

## Parent Present course – Woodingdean

A course that helps:

- reduce your stress levels so they don't get in the way of your family relationships
- handle the tough times at home with a demanding baby or young child
- respond calmly instead of reacting
- connect with your child even when you are really busy

You will discover and practice several simple techniques to help support you in those stressful times with your child.

This is a two day course

Course dates: 2nd and 9th December

Time: 10am–1pm

Venue: Woodingdean Library, Warren Rd, Woodingdean BN2 6BA

Tutor: Agnes Munday

Cost: Free/£30.00



'Revolutionised my way of seeing things. Simple yet powerful stuff.'

Call Community Learning on  
**01273 810210**

Or visit

[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk) Search 'Community Learning'

# Community Learning Autumn Courses 2017

Adult Social Care

First Aid (Adults and Children)

Food Safety

Parent Present

Maths

For more information

Call 01273 810210

Brighton Junction, Isetta Square,  
35 New England St, Brighton, BN1 4GQ

To be offered a free place you will need to be:

- 19 and over
- Living in the EU for at least 3 years
- Living in Brighton and Hove area
- Unemployed (or working less than 16 hours) or on a low income (less than £13,500 for a single income or less than £18,500 for a combined household income)
- Or have no qualifications
- Or you volunteer and are unemployed

Community Learning



NHS



Funded by  
Skills  
Funding  
Agency



## Family First Aid – Central Brighton

You will learn how to manage when a baby or young child becomes unconscious or stops breathing, gets burned, is choking, bleeding heavily, has an asthma attack, or suffers from an allergic reaction.

This is a one day course

**Course date:** Saturday 30<sup>th</sup> September

**Time:** 10.30am – 1.30pm

**Venue:** Brighton Junction, Isetta Square, 35 New England St,  
Brighton BN1 4GQ

**Tutor:** Agnes Munday

**Cost:** Free/£15.00

## Level 2 Food Safety – Central Brighton

Are you volunteering for a community group, or receiving benefits and hoping to work in catering? This one day free course will provide you with a Level 2 Certificate in Food & Hygiene. There is a multiple choice assessment at the end of this course.

Priority is given to people currently volunteering.

This is a one day course

**Course date:** Thursday 21<sup>st</sup> September

**Time:** 9.30am – 4.30pm (arrival 9.15am)

**Venue:** Brighton Town Hall, Bartholomew Square, BN1 1JA

**Tutor:** James Aldcroft

**Cost:** Free/£50.00

## Level 2 Food Safety – Central Brighton

This is a one day course

**Course date:** Thursday 9<sup>th</sup> November

**Time:** 9.30am – 4.30pm (arrival 9.15am)

**Venue:** Turner Children's Centre, Ivory Place, Brighton BN2 9QE

**Tutor:** James Aldcroft

**Cost:** Free/£50.00

*'Great course, easy to understand and feel ready to continue with my plans to look for work in catering'  
Food Safety Level 2*

## Emergency First Aid for adults

Central Brighton

This one day course will help you to respond to an emergency situation.

You will learn how to deal with unconsciousness, bleeding, choking, shock, seizures, provide CPR, and recognise signs of heart attack and stroke.

This is a one day course

**Course date:** Saturday 11<sup>th</sup> November

**Time:** 10.30am – 1.30pm

**Venue:** Brighton Junction, Isetta Square, 35 New England St,  
Brighton BN1 4GQ

**Tutor:** Agnes Munday

**Cost:** Free/£15

## Adult Social Care

### Introduction to the Care Certificate

This course will give you an introduction to the care sector with focus on the standards in the care certificate. It will help you understand what roles are available, and what training will be required for these roles.

This is a one day course

**Course date:** Thursday 30<sup>th</sup> November

**Time:** 10–1.15pm

**Venue:** Brighton Town Hall, Bartholomew Square, BN1 1JA

**Tutor:** Robert Grimes

**Cost:** Free/£15.00

## Short maths Courses

Are you nervous about studying maths again?

Do you fancy a taster in maths to brush up your skills before taking on a qualification?

If you don't have any maths qualifications and would like to find out more about starting a non-exam course in September, call on the number below.

The classes are at Woodingdean Library. The classes are free, friendly and supportive.

**Call for more information**

**on 01273-810210**