



Free taster sessions and courses for dads, mums, carers and families

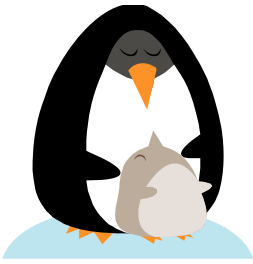
Spring 2010

Taster sessions and courses that will help you to find out more about what your children learn at school and how to support their learning, plus opportunities to learn as a family

Bracknell Open Learning Centre
Rectory Lane
Easthampstead
Bracknell
RG12 7GR
Tel: 01344 457427
email: olc@bracknell-forest.gov.uk

For more details and to book, contact Natalie at the Open Learning Centre, 01344 457427, e-mail: olc@bracknell-forest.gov.uk

Most of these courses are free!



Learning Journey

Do you have a child aged about 4 to 8?

Would you like to:

- Support your children to do their best at school?
- Know more about what they're learning?
- Meet other parents and talk about parenting?
- Relax in comfortable surroundings and learn about things that are important to you and your family?

If so, why not come on the Learning Journey?

While you're discovering how to help your child to enjoy learning, you also learn about **relaxation**, **First Aid**, using **computers** and the **Internet**, visit a local **museum**, discover opportunities for future work or study, and spend time sharing experiences with other parents.

Tuesdays 19 January to 30 March
(excluding half-term)
9.15 am-2.45 pm
at Bracknell Open Learning Centre



For more information and to book a place, please phone
Natalie at the Open Learning Centre, **01344 457427**



Healthy eating for all the family

An introduction to healthy eating and planning a healthy diet for all the family, with the chance to gain a nationally recognised qualification if you want to

Tuesdays 23 February to 27 April
(excluding 6 and 13 April)
9.30-11.30 am
at Bracknell Open Learning Centre

For more information and to book a place, please phone
Natalie at the Open Learning Centre, **01344 457427**

Places are sometimes available in our Ofsted-registered crèche for daytime courses at

Keeping up with the Children



Literacy in the Primary School

Mondays 1, 8, 15, 22 and 29 March, 1.00-3.00 pm
at Bracknell Open Learning Centre

- Find out more about what your child learns in school and how you can help
 - Find out about the new primary literacy strategy
 - Share ideas with other adults
- Learn about games and activities that will support your child's learning
 - Learn new skills yourself

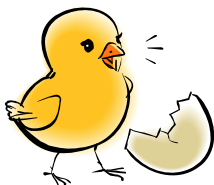
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Weekend family fun



Saturday 13 February, 2.00-3.30 pm, at Bracknell Open Learning Centre
Make a heart-shaped foam flower box for Valentines day

Saturday 13 March, 2.00-3.30 pm, at Bracknell Open Learning Centre
Make a flower photo frame



Saturday 20 March, 2.00-3.30 pm, at Bracknell Open Learning Centre
Make a crazy chick box to hold Easter treats and gifts

To book a place, please phone **Natalie** at the
Open Learning Centre, **01344 457427**

Workshops for dads, mums and carers

Workshops for dads, mums and carers to give you confidence in
parenting and advice on a variety of topics such as

Parenting teenagers
Managing difficult behaviour
Transition to Secondary School
at schools and other venues in Bracknell Forest



Look out for a leaflet coming soon, or phone **01344 353133** or
e-mail parent.support@bracknell-forest.gov.uk for more details

Places are sometimes available in our Ofsted-registered crèche for daytime courses at

Art Spaces—Easthampstead and Wildridings



Monday 8 February to Saturday 20 February
at various locations, culminating in the

Theatre of Making

Saturday 20 February
10.00 am to 4.00 pm
at Bracknell Open Learning Centre

enjoy craft workshops, community music and dance performances,
exhibitions and a community film

For more details, telephone **Natalie** at the Open Learning Centre, **01344 457427**

Half-term fun



Tuesday 16 February
10.30 am-1.30 pm
at Bracknell
Open Learning Centre

Free, fun art and craft sessions on a
Spring theme - for dads, mums, carers
and primary aged children

To book a place for you and your family,
telephone **Natalie** at the Open Learning
Centre, **01344 457427**

Baby massage

Monday
8 February
1.00-2.30 pm

Cost: £1.50

at Bracknell Open Learning Centre



Bond with your baby through
gentle massage

To book a place, telephone **Natalie**
at the Open Learning Centre,
01344 457427

Paediatric first aid

Monday 1 February, 1.00-3.00 pm or Wednesday 10 February, 7.00-9.00 pm
at Bracknell Open Learning Centre

Cost: £2

Become confident in dealing with first-aid emergencies in
children up to the age of 8

To book a place, telephone **Natalie** at the
Open Learning Centre, **01344 457427**



**All courses (except where indicated otherwise) take place at
Bracknell Open Learning Centre, Rectory Lane, Bracknell RG12 7GR**
**For more details and to book, contact Natalie at the
Open Learning Centre, 01344 457427, e-mail: olc@bracknell-forest.gov.uk**