which provides language-learning support as well as developing skills to support wellbeing.

Wellbeing and Confidence-Building - adults



Discovering Confidence

Take your first step towards building your confidence with our single-session online course. On this course you will learn how to identify your strengths and areas for personal development, and find out how to use your strengths to help you to achieve your goals and build your confidence.

Confidence and New Directions

Discover the deeper connections between self-esteem and self-confidence as well as how to overcome barriers to becoming a confident person. On this course you will learn ways to inspire and motivate yourself. You will develop the skills to set yourself goals that will improve your confidence and boost your wellbeing too. This five-week course is held online.

Positive Futures

Put knowledge into action with this five-week online course that shows you how to take positive steps to plan for an optimistic and confident future. On this course you will learn practical ways to feel more confident and motivated in your daily life. You will learn about the links between physical and mental wellbeing, and you will learn how to look ahead to make achievable and positive plans.

Independent Living Skills



Independent Living Skills – Smart courses

Smart courses support learners with additional needs, learning difficulties and disabilities to build a range of different skills that they will use in everyday life. We currently offer the following five-week courses:

- **Communication Smart**
- **Community Smart**
- **Confidence Smart**
- **Eat Smart**
- **Health Smart**
- **Home Smart**
- **IT Smart**
- **Money Smart**
- **Online Safety Smart**
- and we are developing further courses too.

These courses are held online or in person in venues across Wiltshire. Learners who require one-to-one support will need support in place during the course. Please contact us to discuss referrals for courses.

Communication Smart

On this course you will learn about the different ways to communicate and how we can promote a positive image. We will explore verbal and written methods of communication and you will learn to prepare and share information with the group. You will understand how to complain if goods/services are not up to standard.

Independent Living Skills



Community Smart

Learn about what's going on locally and how to be a great neighbour, understand how to find your way around your local community using public transport or on foot and discuss how to do this safely, including finding out about safe spaces, so that you can increase your independence and opportunities.

Confidence Smart

On this course you will learn to develop your confidence levels and understanding of emotional well-being. You will look at stress management, relaxation techniques and mindfulness and you will learn to set yourself small, achievable goals to enable you to be successful and to believe in yourself.

Eat Smart

On this course you will learn how to follow and adapt recipes, taste ingredients, and prepare and cook food safely. You will also develop your confidence with different cooking skills and research and prepare your own recipe too.

Health Smart

On this course you will learn about personal hygiene, the importance of good nutrition and exercise, and how to set goals to make you feel good. You will explore where to get help for a range of ailments and how to make appointments.

Independent Living Skills



Home Smart

On this course, you will learn how to look after your home to make it a happy and healthy place to be. You will recognise which chores need to be done, how to do them and how to organise your time. You will look at your responsibilities and what to do if there is a problem.

IT Smart

On this course you will learn how to find information and present information in different ways. You will learn how to use presentational features and how to send emails, including attachments. You will try out features in TEAMS to keep you safe online and explore how accessibility features can be used to help you.

Money Smart

On this course you will learn how to work out change, understand bills and receipts, compare prices and shop online safely.

Online Safety Smart

On this course you will learn how to be safer online. You will learn about safe online behaviours, and the value of friendship, online and offline. You will explore setting boundaries for our own and other people's behaviour.



This prospectus will be updated at regular intervals as further courses are booked. If you would like more information about any of our courses, please contact us via our email address or phone number on the front page. You can also find information on our website.

Throughout the year, we will hold seasonal short courses where you can take a step back into learning with our practical and fun sessions for adults and for families.

All learners enrolling on an online course must attend an online induction before they join their first course.

Our online courses are suitable for ESOL speakers at Entry Level 3 or B1 Intermediate or above.

Who can learn with us?

Our courses are funded by the Education and Skills Funding Agency.

Courses are no cost to you if you are 19+ and have a Wiltshire postcode and have been a resident in UK/EU for 3+years* (*refugees/asylum seekers/those with right to remain status are exempt from the 3-year residency requirement), and if you can tick any of these criteria:

- have less than 5 GCSEs grade C/4 / level 2 (or no GCSE C/4 in maths for maths courses)
- are in receipt of benefits (not including child benefit)
- are a military family
- are a family with children with additional needs (eg SEND / MH – no diagnosis needed)
- are unemployed and seeking employment

If you are unsure about eligibility, we are always happy to talk things through. For referrals or to book a place, please email familyandcommunitylearning@wiltshire.gov.uk or call 01225 770478.
