

Central, Park View & Valley Children's Centre

Adult Learning

Newsletter



Telephone (01709)336372/336660 or email ParkView.ChildrensCentre@rotherham.gov.uk

Sewing Group - Learn how to make patterns for clothes and how to make clothes for yourself or your family. These sessions are a 10 week course. Please ring Amanda on 01709 336660 for more information.



Beauty on a Budget - This is a 8 week course run by Rotherham College. The course covers a range of beauty skills that you can use for yourself. At Ferham Children's Centre.

Starting Friday mornings at 09:30 - 12.00

The course is **FREE**

Book your place by calling 01709 722792



Free Childcare for 2 year olds

www.rotherham.gov.uk/earlyyears

Experience new activities, learn through play, make new friends and prepare for nursery. Have fun! Up to 15 hours per week.



Cooking on a Budget

Learn about cooking and preparing simple family meals using fresh, seasonal and convenience foods.

An 8 week course run by Rotherham College.

At Ferham Children's Centre

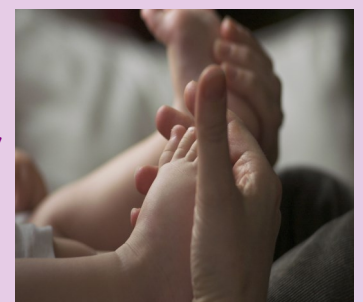
The course is **FREE**

If you are interested and want to book a place please call 01709 722792



Baby Massage

This is a 4 week course which is run at various sites around our reach area. Baby massage has many benefits for you and your baby, including relaxation, promoting a bond, and promoting sleep. For more information about baby massage please call the centre to see when the next session is running.





FREE ESOL

If you:
Are 19 years or over?

Have lived in the UK for 12 months or more?

Would like to learn how to communicate in English?

We would like you to come and join us. It doesn't matter if you are claiming a benefit or not, you ARE welcome to attend!

Every Thursday at 09:30-12:00 at Ferham. Please contact Sarah on 01709 336660 for more information.

Introducing solid foods

Advice and information about introducing solid foods to your baby and ideas for family recipes. For more information please call the centre.



Would you know what to do if your child or an adult had a cardiac arrest?

If the answer is NO we are running a session to give you an awareness of what to do should you find yourself in this situation.

For more info and to book a place call the centre on 336660/336372

If you feel your family needs

support with your children's bedtime routine and sleep issues then please book on to the SLEEP TIGHT course.

For more information please call Becky on 01709 336660



There is an EU drop in at Central Children's Centre, Ferham, every Monday 2.00-4.00pm. EU drop in is run by



Unity Centre.

Citizens advice are available at Central Children's Centre, Ferham, on Tuesday and Thursday mornings. Appointments are by appointment only. To book please phone (01709) 336660.



Would you like support looking for jobs, writing CV's and cover letters? Come along to Job Shop at New York Stadium, every Friday 10.00-12.00. Job shop is run by Rotherham United Community Sports Trust. There is also Job Club every Tuesday at Riverside Library, Main Street, Rotherham 2.00-4.00pm



Please like our Facebook page: Central, Park View & Valley Children's Centre, where we will keep you informed of any activities happening in the community, changes to groups, adult learning courses etc...