



SCAN ME

Family Learning Service Directory

For BCP & Dorset
Councils 2024/2025



Education & Skills
Funding Agency



What is Family Learning?

Do you want to improve parent engagement in your Organisation, School or Children's Centre and support aspiration in your community?

Family Learning courses are designed to benefit the wellbeing and development of parents and children from Early Years up to Key Stage 4.

It has long been recognised that achievement by parents and carers can raise aspirations across the whole family and greatly help children's development and outcomes.

Our courses can help to improve parent engagement in your organisation, school or children's centre and support aspiration in your community.

Provision is designed for mums, dads, carers and grandparents of children aged below 16 years and can be adults learning together or adults and their children learning together.

The Family Learning Service is the joint education provider for Dorset Council and BCP Council areas and is funded through both councils.

We work in partnership with School Improvement Services, Education Challenge Leads and Children's Centres, Family Hubs and Navigators to design a bespoke Family Learning offer that, whichever courses are chosen, will always have the key threads of improving English, maths and communication skills woven through.



“

I want to thank you and your team for getting this project up and running and delivering what was quite an ambitious plan! I'm sure we will have helped a lot of children have a bit better start to their new secondary school

”

What do we ask of you?

Take a look at some of the FREE courses we can deliver on the following pages - all we ask is that you have a suitable room for us to deliver and can recruit 8 or more adults to attend.

Due to the way we are funded, courses with below a minimum of 8 adult learners will have to be shortened or postponed. To enrol, individuals can call our friendly Customer Service team or your organisation can collect and submit enrolment details directly to us at least a week before the course begins.

Once you have chosen your course/courses, please submit a Family Learning Request Form by clicking [HERE](#) or alternatively you scan the QR code (one course per form) and then we will contact you and work with you to set up the requested course. From experience, we recommend allowing 6 weeks 'run in time' after a request has been made to the course start date in order to enable publicity and enrolments to take place.

What our learners say....



"I am so thankful of this course and meeting all the lovely ladies and I enjoyed learning more about mindfulness"

Mindfulness Learner



"Nice to hear from other people who have similar experiences and great to get some ideas on strategies to use at home"

Autism Awareness Learner



Targeted Offer

Autism Awareness | 3 hour Engagement Workshop (also available online) - This friendly introductory workshop will help parents/carers to develop a greater understanding and awareness of Autism.

Understanding and Supporting Autism | 4 x 2.5 hour sessions - This popular course supports families, whatever their situation, to devise strategies to build supportive environments and communication patterns to help their children reach their potential.

Dealing with Stress and Anxiety | 3 hour Engagement Workshop (also available online) - An informal and friendly workshop that will introduce the concept of personal emotional wellbeing and mindfulness with useful tips and activities that will promote better family relationships in the future.

Understanding Your Child's Behaviour | 4 x 2.5 hour - This course will give parents better strategies to support more positive behaviour and promote better relationships with their child/children.

Understanding and Supporting Your Child's Mental Health | 5 x 2.5 hour sessions - Parents and carers will receive both group and individual support in order to help them develop an understanding of children's mental health issues and how they can support them to grow into healthy and happy adults.

Supporting Your Own Mental Wellbeing | 4 x 2.5 hour sessions - Parents will explore how to support and develop their own mental and emotional well-being, with useful tips and activities that will help develop and promote better family relationships in the future.



“Grateful something like this is free. Thank you for opening my mind, strengthening my understanding and challenging my previous learning. It’s the best way to progress.”

– Learner



The Friendly Worry Monster - can include children | 3 x 2.5 hour sessions - This fantastic short course will introduce parents to the Friendly Worry Monster concept - a creative STEM activity that combines arts & crafts with discussing and supporting anxieties and worries. This course also embeds within it the development of social skills and self-confidence skills.

Successful Transitions - Dealing with Change | 4 x 2.5 hour sessions - An exciting and fun short course to help parents support their child's transition from Year 6 to Year 7 and deal positively with change. Parents will learn and understand that having some simple skills and information about transition anxiety and identifying when their child is struggling and how to help them will aid a smooth transition to Year 7.



