

Improving skills or just trying something different - training courses
and workshop available across Bath and North East Somerset

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Connecting Communities across Bath and North East Somerset

The Learning Bulletin

December 2016, Edition 2



Welcome to a new edition to our Interagency network. The Learning Bulletin keeps you in touch with workshops, courses and training available for individuals, volunteers, and organisations.

If you would like more information or you would like your courses included in the next bulletin contact, Sara Dixon, tel: 01225 396594, [email](#).

Course providers

The Wellbeing College provide information about courses, activities and groups that are happening around Bath and North East Somerset to support people's wellbeing. Most of the courses are free and are offered to B&NES residents who are aged 16 and over, or people who are registered with a GP in B&NES.



The Adult Community Learning at The City of Bath College provides a range of course and workshops which are open to adults aged 19 yrs plus. These include improving your Maths and English skills, cake decorating, improving your changes to find work, or just trying something new!



The Bubble is located at St John's city centre base in Bath and offers a range of activities, workshops and classes. The Bubble is a hub for residents of B&NES over the age of 55, who want to develop or learn new skills or meet new people in the community.



The Bubble
at St John's Bath

Age Uk offers and Active programme for older people, which range from Cook and Eat, Hub in the Pub, Art Groups, Book Group and much more.



The Learning and Development Centre at Sirona Health and Care supports staff from a wide range of settings, including the independent and third sectors. You may also contact the Centre by telephone on 01225 831488 for any other information.



Bath & North East Somerset Councils, 'The HUB' is a suite of tools that support schools, council services, voluntary and community groups working in Children Services settings.



co|Create - The artist we work with are pioneering new ways of reaching out to, and working with, individuals and communities to empower them through creativity to change their lives and perspectives. To facilitate artists to do this ground breaking work, and continually innovate their practice, our co|Create programme provides structured support.



The Volunteer Centre Bath & North East Somerset provides a vital service in promoting volunteering opportunities and identifying suitable candidates for local charities and community organisations.



Keynsham Foodbank The Trussell Trust supports communities and churches to open foodbanks across the UK. Our foodbank is part of The Trussell Trust's network of 428 foodbanks, working to tackle food poverty and hunger in our local communities, as well as across the UK.



Training for VCS organisations

The HUB - Early Years Foundation Stage Team

The Early Years Service offers training, support, and resources to home and group based early years settings and schools. We work in partnership with the diverse early years sector and other early childhood partners, including Health Visitors, Social Care and Children's Centre Services, to achieve the best outcomes for all children.



- Early Years CPD Training EYFS - HENRY A Healthy Start in Childcare (07 Feb 2017 09:00 - 16:30)
- EYFS - Making the most of Shape, Space and Measure (27 Feb 2017 18:30 - 20:30)
- External Trainer EYFS - Blended Paediatric First Aid Course (11 Mar 2017 09:30 - 16:30)
- Learning and Development EYFS - Letters and Sounds: Phase 1 (29 Nov 2016 18:30 - 20:30)
- EYFS - Childminders Network (06 Dec 2016 19:00 - 21:00)
- EYFS - SENCO Essential SENCo Training for ALL Early Years Setting based SENCos (AM) (18 Jan 2017 09:30 - 12:00)
- EYFS - SENCO Essential SENCo Training for ALL Early Years Setting based SENCos (PM) (18 Jan 2017 13:00 - 15:30)
- EYFS - Advanced Active Story Making (01 Feb 2017 09:30 - 12:00)
- EYFS - Making the most of Schemas in more depth (23 Feb 2017 18:30 - 20:30)

- EYFS - Early Years Conference - Building firm foundations for life: (25 Feb 2017 08:30 - 13:15)
- Safeguarding and Welfare EYFS - First Aid Training - (12 Hour Paediatric First Aid) - (Evening Sessions x 4) (12 Jan 2017 18:30 - 21:30)
- EYFS - Child Protection Training - Foundation Level (07 Feb 2017 18:30 - 21:00)
- EYFS - Child Protection Training - Foundation Level (15 Mar 2017 18:30 - 21:00)
- Specialist EYFS - Getting to Grips with Language in the Early Years Foundation Stage - Speech and Language Tier 1 (13 Mar 2017 18:30 - 20:30)
- EYFS - Getting to grips with Attention and Listening Skills in the Early Years Foundation Stage - Speech and Language Tier 2 (27 Mar 2017 18:30 - 20:30)

For more information contact: The Early Years Service, 01225 394042, email: early_years@bathnes.gov.uk

The Learning and Development Centre

The centre supports staff from a wide range of settings, including the independent and third sectors.



