



Family and Community Learning

Discover Opportunities - Develop Skills - Achieve Ambitions

FAMILY AND COMMUNITY LEARNING

SUPPORTING CHILDREN'S WELLBEING AND LEARNING



- 2025 / 2026 -

SUPPORTING CHILDREN'S WELLBEING AND LEARNING

Helping My Child with Anxiety and Worry

Support your child with practical methods to help when they feel worried or anxious. 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 your child at home. This single-session course is taught online or at venues across Wiltshire.

Helping My Child Prepare Positively for Change

Support your child to cope with upcoming changes at school and at home. You will learn to understand the reasons why children may find change difficult, and learn a range of methods to support children to get ready for change in positive ways. This single-session course is taught online or at venues across Wiltshire.

Understanding School Anxiety: The early signs of Emotionally Based School Avoidance

Develop your understanding of what is emotional based school avoidance, and its impact. On this course you will learn helpful strategies 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. This course is for parents/carers whose child is in the early stages of difficulties going to school - please see page 4 for more information.

SUPPORTING CHILDREN'S WELLBEING AND LEARNING

Starting Secondary

Support your child in the transitions they make through their school journey. Learn ways to manage emotions, understand your role in their transition, and support your child to navigate their next steps. Explore emotional intelligence, build resilience, recognise stress in children and manage online safety. This two-session course is held online or face-to-face.

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 how to communicate effectively with professionals. This three-session course is taught online or at venues across Wiltshire.

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 for your young person, and you will explore positive psychology. This single-session course is taught online or at venues across Wiltshire.

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.

FAMILY AND COMMUNITY LEARNING: SCHOOL ANXIETY COURSES PATHWAYS

What are the signs that your child is struggling with school attendance?

We offer a number of courses that may be helpful. Please take a look at these pathways to see which course/s might be best for your family.

Contact our friendly team for more information on: 01225 770478 or
familyandcommunitylearning@wiltshire.gov.uk or
workwiltshire.co.uk/family-and-community-learning



- Child expresses worries and / or a dislike about school.
- Trouble getting child into school, but mostly manage to do so even if a little late.
- Child complains of physical symptoms when not wanting to go to school.
- Child speaks negatively about school.
- Child is receiving ELSA / pastoral support from school.

- Child has attendance lower than 94% (unless due to diagnosed physical illness).
- Child regularly has days off school when not physically unwell.
- Child has had CAMHS involvement relevant to school avoidance.
- Child is on a flexible / part-time school timetable already.
- Child is avoiding school for reasons other than emotional wellbeing or anxiety.



Suggested courses:

Understanding School Anxiety:
the early signs of Emotionally Based
School Avoidance

**Helping My Child with Anxiety and
Worry**

Supporting My Teen with Wellbeing

Suggested courses:

**Helping My Child with Anxiety and
Worry**

Supporting My Teen with Wellbeing

Other support:

Individual support from CAMHS, MNERS,
EWO, hcrq, Family Hubs and school.



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JOIN OUR COURSES

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>

ELIGIBILITY CRITERIA

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

You must also meet one of the following:

- On a lower income, earning less than £25,750 a year
- Care leaver, foster carer, carer, refugee
- Have a learning difficulty or disability
- Not in work and looking to go into work, now or in the future
- In receipt of benefits (other than child benefit)
- Military family / ex-armed forces personnel
- Have school-aged children who receive means-tested free school meals