“It was quite challenging at times, but so worthwhile. Hope we can do more of this type of work together in the future!”

Tammy – Teacher



Around the World in Arty Days - Can include children | 6 x 2.5 hour sessions - This course will give parents lots of ideas of fun arts & crafts activities based on different countries around the world, that they can enjoy with their child/ren and which will encourage their creativity and their curiosity about different cultures and how materials work. This course also embeds within it the development of social skills and self-confidence skills.

Story Sacks for Creative Reading & Writing - can include children | 6 x 2.5 hour sessions - A Story Sack is a large cloth bag or pillowcase containing a children's book with supporting materials to stimulate reading activities. Parents/children will review the book and be supported in creating their own, engaging reading props. Items in the sack can include soft toys of the main characters, drawings, artefacts relating to items in the story and non-fiction elements relating to the fiction theme in order to bring the book to life and engage children in creative reading and writing.

Successful Storytelling | 4 x 2 hour sessions - This exciting course is designed to support family members with developing their confidence and abilities to share stories by reading aloud with the children and young people in their lives. We will look at a range of texts and introduce ways of exploring the story so that children gain a deeper, more meaningful understanding of the the story.

Mindful Arts for Parents of a Child with SEND Needs - can include children | 4 x 2.5 hour sessions - Have fun making things, playing games and learning to improve your communication and anxiety reduction skills as a family supporting a child with additional needs.

Pathways to Qualifications

Family Learning: Autism Pathway

Family Learning:
Autism Awareness
3 Hr Introductory
Workshop

Family Learning:
Understanding &
Supporting Autism
4 wk short course

Understanding
Autism – NCFE
CACHE Level 2
Certificate
Short Distance
Learning Course -
Application Only on
S&L Website

Understanding
Autism – NCFE
CACHE Level 3
Certificate
Short Distance
Learning Course -
Application Only on
S&L Website

Family Learning: Mental Health & Wellbeing Pathway

Family Learning:
Supporting Your
Own Mental
Wellbeing
3 Hr Introductory
Workshop

Family Learning:
Supporting Your
Own Mental
Wellbeing
4 wk short course

Family Learning:
Understanding and
Supporting your
Child's Mental
Health
4 wk short course

Understanding
Children and
Young People's
Mental Health -
NCFE CACHE Level
2 Certificate
Short Distance
Learning Course -
Application Only
on S&L Website

Family Learning: Children's Behaviour Pathway

Family Learning:
Dealing with Stress
& Anxiety
3 Hr Introductory
Workshop

Family Learning:
Understanding
Your Child's
Behaviour
4 wk short course

Caring for Children
and Young People
– NCFE CACHE
Level 2 Certificate
Short Distance
Learning Course -
Application Only
on S&L Website

Understanding
Behaviour that
Challenges –
CACHE Level 2
Certificate
Short Distance
Learning Course -
Application Only on
S&L Website



Improve your English and Maths skills with us.

Improve reading, writing, budgeting, and measuring and numbers while gaining confidence. We offer daytime and evening courses across Dorset, from Entry Level to GCSE. Government funding is available for those below GCSE grade 4 (C).

Call 01202 123444 to enrol or visit our website.



Universal Offer

We're excited to offer a wide range of free courses to adults in the local community. These courses are open to everyone, so please feel free to share this information with parents, carers, and grandparents.