Food Hygiene Level 2

10th January, 30th January, 24th January, 13th March or 31st March, 6 hours. Target - This course is a mandatory requirement under the Food Safety Act 1990 and EC Regulation No 852/2004 for any member of staff who handles 'open' and 'high risk' foods. Suitable for Cooks and Kitchen Staff who handle and prepare food.

Managing Self and Others

10th January or 16th March, 6 ¾ hours. Target - All staff working in Sirona Care & Health and the Independent Sector

Emergency First Aid

12th January, 17th February or 16th March, 7 hours. Target - All staff working in environments where an 'Emergency First Aider' is required.

Domestic Violence and Abuse

27th January, 4 ½ hours. Target - Front line service staff and those wishing to enhance their knowledge around the subject matter.

Autism Spectrum Conditions (including Asperger Syndrome)

8th February, 6 ½ hours. Target - Essential for all front line B&NES Health & Social Care staff who potentially come into contact with individuals with ASC

You can access these programmes by completing the Booking Form available on-line and sending to the Learning and Development Centre by email: training@sirona-cic.org.uk. You may also contact the Centre by telephone on 01225 831488 for any other information.

For more information about these courses and others available goto:

<https://www.sirona-cic.org.uk/training/>



St Monica Trust
Delivering well-being



Volunteer Centre
Bath & North East Somerset

Sustainable income training for small groups working with older people

Volunteer Centre Bath & North East Somerset is pleased to be able to offer- A FREE training course for small groups and organisations working with Older People in North Somerset

The courses will be held in: Exhibition Room - Bath Central Library, The Podium, Northgate Street, BATH BA1 5AN

You can book up to two people from your organisation. Refreshments and a light lunch will be included.

Attendance at all four sessions is recommended as the course builds skills with each session.

Introduction to Sustainable Income & Planning for donations

20th January 2017, 10am - 2.30pm

Community and Grant Fundraising

27th January 2017, 10am - 2.30pm

Raising funds via social media

3rd February 2017, 10am - 2.30pm

Making sure your organisation is ready for fundraising success

24th February 2017, 10am - 2.30pm

For further information, contact Mike Plows Volunteer Centre Bath & North East Somerset on tel: 01225 338105.

To book your place goto [Eventbrite](#)

The training is being delivered by our partners in CVS South Gloucestershire.

Embedding Five Ways to Wellbeing into Arts Practice @ Creativity Works



When: Tuesday 31st January 2017, 10am - 12pm

Where: Widcombe Social Club, Widcombe Hill, Bath BA2 6AA

Cost: £10

For artists who have completed the Wellbeing College Five Ways to Wellbeing Course (listed above) to extend their knowledge and embed thinking.

For further information goto the [website](#) or email sarah@creativityworks.org.uk

Courses for volunteers

There will be more information about the courses on the [website](#) or if you would prefer to speak to somebody, please call on 01225 831820.



- Thursday 19th January 2017, Diversity and Inclusion, 1pm - 4.30pm, The Bubble, St John's Hospital, Bath

Booking is essential and most courses are free. Please get in touch by calling 01225 831 820 or email: enquiries@wellbeingcollegebanes.co.uk for more information or to book your place.

Workshops and seminars

Is there a practical problem that you need solving?

Need advice on making your allotment prosper?
Have a DIY construction conundrum? Or is there another stumbling block you can't seem to get past? The Edge Art's latest project '[Know How](#)' can



match you with an expert who will run a free personalised workshop with a solution!

[Get in touch now to get your problem solved.](#)

All sessions are free and open to everyone, so come and get 'in the know' on [scams, sustainability, cycling and more!](#)

The workshop is run by [The Edge](#), at the University of Bath

Learning for individuals

Latest courses from Adult Community Learning



We provide a range of courses and workshops which are open to adults aged 19yrs plus. You might want to improve your maths and English skills, decorate a cake, improve your chances to find work or just try something new! We work with a number of partners across the region and many of our sessions take place in community venues across BaNES.

Adult Community Learning (ACL) describes a range of learning opportunities for adults. We aim to promote better health and well-being by providing activities that

support people to learn, connect with others and stay active. We are funded by the Skills Funding Agency.

