

Life after lock down - Bounce Back

- * A 6 week course
- * Chat about how lockdown was for them and their families
- * Look at ways to support parents to manage anxieties
- * Develop simple strategies to their support emotional and mental wellbeing
- * A mixture of creative activities and healthy lifestyle options leading to a more guided pathway.
- * Discuss a pathway and decide what can help them in the short and long-term to think about themselves, their children's education and their families health.

All courses and workshops are **FREE** and can be delivered via distance learning or in school

Creative Families

Creative Crafts
Jewellery/papercraft/
floristry/cake art and
more (6wks)

Family English

Survival English Part
1 and Part 2
(Two x 6 wks. courses)

Empowering English
Part 1 and Part 2
(Two 6 wks. courses)

Pre Entry Bridging
course
(6wk)

BKSB workshop
(2hrs)

Digital Families

Introduction to
Digital Families
(6 wks.)

Digital Skills –
Beginners
(6wks)

Digital skills –
Improvers Part 1 &
Part 2 (2x 6wk)

Healthy Lifestyles

Kids on Track
workshop
(2hrs)

Waste not, want
not
(6 wks.)

Healthy eating
(6 wks.)

Sow and Grow
(6 wks.)

Movers and
Shakers (6 wks.)

Keeping up with the children

Smart Spenders
workshop
(2hrs)

Magic Maths
Part 1 and Part 2
(Two 6wk courses)

Story telling
(6wks.)

Phonics Play
Part 1 and Part 2
(Two 6wk courses)

BKSB workshop
(2hrs)

Early Years Happier parenting

Time to Talk
(6 wks.)

Is my child school
ready
(6 wks.)

Learning through
play
(6 wks.)

Pro-active
Parenting
Part 1 (6 wks.)

Pro-active
Parenting
Part 2 (6 wks.)

Parent Ambassador

Becoming a Parent
Ambassador NOCN
Lv2 (12weeks)

To get more information about your chosen pathway speak to Naz on 07592 586240 or email shahn@baes.ac.uk