

# Adult Learning

TOGETHER  
WE FLOURISH

## Community and Family Learning



Our Family Learning courses are designed to develop your own skills and knowledge, while guiding you to support and encourage your child's development and love of learning. Enroll now on our fun and informative courses while places available.

Here is some of the courses starting soon. You can check our website for many more and further information on this link:

<https://lewisham.gov.uk/myservices/education/adult/find-a-course/family-learning-courses>

### **Waste free crafts for families (primary school age)**

**Course No:** WFJ2A94BR

You, your children and the planet will love our zero-waste crafts and activities. Join us for fun upcycling projects that are a great way to teach your children about wasting less and recycling and reusing more. You will explore so many fun ways to keep the whole family entertained, finding new uses for all sorts of no longer used items and all for no cost!

**Location:** Brockley Rise Centre  
**Start Date:** 05/03/2022

**Day of the week:** Saturday  
**End Date:** 02/04/2022

**Course Length:** 5 Weeks  
**Time:** 10:00 - 12:00

### **Cook easy vegan recipes with your toddlers (age 2-5)**

**Course No:** WFJ2P92MC

With your help, your toddler can produce scrumptious, healthy, simple meals and enjoy eating them. You will explore ways of involving and interesting your toddler in cooking. In a safe and friendly environment, you will explore taste, textures and smells of various fruits and vegetables to encourage toddlers to be more adventurous with food.

**Location:** Marvels Lane Childrens Centre  
**Start Date:** 22/02/2022

**Day of the week:** Tuesday  
**End Date:** 05/04/2022

**Course Length:** 7 Weeks  
**Time:** 13:00 - 15:00

### **Zen-4-SEN (parent and primary school age) ONLINE**

**Course No:** WFJ2T16OL

Your highly-qualified, friendly tutor will introduce you and your child to adapted yoga for children on the spectrum and its positive benefits. You will work with your child to develop their ability to self-regulate, release tension, fear and frustration. The class begins with warm-ups using movement, rhymes and fun games, before progressing to increasing body strength, muscle tone and flexibility by learning asana (postures). Each fulfilling session ends with relaxation techniques using mantras, to help relieve stress.

**Location:** Online and distance learning  
**Start Date:** 24/02/2022

**Day of the week:** Thursday  
**End Date:** 24/03/2022

**Course Length:** 5 Weeks  
**Time:** 17:00 - 17:45

### **Parent and Baby Yoga (3-9 months)**

**Course No:** WFJ2P93DC

Fascinate and engage your baby using colourful resources, bubbles and textures during this parent and baby yoga. Each session, you will explore breathing techniques that calm and relax both baby and you, and yoga poses to strengthen core muscles in a welcoming atmosphere. You will sing nursery rhymes along with movements, aiding brain activation and increasing spinal and muscular strength. Adults attending with baby can be a parent, grandparent or carer.

**Location:** Dowlerry Children's Centre  
**Start Date:** 23/02/2022

**Day of the week:** Wednesday  
**End Date:** 06/04/2022

**Course Length:** 7 Weeks  
**Time:** 12:30 - 13:30

All family learning courses have a small enrolment fee payable when you enrol, but you may be entitled to join for free if you receive benefits or are on a low income.