Stay Safe Online

Practical advice and support on how to operate safely when using internet sites including:

- Looking at parental controls on Windows PCs, android and Apple tablets and smart phones
- How do you decide if an email is dangerous?
- How do you restrict use within game sites and on social media?
- Help yourself and your family to use the internet securely

Date: Friday 9th December

Time: 9:30-13:00

Venue: Somer Valley Campus, Radstock, BA3 3RW

Booking: Adult Community Learning Tel: 01225 328822

Accessible Printmaking

Open to anyone over 55yrs of age. Come and learn printmaking skills using craft-foam and polystyrene to create unique artworks. Easier to work with than lino-printing but using many of the same skills. No previous experience is necessary!

Date: Tuesday 13th December

Time: 11:30-14:00

Venue: Age UK BaNES Hub, Somer Centre Gullock Tynning, Radstock BA3 2UH

Booking: Adult Community Learning Tel: 01225 328822
/ 01761 433161 ext 33

English and Maths assessments

Thinking about improving your English or maths?

Our free adult courses offer you a chance to:

- improve your job prospects and gain a qualification
- progress onto further training or education
- gain the confidence to help your children with their school work

Before you can enrol you will need to take a pre-course assessment to make sure you are placed on the correct course to suit your needs and level. We are running assessments on the following four dates.

Dates: Monday 12th December, Monday 9th January, Monday 16th January,
Monday 23rd January

Time: 10:00-13:00

Venue: Adult Community Learning Room, Somer Valley Campus, Wells Road,
Radstock, BA3 3RW

Booking: Adult Community Learning Tel: 01225 328822 / 01761 433161 ext 330

We look forward to seeing you! There will be new classes beginning in February
2017

Contact: Adult Community Learning Tel: 01225 328822, or visit the [website](#) for more

information.



Learn how to cook and eat
healthily on a budget

A 6 week free course

Starts: Tuesday 10th January

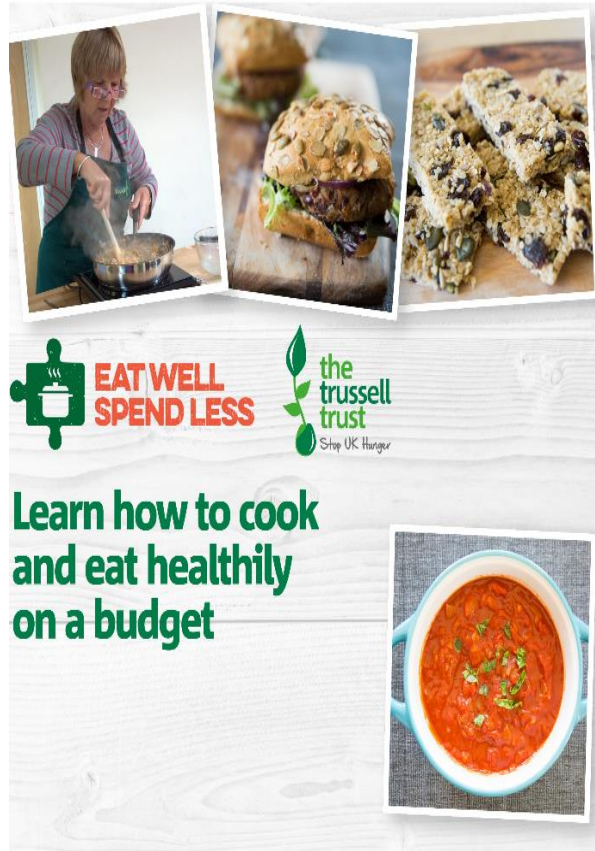
10am - 12:30pm

Venue: St Dunstons Catholic
Church Hall

Bristol Rd, Keynsham BS31 2BQ

To book your place email:

eatwellspendless@keynsham.foodbank.org.uk



Latest courses from the Wellbeing College



The following courses are open to all:

- Saturday 3rd December, 5 Ways to Wellbeing, 10.30am-1.30pm, Half day workshop, Percy Centre, Bath, Wellbeing College
- Saturday 3rd December, What Colour is Your Parachute? (Careers), 10:30am-3:30pm, Half Day, Percy Centre, Bath, Wellbeing College

