

## Life after lock down - Bounce Back

### Creative Families

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

### Family English

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

- \* 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

To get more information about your chosen pathway speak to Naz on 07592 586240 or email [shahn@baes.ac.uk](mailto:shahn@baes.ac.uk)