

**Brixton & Tulse Hill Better Start Area  
Adult Learning & Parenting Courses  
Starting from April 2024**

**If you are interested in any, please speak  
to a member of staff**

**We will contact you to confirm if you have secured a space.**

<b>Name</b>	<b>When and where?</b>	<b>What</b>
<b>Make and Illustrate your own Book with crèche</b>	<b>MONDAY @JUBILEE 1.15-3.15 Starting 10th June</b>	This 6 week course will give you the opportunity to write and illustrate a book for your child. You will write a story based on family members, pets, or characters from TV and produce illustrations using photos or hand drawings. You will be able to create a special and lasting memento to share with your child.
<b>Circle of Security Parenting with crèche</b>	<b>TUESDAYS @LOUGHBOROUGH 1.00 - 3.00 Starting on 7th May</b>	8 week course, with crèche, supporting you to understand and respond to your child's needs. You'll learn how to support your relationship with your child, improve your child's self-esteem and be a confident parent. <a href="http://lambeth.gov.uk/parenting">Book here: lambeth.gov.uk/parenting</a>
<b>ESOL with crèche</b>	<b>TUESDAYS @JUBILEE 9.30-11.30 Starting 21st May</b>	9 week course to develop and improve your English speaking, listening, reading and writing skills and become more confident to use spoken English.
<b>Gentle Yoga Exercise with your Baby</b>	<b>TUESDAYS @LOUGHBOROUGH 1.15-3.15 Starting 11th June</b>	6 Week Course of regular exercise that will help you to relax, keep you fit and help you feel more energetic. It can also help your body recover after childbirth and may help prevent postnatal depression.
<b>ESOL with crèche</b>	<b>WEDNESDAY @LOUGHBOROUGH 9.45-11.45 Starting 24th April</b>	8 week course to develop and improve your English speaking, listening, reading and writing skills and become more confident to use spoken English.
<b>Become a Parent Champion with crèche</b>	<b>WEDNESDAY @LOUGHBOROUGH 1.00-3.00 Starting 1st May</b>	4 week course to train to become a Lambeth Parent Champion volunteer and: Make a difference in your community, Gain skills and experience Build your confidence and meet other parent volunteers <a href="mailto:parentchampions@lambeth.gov.uk">Book here: parentchampions@lambeth.gov.uk</a>
<b>Supporting Babies Next Steps</b> If your baby is 0-12 months old	<b>THURSDAYS @JUBILEE 1.30-3.00 Starting 25th April</b>	4 week course to find out how your baby learns and develops through practical and fun activities! You will learn ways to support your baby's communication and language development, social and emotional development, and physical development. We will use daily routines, books, music, songs & rhymes, and early mark-making. A free pack of resources is included. <a href="tel:07545862479">Contact Jo on 07545862479</a> or <a href="mailto:jgordon3@lambeth.gov.uk">jgordon3@lambeth.gov.uk</a> to sign up.
<b>Hand Sewing and Embroidery with crèche</b>	<b>THURSDAY @LOUGHBOROUGH 1.15-3.15 Starting 13th June</b>	6 week course to learn new stitching and embroidery skills including how to mend clothes and make new clothes following a sewing pattern.