



**FAMILY AND  
COMMUNITY  
LEARNING**



# Summer 2026 Programme



No-cost learning sessions for Wiltshire adults, and parents and carers

**Delivered by**

Wiltshire Council Family and Community Learning Team



**Phone Number**  
01225 770478



**Our Website**  
[workwiltshire.co.uk/family-and-community-learning/](http://workwiltshire.co.uk/family-and-community-learning/)



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[familyandcommunitylearning@wiltshire.gov.uk](mailto:familyandcommunitylearning@wiltshire.gov.uk)



**Wiltshire Council**

# Introduction



This summer, we are offering a wide range of short, friendly courses to help you build your confidence, develop new skills and take your next steps. Whether you are looking to support your child, improve your wellbeing, or prepare for work, there is something here for you.

Our sessions run throughout July and August and are designed to be flexible, supportive and easy to access. You can choose from online or face-to-face courses in local community venues, with experienced tutors to guide you every step of the way.



We are working closely with local partners including the FUEL programme, schools, Family Hubs, Jobcentre Plus and community organisations. Together, we aim to help learners re-engage with learning, build confidence and move on to further courses, volunteering or employment.

## Our summer sessions

This summer, we are running almost 60 short, interactive learning sessions across Wiltshire and online too. Our sessions cover the following themes:

**Family Learning Skills**

**Wellbeing Skills**

**Healthy Living Skills**

**Employment Skills**

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Read on to find out more about our sessions, dates, eligibility and how to book. We look forward to welcoming you this summer and supporting you on your learning journey.

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# Summer Sessions

Step into learning with us this summer

## Locations

Trowbridge

Chippenham

Salisbury

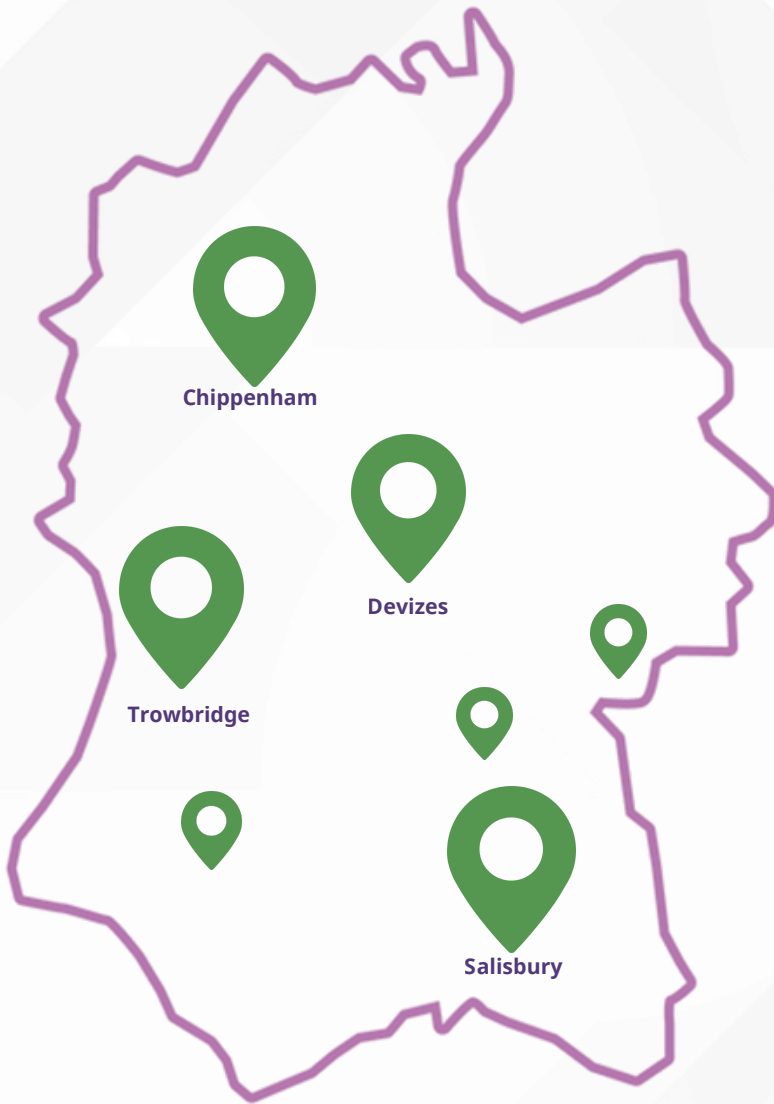
Devizes

Warminster

Tidworth

Larkhill

Online



# Family Learning

Our Family Learning sessions are designed to help you support your child or young person's learning, wellbeing and development with confidence.

You will explore simple, practical ideas you can use at home, from building positive relationships to supporting communication, focus and emotional wellbeing. These sessions are relaxed, supportive and give you the chance to connect with other parents and carers.

