
Free Courses for Parents at the Tynings

South Gloucestershire Community Learning service offers free courses for adults, we will be working with the Tynings in 2019 – here are some examples of courses we could run, would you like to take part?

- Maths family workshop: A taster session to learn about how maths is taught in schools, and the chance to play some maths games with your child in school.
- Wellbeing for parents: A course for parent to try ways to reduce stress and focus through mindfulness and other techniques.
- Domino club: An early evening course for parents and children to learn alongside each other playing maths and communication games using dominos.

If you are interested in taking part in any of these activities please speak to Janet Poole. If you would like to find out about other courses running in the local area contact Toby Roberts on 07864608623.