

Course title	Dates of delivery	Time of delivery	Brief description of course
Family Budgeting	22 <sup>nd</sup> of October to 29 <sup>th</sup> of October	Every Wednesday 12:30pm to 2:30pm	This 2 week course is aimed at families to help increase your knowledge as to what online banking is, the advantages of using online banking facilities safely and how you could spot a scam email. Guidance will be given on how to work out your own family budget and ways of cutting costs for you and your family especially if you or your family have been impacted financially with Covid-19.
Family internet safety	27 <sup>th</sup> of October to 10 <sup>th</sup> November	Every Tuesday 12:30pm to 2:30pm	Online safety is a real concern when it comes to our children and through Covid-19 and the additional use of the internet and social media, this concern has grown. This course will be delivered over 3 sessions and is aimed to help parents and carers talk to their children about how to navigate the issue of online identity in a digital age in a safe, responsible and respectful way. You will have the opportunity to look more in depth at different social media platforms and ensure that you know how to keep your children safe online.
Supporting your child with their homework – KS1	3 <sup>rd</sup> of November to the 1 <sup>st</sup> of December	Every Tuesday 1pm to 2:30pm	Children across the UK have been impacted with their school work throughout the Covid 19 pandemic. This online course will give you the basics of how you can support your children at home with their homework to increase their opportunities further along their learning journey.
Supporting your child with their homework – KS2	5 <sup>th</sup> November to 3 <sup>rd</sup> December	Every Thursday 9:30am to 11:30am	Children across the UK have been impacted with their school work throughout

			the Covid 19 pandemic. This online course will give you the basics of how you can support your children at home with their homework to increase their opportunities further along their learning journey.
Family Christmas Crafts	28 <sup>th</sup> of November to 19 <sup>th</sup> of December	Every Saturday 6pm to 7pm	During this course you will have the opportunity to complete a different Christmas themed craft project every week. This course is aimed at parents and carers to gain skills and knowledge to teach your children how to make craft projects which can be used to make gifts for family/friends or to make Christmas decorations around the home.
My child and their mental health (3-7 years)	10 <sup>th</sup> of November to 24 <sup>th</sup> of November	Every Tuesday 5:30pm to 6:30pm	This course is aimed at helping parents raising children from the ages of 3 to 7 years to develop skills to support them and their mental health. You will gain knowledge in a number of areas such as understanding social anxiety, mental health, the effect of this and positive ways to support your child as well as life changes and the impact these can have on children.
My child and their mental health (8-11 years)	12 <sup>th</sup> of November to 26 <sup>th</sup> of November	Every Thursday 5:30pm to 6:30pm	This course is aimed at helping parents raising children from the ages of 8 to 11 years to develop skills to support them and their mental health. You will gain knowledge in a number of areas such as understanding how mental health can affect children, ways to encourage children to talk about their feelings and ways to access support for your child.
My child and their mental health (12 – 16 years)	1 <sup>st</sup> of December to 15 <sup>th</sup> of December	Every Tuesday 2pm to 3pm	This course is aimed at helping parents raising children from the ages of 12 to 16 years to develop skills to support them and their mental health. You will gain

			knowledge in a number of areas such as ways to understand your child's journey into adolescence, risk factors that can affect children's mental health and sources of support and ways to access these.
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