All these sessions are delivered online with a tutor, allowing you to learn with us from across Wiltshire. Sessions marked with \* below will include a chance to learn alongside your child. See the back page for information about eligibility and how to sign-up for sessions.



**Helping My Child Prepare Positively for Change**

**Supporting My Teen with Wellbeing**

**Helping My Child Build Concentration and Resilience**

**Supporting My Teen with Anxiety**

**Helping My Child with Anxiety and Worry**

**Supporting My Teen to Understand their Skills**

**Helping My Child Build Positive Connections \***

**Helping My Child Develop Listening and Attention Skills\***

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# Family Learning



## FAMILY AND COMMUNITY LEARNING

### ▶ Summer Skills Sessions

<b>Helping My Child Build Positive Connections*</b>	Thursday 23 July 10:30am-12pm online	Monday 27 July 10:30am-12pm online	Tuesday 11 August 10:30am-12pm online
<b>Helping My Child Develop Listening and Attention Skills*</b>	Friday 24 July 10:30am-12pm online	Thursday 30 July 10:30am-12pm online	Thursday 13 August 10:30am-12pm online
<b>Helping My Child Prepare Positively for Change</b>	Friday 17 July 10am-12pm online		
<b>Helping My Child Build Concentration and Resilience</b>	Monday 20 July 4pm-6pm online		
<b>Helping My Child with Anxiety and Worry</b>	Tuesday 28 July 10:30am-12:30pm online	Friday 14 August 10:30am-12:30pm online	
<b>Supporting My Teen with Anxiety</b>	Tuesday 21 July 10am-12pm online	Monday 17 August 10:30am-12:30pm online	
<b>Supporting My Teen with Wellbeing</b>	Friday 7 August 10:30am-12:30pm online		
<b>Supporting My Teen to Understand their Skills</b>	Tuesday 4 August 10:30am-12:30pm online		

Sessions with \* are for parents/carers and their child aged 4-11 to participate in together.

# Wellbeing

Our Wellbeing sessions for adults help you take time for yourself, build confidence and develop positive ways to manage everyday challenges.

You will explore topics such as resilience, self-belief and emotional wellbeing, and discover simple strategies that you can use in daily life. These welcoming sessions are a great way to feel more positive, connected and ready for your next step.

Our new Discovering Art for Wellbeing sessions will be held at seven locations over the summer, giving you a choice of dates and locations to find out more about how creativity and art can help you to feel more positive. Our other Wellbeing sessions are delivered across Wiltshire and online.

See the back page for information about eligibility and how to sign-up for sessions.

**Discovering Art for Wellbeing**

**Discovering Resilience**

**Discovering Confidence**

**Discovering Wellbeing**



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# Wellbeing



## FAMILY AND COMMUNITY LEARNING

### ▶ Summer Skills Sessions

<b>Discovering Art for Wellbeing</b>	Thursday 23 July Chippenham Museum 10:30am-1pm	Monday 27 July Tidworth St Andrews Hall 10:30am-1pm
	Tuesday 28 July Trowbridge Museum 10:30am-1pm	Friday 31 July Salisbury St Paul's Church 10:30am-1pm
	Monday 3 August Larkhill MOD Community Centre 2pm-4:30pm	Tuesday 24 August Warminster Baptist Church 10:30am-1pm
	Tuesday 25 August Devizes Nursteed Community Centre 1pm-3:30pm	
<b>Discovering Resilience</b>	Friday 24 July Trowbridge Museum 10:30am-1pm	Monday 27 July Salisbury SP2 Church Centre 10:30am-1pm
	Thursday 13 August Chippenham Community Hub 10:30am-1pm	Friday 28 August Devizes Nursteed Community Centre 10:30am-1pm
<b>Discovering Confidence</b>	Monday 24 August Salisbury SP2 Church Centre 10:30am-1pm	Tuesday 25 August Devizes Nursteed Community Centre 10am-12:30pm
	Tuesday 25 August Chippenham Museum 10am-12:30pm	Thursday 27 August Trowbridge Museum 10am-12:30pm
<b>Discovering Wellbeing</b>	Monday 3 August Salisbury SP2 Church Centre 10:30am-1pm	Tuesday 4 August Devizes Nursteed Community Centre 10:30am-1pm
	Thursday 6 August Trowbridge Museum 10:30am-1pm	Tuesday 25 August Chippenham Museum 10am-12:30pm

# Healthy Living

Our Healthy Living sessions for adults support you to make small, positive changes that can improve your overall wellbeing and daily life.

These sessions give you time to focus on yourself while building confidence to make healthier choices that feel realistic and achievable.

You will explore what healthy living means to you, including simple ways to support both physical and mental wellbeing. Through practical ideas and easy-to-use strategies, you'll discover how small steps can make a big difference to how you feel.

Try our new Healthy Living session, or brush up your cooking skills. Booking in advance is essential. See the back page for information about eligibility and how to sign up for sessions.

