



Central Locality Family #UBS

Adult Learning Timetable from September 2023

Please speak to a member of the Family Hub staff for more details and support with accessing any of the courses listed in this booklet.

Courses are **FREE** unless stated otherwise.

FREE CHILDCARE may be available – please enquire at Reception.

If there is a course you would be interested in that we don't currently offer, please let us know so we can explore these options.



We are on **Facebook** – you can find us under: Central Family Hub and Doncaster Adult, Family and Community Learning.
Please check our pages for course updates.

Wheatley Family Hub
Old School Way
off Beckett Road
Wheatley, Doncaster
DN2 4AJ
01302 737790

Balby Family Hub
1 Sandycroft
Crescent, Balby
Doncaster, DN4 0TY
01302 736880

Central Family Hub
Welcome Way
Doncaster, DN1 3LE
01302 737995



Parenting Courses

Solihull (10 week course, 2 hours per week)

The Solihull parenting course focuses on helping you to understand your child's behaviour and to build a positive relationship between you and your child.

Triple P Teen Course (8 week course)

2 hours per week (first 4 weeks in a group, the following 3 weeks are phone calls to keep your learning on track, the final week is back in group).

You will learn about:

- Setting goals and using strategies to help your teenager develop their skills.
- Managing inappropriate behaviour and negotiating boundaries.
- Supporting your teenager with their emotions.
- How to plan around risk taking behaviour or risky situations.

Incredible Years (12 week course)

The Incredible Years parenting course focuses on how parents can encourage their child's social skills and increase positive behaviour.



Sleep Tight Workshops

Does your child suffer from sleep problems?
Do you want to access support to help to improve bedtime?

Our **FREE** 5 week courses delivered by practitioners trained by The Sleep Charity are available.

How to join:

Please contact Central Family Hub
Tel: **01302 737995**

Workshops include:

- Understanding sleep cycles.
- Common sleep issues and strategies to manage these.
- Establishing appropriate routines.
- Keeping sleep diaries and interpreting the data.
- Environments.

Become an EPEC Group Leader

Empowering Parents, Empowering Communities

(EPEC) is a successful, popular and unique parenting approach. EPEC is for local parents, led by local parents.

As an EPEC Parent Group Leader you will:

- Receive amazing free training and support from our local EPEC Team.
- Learn to lead practical, caring groups for local parents.
- Share tried and tested methods that give children the best start in life.
- Join a group of like-minded parents to make a difference to your local community.
- Develop your skills and confidence.
- Gain experience that will fulfil your ambitions.

How to join: **Tel: 01302 737350 (Jane Pearson EPEC Co-ordinator)**



**FREE
AMAZON
TABLET**

Tea and Tech Tablet Course

For Doncaster Adults 18+

Enjoy a cup of tea and cake as you learn how to use your new tablet and its APPs. Sign up at Central Family Hub for the 6 week course. **FREE** Tablet/Pad to **EVERY** learner.

6 week course every **Wednesday** at **Central Family Hub** from **3rd April to 8th May** (see timetable for times).

Drop in or call Central Family Hub on 01302 737995.

Reducing Parental Conflict (4 week course)

This course is for parents who are experiencing conflict in the family and want to learn more about how to reduce this. Parents are expected to attend this course together with their partner.

You will learn:

How important relationships with your partner and others in your life are and how they can affect parenting, school and mental and physical wellbeing.

Starts on: **Wednesday 28th February 2024**
(see timetable for time and location)

How to join:

Please contact the **Early Help Hub** for availability and referral process:
Tel: **01302 734110**

Please note if you have a Family Support Worker or Social Worker they can make the referral for you.

The Early Help Hub will discuss your individual needs and decide which is the best parenting course for you.

Free Online Solihull Parenting Courses (from the Solihull Approach Series)

Online courses for everyone who wants to be an even better **Mum, Dad, Grandparent** or **Carer**.

A variety of courses from bump to 18 years including:

- Understanding Pregnancy, Labour, Birth and Your Baby.
- Understanding Your Baby 0-12 months.
- Understanding Your Child 0-18 years (also available in *Polish, Urdu, Arabic, Bulgarian and Chinese*).
- Understanding a Teenager's Brain.

