

Education Futures Trust Family Bulletin 4

Welcome to the family bulletin from the Education Futures Trust. We want to share what we offer to children and parents/carers. If you are interested in finding out more, please contact the named person or our office:

office@educationfuturestrust.org or ring 01424 722241

see our work at: <http://www.educationfuturestrust.org/> and @EFT_Hastings

Incredible Years Parenting course

For parents who would like to increase their confidence and lower their stress levels.

Starts Wednesday 1 October to 17 December 2014 (9.30am - 11.30am)

Wellington Square Baptist Church, Hastings Town Centre

“Really valuable and informative course.”

Contact **Sally Gale** on **01424 722241** for information.

Cocoa Course

Improve your communication skills and get involved in supporting your local community.

Starting on Monday 6th October-10th November (10.00am-12 noon)

Orbit Housing Office, Ore Valley Road

A Rhythm 4 life – Through Food, Fitness and Fun

Come and join our chef, John, and learn how to prepare and cook healthy, nutritious food and feed a family on a budget. The course includes a fun fitness plan and an introduction to diet and nutrition.

Currently running, but we are taking bookings for the next course.

St Matthew's Church Hall, St Matthews Rd, St Leonards.

Reducing Challenging Behaviour: Strategies for Positive Behaviour.

For parents who feel that their children have challenging behaviour, and would like to increase their confidence when dealing with challenging behaviour

Friday 26th Sept, 3rd & 17th Oct from 9.30-11.30.

St Leonards Children's Centre, Clyde Road

Contact **Lucy** on **01424 722241** for information about these courses.

Personal MOT

Book yourself in for an MOT and take some time for yourself!! The course aims to encourage adults to consider their own needs, strengths and skills and helps to boost self-esteem.

Starts Monday 22nd September to 20th October 2014 from 12.30-2.30pm
Community Room, at Tesco's, Hollington

"Very good. Learnt about body language.
Thought about my skills, qualities and aims."

Contact Lucy on **01424 722241** for information.

Progress!

One to one family support for up to 6 months for parents/carers who wish to work. Participants must be receiving out of work benefits, and be willing to engage with a personalised programme to get back into work. Our programmes can include help getting on to courses, support with volunteering, help with job applications and support to overcome any barriers to working.

"School (placement) is going really great, I really am enjoying it. I do seem to have quite a good connection with the teachers and have bonded with lots of the kids really well too. I just hope one day I can do it full time, I really do enjoy it so much."

Contact **Mel Carn** or **Shar Brown** on **07599 978521/ 07599 978091** for details.

STOP Parenting course

For parents who would like to improve communication and relationships with their teenage children.

Starts 2 October to 11 December 2014 (12.30 - 14.30)
St Leonards Children's Centre, Clyde Road, TN38 OQE

Contact **Ruth** or **Liz** on **01424 722241** for information.

