



Learning What's On



at Poulton & Heysham Children's Centres

Jan - April 2012

Day	Course	Venue	Childcare & Cost*?	Start date	Time
Monday	am Food Safety Please ring to book tel: 833644	Heysham CC	Standard CC crèche charges.*	27th Feb—5th March (2 weeks)	9:00 - 12:00
	pm Speakeasy.	Heysham CC	Standard CC crèche charges.*	16th Jan—19th March	13:00—15:00
Tuesday	am Work Club Drop In	Poulton CC	Standard CC crèche charges.* Please ring to book crèche.	Ongoing drop in	9:30- 11:30
Wednesday	Incredible Years Parenting .	Heysham CC	Standard CC crèche charges.*	Booking by referral only	13:00—15:00pm
Thursday	am Parents First Aid. Please ring to book tel: 833644	Mossgate Primary School (Heysham area)	Standard CC crèche charges.*	19th Jan—9th Feb (4 weeks)	9:00 - 12 :00
	pm LDWA Confidence Course	Poulton CC	Standard CC crèche charges.*	Booking by referral only	12:30—14:30pm <small>Note time change</small>
	pm Making Choices with Confidence. Please ring to book tel: 833644	Poulton CC	Standard CC crèche charges.*	2nd Feb—29th March (8 weeks)	12:30- 14:30
Friday	am Food Safety Please ring to book tel: 833644	Poulton CC	Standard CC crèche charges.*	23rd March—30th March (2 weeks)	9.00 - 12:00
	am Parents First Aid. Please ring to book tel: 833644	Poulton CC	Standard CC crèche charges.*	24th Feb—16th March (4 weeks)	9:00 - 12:00
	am English (Continuation course from Sept but places available)	Poulton CC	Standard CC crèche charges.*	13th Jan—24th Feb (6 wks)	10:00—12:00
	pm Ready, Steady, Cook! Please ring to book tel: 833644	Heysham CC.	Standard CC crèche charges.*	3rd Feb—30th March. (8 weeks)	13:00pm—15:00pm.

**For all course enquiries & to book places call
Poulton Children's Centre on 01524 833644**



**Sure Start
Children's Centres**

Poulton & Heysham Children's Centre Courses

* Standard crèche charges are per family per session at a rate of £2.50 for one child, £3.00 for 2 children and £3.50 for 3 or more children. If you receive family support through the Children's Centre please speak to your outreach worker for help with these costs.

Award In Supporting a Child's Learning and Development - A relaxed and friendly course that gives you a nationally recognised qualification at level 1, making it an ideal course to get that first step into further learning or work in this area. The course is a mixture of practical and theory, building up a portfolio of evidence. A 12 week course of 2 hours per week.

Work Club - An ongoing drop in session for those already applying or ready to apply for work. One to one support to write a CV, complete application forms or practice interview techniques. Childcare advice. Free on line job searches available. Benefits advice can be arranged.

Making Choices with Confidence - A course helping you to develop your skills to apply for the job or career of your choice as well as to help build your confidence for life, work or training and provide you with little tricks to help boost your confidence levels. An 8 week course of 2 hours per week.
Work experience placements will be made available at the end of the course.

Food Safety — A course that provides a good understanding of food safety for anyone preparing, storing and serving food either at home or in the workplace. Certificate valid for 3 years. A two week course of 3 hours per week.

Maths - Build your number skills and support your child's learning in Maths. A 12 week course of 2 hours per week. This course can lead to a GCSE level qualification in Maths.

Paediatric First Aid - Learn how to save a child's life and gain a qualification in paediatric first aid valid for 3 years. A 4 week course of 3 hours per week.

Ready, Steady, Cook! - Easy cooking on a budget, hearty meals designed to fill up the family. Especially good for anyone who is a beginner or those wanting to get meal ideas. Men especially welcome.

English - Support your child's language skills whilst developing your own. A 12 week course of 2 hours per week. This course can lead to a GCSE level qualification in English.

Whoops - Home safety course for parents of young children, helping you to make sure your home is a safe place for your children. A 5 week course of 2 hours per week.

LDWA / PRIME Discrete Confidence Course - Courses run to support parents who may be suffering from depression / anxiety. Entrance to the course is by referral only. If you feel you would benefit from attending please ring the family support team on 01524 833644 and ask for Andrea, Tina or Sheila.

Speakeasy— Course for parents to gain confidence in talking to their children about sexual health and relationships. The course covers, puberty, cultural influences, media influences, keeping children safe (internet, mobile phones etc) contraception, sexually transmitted infections and School Sex Policies. An 8 week course at level 1 & 2.

[Children's Centre Contacts](#)

Poulton and Heysham Children's Centres- **01524 833644**

Balmoral (West End) Children's Centre- **01524 413524**

Westgate Children's Centre-**01524 409569**

Poulton Children's Centre, Clark St, Morecambe.LA4 5HT

Heysham Youth & Community & Children's Centre, Emmaus Rd, Middleton Way, Heysham.LA3 2LL



Poulton & Heysham CC have a range of groups running, ranging from baby massage to specialist support and advice. If you are interested, please phone us on 01524 833644 to see which group will suit your needs.

If you would like a copy of the monthly what's ons for Poulton and Heysham Children's Centres emailed to you please email Robert.Hepburn@Lancashire.gov.uk.