



Free Family Learning online—short courses—on Zoom

Themed courses with activities—ideal for families with and without young children —*Be creative and have fun together or finding some me time to—keep happy and feel positive. “Our online groups are small, friendly and relaxed”*

Monday—mornings—28th Sept to 19th Oct— 10am to 12



Beginners Knitting —Craft and cultural histories—for grown ups.

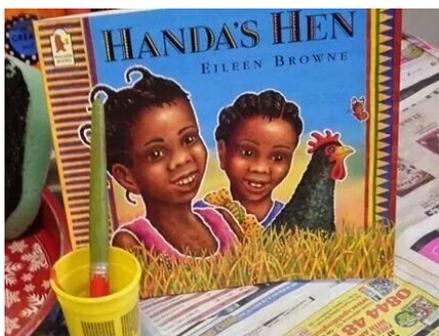
You will develop / learn knitting skills, including—casting on/off as well as your basic knit and pearl stitches. Not only will you learn to knit either a cushion, scarf or stoll, you will also be introduced to the creative culture and history of knitting around the world. *Learn a skill and make a gorgeous gift!*



Monday—after school —5th Oct to 9th November— 4-6pm

How to Help with Homework for Key stage 1 and 2 parents.

This course will provide crucial support for parents who may lack confidence when helping with their children’s homework. There will be time each week for Reception/Year 1&2 curriculum content and an time for Years 3-6. The course content will evolve over time, depending on specific needs of the participants, but a broad outline of content will cover the English and Mathematics curriculum.



Tuesday mornings—29th Sept to 20th Oct

10 am-12:00 **World Story Bags**

Create resources and develop your crafting skills inspired by two stories from different cultures around the globe.

Books may include—Handa’s Hen, Granny went to Market or Walking through the Jungle.

For parents with our without their children. Get creative - decorating a bag and sewing using resources from around the home.

For all of these courses you will need a smartphone or computer with Internet access.

*For more information or to book a place please text or email,
– Hayley on 07810 836811 or Hayley.holliday@citylit.ac.uk*



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Tuesday- after school —29th Sept to 20th Oct 4p to 6pm

Fun with Food Have fun together after school with your children. Learn to follow recipes, weigh ingredients, chop fruit and veg and get creative with your food. Healthy cooking on a budget. Making things such as—Blueberry Muffins and Chickpea Curry.

Ideal for families with primary age children. Have fun together after school and pick up some tasty, healthy and cost effective tips.



Wednesday mornings—30th Sept to 21st Oct -

10am to 12

Music and Story Telling

—for preschool children with their parent /carer Join us on Tuesday mornings, meet other families, help your little ones to socialise on line (due to current Covid-19 situation). Build your own and your child's self-confidence, have some fun singing and develop your story telling skills.

Wednesday—mornings—30th Sept to 21st Oct

– 10am to 12:30

Me time—feeling good, feeling positive On this short course you will look at ways to feel more relaxed, calm and positive. Learn how “me time” will help keep you feel positive and calm, even when life is a bit challenging. We will practice some relaxation techniques, be creative and have some fun.



Thursday mornings—8th Oct to 12th November - 10am to 12:00

Introduction to Digital Skills—feel confident on line. This course is perfect if you want to build up your confidence in using digital technology and feel less isolated. We will look at what IT resources you have access to and how to use them. Particularly useful in our current Covid-19 situation for work, accessing online courses and meeting family and friends on line. To do this course you will need one of the following devices: laptop, desktop, tablet or mobile phones.

For all of these courses you will need a smartphone or computer with Internet access.

If you can - download the Zoom app.

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