To access the courses visit:



inourplace.co.uk

free code STGEORGE

AFCL – Functional Skills English and Maths

Both of these courses use real life examples and situations to help adults develop skills needed for work and day-to-day life. Fully accredited by City & Guilds and recognised by employers and educators.

English – This course allows adults to work at their own pace and level. Classes cover reading, writing, speaking, listening and communication.

Maths – There are various levels adults can work towards, including Level 2 (equivalent of a GCSE 4 – old C). Classes cover numbers, measuring shapes and space and handling data.

AFCL – ESOL

About the course: These classes are for people whose first language isn't English. It will enable you to learn about the formalities of the English language, both spoken and written and will enable you to integrate better within your community.

Essentially, these qualifications are proficiency tests to assess your ability to communicate in English, so you do not necessarily learn, but demonstrate your skills.

How to join: Learners **must be 19+** and a Doncaster resident to enrol on AFCL courses. For more information, please email:

james.sandford@doncaster.gov.uk
ruth.precious@doncaster.gov.uk

AFCL Volunteer Passport

Here at Doncaster Adult, Family and Community Learning we recognise the value of a volunteer.

Giving your time to support others is a wonderful thing to do and we think you should be recognised for this.

We are able to offer a 5 week programme that is accredited to Level 1 by NCFE (Northern Council for Further Education). During the course you will complete an evidence booklet and in return will receive a certificate and an ID card which highlights to everyone the commitment to volunteering you have and the knowledge you have to utilise your role.

Sessions include:

- Equality and Diversity
- First Aid Awareness
- Safeguarding
- Health and Safety
- People Centred Approach

We provide the course free of charge, but you must be a **Doncaster resident aged 19 or over**.

To take part you **MUST** be able to attend all 5 sessions. Please ask for more information if you are unsure as to whether the course is suitable for you.

Tel: **01302 737995** Central Family Hub

Personal Counselling

About the sessions: Offering FREE 1:1 Therapeutic Counselling for children from 7 years old up to adulthood and for parents/carers living within Doncaster.

Counsellors work within locality based Family Hubs.

Counselling sessions are confidential and counsellors work in ways that are respectful and caring, giving those accessing the service opportunities to be able to be open and honest about what **they** choose to bring to sessions.

How to access: You can enquire or self-refer by contacting the Early Help Hub on **01302 734110**. Alternatively, you can speak to a member of the Family Hub Team.



**Doncaster
AFCL**

AFCL - Story Sacks

About the course: 5 week course to help equip you with skills so you can help your child develop a love of reading. You will create a story sack filled with resources such as puppets, props and games. You will develop your knowledge so you can help your child develop skills in Literacy, Maths and how to learn through play.

How to join: Come to the taster session on **21st February 2024** 9:30am-11:00am at Central Family Hub.

AFCL - Essential Digital Skills

About the course: Are you looking to gain employment or simply want to gain confidence using computers? This course could be for you. Accredited Certificate on successful completion.

Initial assessment: **8th January 2024**
Starts on: **15th January 2024**

How to join: email dan.garbutt@doncaster.gov.uk

Central Family Hub

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am-11:30am AFCL Functional Skills English	9:00am-11:00am Counselling	9:00am-12:00pm AFCL Passport to Volunteering	9:00am-5:00pm Counselling	9:00am-4:00pm Counselling
9:30am-12:00pm AFCL Digital Skills	9:30am-11:30am AFCL ESOL	9:30am-11:30am AFCL Story Sacks	9:15am-11:15am AFCL Maths	
12:00pm-2:00pm AFCL ESOL	12:15pm-2:15pm AFCL ESOL	10:30am-11:30am or 11:45am-12:45pm Tea and Tech Tablet		

Wheatley Family Hub

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-5:00pm Counselling	9:00am-5:00pm Counselling	9:30am-11:30am Reducing Parental Conflict	9:00am-5:00pm Counselling	12:30pm-2:30pm AFCL ESOL
1:00pm-3:00pm Antenatal Solihull (invite only)				

Balby Family Hub

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00am-4:30pm Counselling		1:00pm-4:30pm Counselling	9:00am-2pm Counselling

Courses delivered as follows:

Red: Term Time

Green: Throughout the year

Blue: Course runs over a set period of weeks