**Discovering Healthy Living**

**Exploring Baking**

**Exploring Easy Meals**



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# Healthy Living



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## ▶ Summer Skills Sessions

<b>Discovering Healthy Living</b>	Friday 17 July Trowbridge Museum 10:30am-1pm		Monday 20 July Salisbury SP2 Church Centre 10:30am-1pm
	Thursday 24 July online 10am-12:pm		Tuesday 18 August online 10am-12pm
	Friday 21 August Devizes Nursted Community Centre 10:30am-1pm		Thursday 27 August Chippenham Museum 11:30am-2pm
<b>Exploring Baking</b>	Thursday 30 July Trowbridge Paxcroft Mead Community Centre 11:30am-12:45pm	Friday 31 July Devizes Nursted Community Centre 10:30am-12:45pm	Tuesday 4 August Salisbury The Friary Community Centre 10:30am-12:45pm
	<b>Exploring Easy Meals</b>	Tuesday 11 August Salisbury The Friary Community Centre 10:30am-12:45pm	Tuesday 11 August Devizes Nursted Community Centre 10:30am-12:45pm



# Employability

Whether you are just starting out, returning to work, or thinking about a career change, our Employability sessions for adults are designed to help you feel more prepared and positive about your future.

You will explore topics such as recognising your skills, planning your next steps, managing money for work and improving your communication. With practical ideas and simple strategies, you'll gain useful tools that you can apply straight away in everyday life and work-related situations.

Our Employability sessions are delivered across Wiltshire throughout the summer. See the back page for information about eligibility and how to sign up for sessions.

**Exploring My Skills**

**Planning for Work**

**Applying for Work**

**Communication for Work**

**Budgeting for Work**



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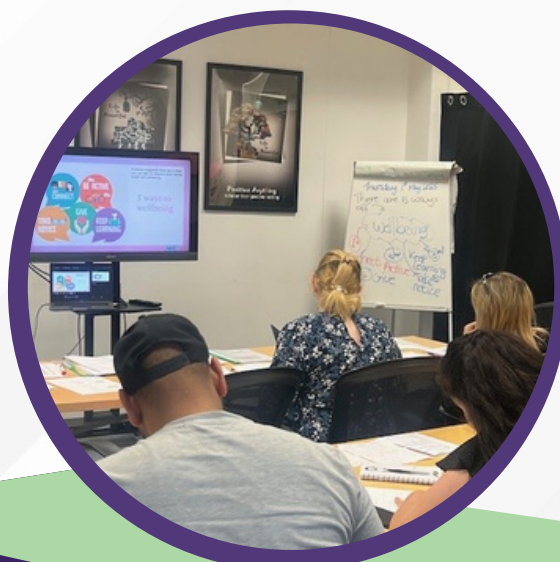
# Employability



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## ▶ Summer Skills Sessions

<b>Exploring My Skills</b>	Friday 31 July Trowbridge Museum 10:30am-1pm		
<b>Planning for Work</b>	Thursday 30 July Chippenham Community Hub 9:30am-11:45pm	Tuesday 11 August Salisbury SP2 Church Centre 10am-12:30pm	Thursday 13 August Trowbridge Museum 10am-12:30pm
<b>Applying for Work</b>	Thursday 30 July Chippenham Community Hub 12:15pm-2:30pm	Tuesday 11 August Salisbury SP2 Church Centre 1pm-3:30pm	Thursday 20 August Trowbridge Museum 10am-12:30pm
<b>Communication for Work</b>	Tuesday 11 August Chippenham Museum 10am- 12:30pm	Tuesday 18 August Salisbury St Paul's Church 10am-12:30pm	Thursday 20 August Trowbridge Museum 1pm-3:30pm
<b>Budgeting for Work</b>	Tuesday 11 August Chippenham Museum 1pm- 3:30pm	Tuesday 18 August Salisbury St Paul's Church 1pm-3:30pm	Thursday 27 August Trowbridge Museum 1pm-3:30pm



# Eligibility



Our sessions are free for learners aged 19+ (as of 31 August), living in Wiltshire, and meet certain UK residency requirements.

You must also meet at least one of the following criteria:

- On a lower income, earning less than £25,750 a year (for the individual, not household)
- In receipt of benefits (other than child benefit)
- Not in work and looking to go into work, now or in the future
- Have school-aged children who receive means-tested free school meals
- Have a learning difficulty or disability
- Care leaver
- Foster carer
- Carer (including unpaid parent carers of children needing additional support)
- Refugee
- Military family / ex-armed forces personnel



Please contact us if you are unsure if you meet the eligibility criteria: we are here to help you.

Bookings close seven days before the session (nine days for cooking sessions). For online sessions you will attend a short online welcome meeting before your session.

 Website [www.workwiltshire.co.uk/family-and-community-learning](http://www.workwiltshire.co.uk/family-and-community-learning)

 Email [familyandcommunitylearning@wiltshire.gov.uk](mailto:familyandcommunitylearning@wiltshire.gov.uk)

 Phone 01225 770478

Scan the QR code to request a place

# Book Now



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