Arts & Crafts

Family Learning: Summer Arts and Crafts - 1 day Fee Fully Funded

FN1673G Tue 10:00-13:00 06/08/2024 Kings Park LLC
 FN1674G Tue 10:00-13:00 06/08/2024 Weymouth Library
 FN1675G Wed 10:00-13:00 07/08/2024 Dolphin Centre
 FN1676G Thu 10:00-13:00 08/08/2024 Dorchester LLC
 FN1677G Thu 10:00-13:00 08/08/2024 Kings Park LLC

Family Learning: Mindful Art for SEND Parents - 5 weeks Fee Fully Funded

FN1662G Mon 10:00-12:30 23/09/2024 Kings Park LLC
 FN1663G Fri 10:00-12:00 25/04/2025 Dolphin Centre

Family Learning: Around the World in Arty Days - 5 weeks Fee Fully Funded

FN1626G Thu 10:00-12:00 26/08/2024 Gold Hill Museum
 FN1627G Fri 10:00-12:00 08/11/2024 Dolphin Centre
 FN1628G Thu 10:00-12:00 27/02/2025 Digby Hall
 FN1629G Thu 10:00-12:00 27/02/2025 Gold Hill Museum
 FN1630G Tue 10:00-12:00 22/04/2025 Blandford ALC

Family Learning: Mindful Art - 5 weeks Fee Fully Funded

FN1659G Thu 10:00-12:00 07/11/2024 Gold Hill Museum
 FN1660G Thu 10:00-12:00 24/04/2025 Digby Hall
 FN1661G Thu 10:00-12:00 24/04/2024 Gold Hill Museum

Family Learning: Earth Day 2025 - Junk to Funk and Sustainable Art - 1 day Fee Fully Funded

FN1650G Sat 10:00-13:00 26/04/2025 Blandford ALC
 FN1651G Sat 10:00-13:00 26/04/2025 Dolphin Centre
 FN1652G Sat 10:00-13:00 26/04/2025 Dorchester LLC
 FN1653G Sat 10:00-13:00 26/04/2025 Kings Park LLC
 FN1654G Sat 10:00-13:00 26/04/2025 Weymouth LLC

Autism

Autism Awareness - 1 day

Fee Fully Funded

FN1631G Tue 10:00-13:00 10/09/2024 Online
FN1632G Tue 10:00-13:00 10/09/2024 Dolphin Centre
FN1633G Tue 18:00-21:00 17/09/2024 Online
FN1634G Sat 10:00-13:00 28/09/2024 Kings Park LLC
FN1635G Sat 10:00-13:00 12/10/2024 Weymouth LLC
FN1636G Mon 10:00-13:00 14/10/2024 Dorchester LLC
FN1637G Tue 10:00-13:00 05/11/2024 Online
FN1638G Wed 09:30-12:30 06/11/2024 Blandford ALC
FN1639G Thu 18:00-21:00 07/11/2024 Online
FN1640G Mon 10:00-13:00 03/02/2025 Christchurch LLC
FN1641G Tue 18:00-21:00 25/02/2025 Online
FN1642G Sat 10:00-13:00 22/03/2025 Dolphin Centre

Understanding and Supporting Autism - 4 weeks

Fee Fully Funded

FN1691G Tue 10:00-12:00 01/10/2024 Dolphin Centre
FN1692G Wed 09:30-11:30 02/10/2024 Blandford ALC
FN1693G Thu 13:00-15:00 03/10/2024 Kings Park LLC
FN1694G Tue 10:00-12:00 12/11/2024 Weymouth Library
FN1695G Mon 10:00-12:00 20/01/2025 Dorchester LLC
FN1696G Tue 10:00-12:00 21/01/2025 Dolphin Centre
FN1697G Thu 13:00-15:00 27/02/2025 Kings Park LLC
FN1698G Tue 10:00-12:00 04/03/2025 Dolphin Centre

Mental Wellbeing for Parents/Carers

Supporting Your Own Mental Wellbeing - 1 day

Fee Fully Funded

FN1678G Thu 10:00-13:00 12/09/2024 Barrington Centre
FN1679G Thu 18:00-21:00 19/09/2024 Online
FN1681G Tue 18:00-21:00 05/11/2024 Online
FN1684G Thu 18:00-21:00 27/02/2025 Online