2017

- Saturday 7th January, Mindfulness in the Woods, 2pm - 4pm, Greyfields Woods, High Littleton
- Tuesday 10th January, Vegan Cookery, 10am–1pm, 6 week course, The Bubble, St John's, Bath, Wellbeing College
- Wednesday 11th January, Gentle Yoga, 10.30am - 12 noon, 6 week course, The Percy Centre, Bath
- Monday 16th January, Winter Cookery, 10am - 1pm, 10 week course, St John's RC Church Hall, South Parade, Bath
- Monday 16th January, Mindfulness Based Stress Reduction, 6.45pm - 9pm, 8 week course, plus free taster session on 9th January, Midsomer Norton
- Thursday 26th January, Breath Awareness Meditation, 6.30pm - 8.30pm, 8 week course,, The Temple of Minerva, Victoria Park
- Tuesday 7th February, Massage for Wellbeing, 9.30am - 12.30pm, Southdown Methodist Church
- Thursday 9th February, Core Stability (gentle fitness), 9.30pm - 12.30pm, St Andrew's Community Church, Bath

- Wednesday 22nd February, Woodland Wellbeing, 10.30pm - 12.30pm, 9 weeks, Greyfields Woods, High Littleton
- Friday 3rd March, Mindfulness part 2, 7-9pm, 4 weeks, St Andrew's Methodist Church

The following courses have enrolment criteria:

- Tuesday 6th December, Diabetes Type 2 Education session / 1-off session, 9:30am-2:45pm, Diagnosed with type-2 diabetes, Southdown Methodist Church, Bath, Sirona, (01225 831852)

2017

- Monday 9th January, HOPE (Help overcome problems effectively) for anyone who has had a cancer episode, 10am - 12.30pm, 6 week course, Bath Centre for Fatigue Services
- Thursday 12th January, Parenting Teenagers for parents of teenage children, 7-9pm, 4 weeks, Southdown Methodist Church
- Thursday 17th January, Snap and Stroll experiencing or in recovery from mental health challenges, 1.30pm - 4.30pm, 8 weeks, Somer Valley Campus
- Thursday 17th January, Five Ways to Wellbeing for Carers, 10am - 12 noon, The Carer's Centre, Bath
- Thursday 19th January, Moving for the Mind for people over the age of 55, 2pm - 3.30pm, St John's Hospital, Bath
- Thursday 23rd February, Aromatherapy for Carers, 10am - 12noon, The Carers Centre, Bath
- Thursday 2nd March, Improving Computer Skills for over 50's, 2pm - 4pm, 4 weeks, Paulton Hub

There will be more information on our website at www.wellbeingcollegebanes.co.uk for all of our courses or if you would prefer to speak to somebody then please give us a call on 01225 831820.

Booking is essential and most courses are free. Please get in touch by calling 01225 831 820 or email: enquiries@wellbeingcollegebanes.co.uk for more information or to book your place.

Cook It



FREE! - 5 WEEK Family Cookery Course

For all parents, grandparents, carers and their children / grandchildren. Learn to make tasty, family meals. All recipes and ingredients provided

Next course.....

Tuesday 10th January - 7th February, 3.30pm - 5pm

At Community @ 67

For more information and to book a place, please call Clare on 07715044524.

**Bath & North East
Somerset Council**



Courses and workshops at your local Children's Centres

Steps to Work Course

A 6-week employer-led course delivered by Clean Slate. Designed to help you to rediscover your skills, strengths and interests and plan your next steps.

Bath (Parkside): Thursday 2nd March to 6th April 2017 (9:45 - 11:45)

Incredible Years Parenting Programme

A 12 week programme for families facing the challenges of parenting young children. Offering ideas and skills that can help parenting be more enjoyable and successful.

Radstock: Wednesday 11th January to 5th April 2017 (9:30 - 11:30)

EAL (English as an Additional Language) Family Learning Course

This course will be delivered by Bath College helping you to improve your English together with your children through a range of fun, interactive workshops.

Catching Confidence Course

6 week course delivered by Bath College. Designed to help increase your

confidence, self-belief and support you to set new SMART goals for the future.

Bath (Parks side): Thursday 12th January to 23rd February 2017 (9:45 -11:45)

For more information contact your local Children's Centre

- First Steps Bath, Bath West - Tel: (01225) 444791, email: info@firststepsbath.org.uk
- Bright Start Children's Centres, Bath East - Tel: (01225) 396662
- Somer Valley (Radstock) - Tel: (01225) 396660
- Keynsham and Chew Valley - Tel: (01225) 395400

Or email: brightstartcc@bathnes.gov.uk

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