Supporting Your Own Mental Wellbeing - 4 weeks

Fee Fully Funded

FN1680G Tue 12:30-14:30 01/10/2024 Dolphin Centre
FN1682G Mon 12:30-14:30 20/01/2025 Dorchester LLC
FN1683G Thu 13:00-15:00 23/01/2025 Kings Park LLC
FN1685G Tue 12:30-14:30 04/03/2025 Dolphin Centre

Computing & Digital Skills

Keeping Up with the Grandchildren: ICT - 10 weeks

Fee Fully Funded

FA1656G Thu 10:00-12:00 26/09/2024 Dorchester LLC
FA1657G Thu 10:00-12:00 24/04/2025 Dorchester LLC

Mental Health & Behaviour

Understanding Your Child's Behaviour - 4 weeks

Fee Fully Funded

FN1707G Tue 10:00-12:30 01/10/2024 Online
FN1708G Tue 18:30-20:30 01/10/2024 Online
FN1709G Thu 10:00-12:30 03/10/2024 Barrington Centre
FN1710G Tue 10:00-12:30 19/11/2024 Online
FN1711G Thu 18:30-20:30 21/11/2024 Online
FN1712G Tue 18:30-20:30 04/03/2025 Online

Understanding and Supporting Your Child's Behaviour 4 weeks

Fee Fully Funded

FN1701G Wed 12:30-14:30 02/10/2024 Blandford ALC
FN1702G Thu 13:00-15:00 14/11/2024 Kings Park LLC
FN1703G Tue 13:00-15:00 21/01/2025 Dolphin Centre

Successful School Transitions

Moving from primary to secondary school is a big change for children... It can leave them feeling anxious and worried all through the summer holidays.

To support parents, carers and grandparents, we've created a FREE webpage full of useful resources to help your child through the change from primary to secondary school. Find out more on our website.



skillsandlearningace.com/successfulschooltransitions



"Connecting with other parents on the course created a sense of community and understanding, making me feel less alone in my journey. It was a fantastic experience" - **Learner**



Understanding and Supporting Your Child's Mental Health - 4 weeks

Fee Fully Funded

FN1704G Thu 18:30-20:30 03/10/2024 Online
FN1705G Tue 18:30-20:30 19/11/2024 Online
FN1706G Thu 18:30-20:30 06/03/2025 Online

Psychology

Introduction to Psychology - 6 weeks

Fee Fully Funded

FN1655G Mon 18:30-20:30 16/09/2024 Online

Support your Child's Reading

Story Stacks for Supporting your Child's Reading - 5/8 weeks

Fee Fully Funded

FA1665G Thu 10:00-12:00 16/01/2025 Gold Hill Museum
FA1666G Tue 10:00-12:00 28/01/2025 Blandford ALC
FA1668G Thu 10:00-12:00 05/06/2025 Gold Hill Museum

Dealing with Change

Successful School Transitions - 3 weeks

Fee Fully Funded

FN1669G Tue 10:00-12:00 10/06/2025 Online
FN1670G Tue 18:30-20:30 10/06/2025 Online
FN1671G Thu 10:00-12:00 12/06/2025 Online
FN1672G Thu 18:30-20:30 12/06/2025 Online

Sewing

Basic Sewing & Sewing Machine Skills for Beginners 8 weeks

Fee Fully Funded

FN1647G Wed 10:00-12:00 09/10/2024 Blandford ALC
FN1648G Wed 10:00-12:00 22/01/2025 Blandford ALC
FA1649G Wed 10:00-12:00 23/04/2025 Blandford ALC

Pottery

Therapeutic Pottery for Parents of a Child with an EHCP 5 weeks

Fee Fully Funded

FN1689G Tue 13:00-15:00 05/11/2024 Blandford ALC
FN1690G Tue 13:00-15:00 22/04/2025 Blandford ALC



“The course was fantastic! It gave me and my son a fun activity to do together. - it's a great way to bond and learn something valuable at the same time.” - **Learner**

Easily enrol on your chosen course!

Visit our website and search the course code to find your course or you can call our friendly customer service team and they'll be happy to help you with the process.



skillsandlearningace.com/courses



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Enrol online or by phone

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