

Activities during Half Term

10th February 2023

Dear Parents/Carers,

We wish you an enjoyable Half Term and we will see you back at Nursery on Monday 20th February.

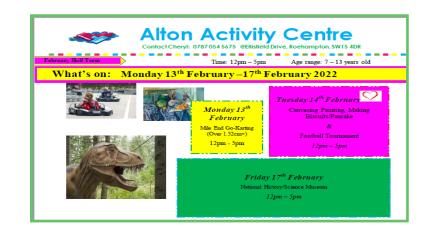
In the meantime in this newsletter we have included many activities and freebies for you and your children to keep you busy during Half Term and in the following weeks. Please check the dates as booking may be needed.

Half Term dates

Special points of

interest:

 What's happening in the Community, free courses and free food during Half Term Enjoy!





ASDA CAFE

Kids eat for £1 all day, every day with no adult spend until the end of March 2023

HUNGRY HORS

Kids eat for £1 on Mondays. Then Tuesday to Friday between 3 - 5pm selected Kids' meals are £1 & larger meals are £1.50.

PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink

FREE with every £4 spend after 3pm WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

ANGUS STEAKHOUSE One free children's meal per paid adult

meal 12-5pm daily throughout the holidays **TABLE TABLE** Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK Kids eat FREE every Sunday for every £10

spent by an adult **SIZZLING PUBS** Every Monday to Friday, 3 - 7pm, kids'

mains are £1 with every adult meal. **BEEFEATER & BREWERS FAYRE** Two children under 16 can get a free breakfast every day with one paying adult!

MORRISONS

Spend £4.99 & get one free kids meal all day, every day.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto during Half Terms

BELLA ITALIA Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

YO! SUSHI

From February half term, kids eat free all day at YO! Sushi with any adult £10 spend

SA BRAINS PUBS Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS Under 12's eat for free with any adult meal. During the school holidays

IKEA Kids get a meal for 95p or £1.50 from 11am - All day, every day.

FARMHOUSE INNS Kids eat for El is currently on until Jan 31st but expected to be extended

Likely but not yet announced

TESCO CAFES



Check the dates and

T&C

Roehampton Warm place for families at the Children Centre Monday-Friday

Free Workshops "Empowering Women" from 31st January to 14th March 2023.

31.01-14.03.2023 PORTSWOOD SPACE, SW15 4ED Mediation

Free workshops: 'Empowering Women'

Life skills to help you express yourself in everyday conflict.

- Women only all women welcome!
- For Roehampton community as priority.
- A safe and confidential space with femaleonly facilitators.
- Teas and coffees provided.



Wandsworth 🕥

31 January (Tuesday), 09:30-12:30.

Rebuilding relationships: how to restore relationships with the people around you; exploring why relationships break down and practical steps to restore them.

7 February (Tuesday), 09:30-12:30.

Managing your emotions: how to keep your mind and body well during stressful times. Learning techniques and opportunity to reflect on what works best for you.

21 February (Tuesday), 09:30-12:30.

Improving your active listening skills: helping you to understand others better and giving you tools to use at home and work.

28 February (Tuesday), 09:30-12:30.

Straight talking: how to get results by saying things that people might not want to hear. Learning a technique to say it in a constructive way.

9 March (Thursday), 09:30-12:30.

Expressing yourself: understanding and expressing your needs and feelings so that others can understand you better, increasing your confidence to say what you need to say.

14 March (Tuesday), 09:30-12:30.

Dealing with conflict: reflecting on conflicts that have a affected you and using exercises, you will learn skills to improve the way that you react to disagreements.

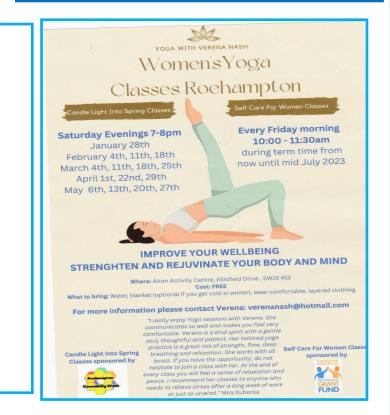
ALTON ACTIVITY CENTRE FREE ACTIVITIES FOR WOMEN

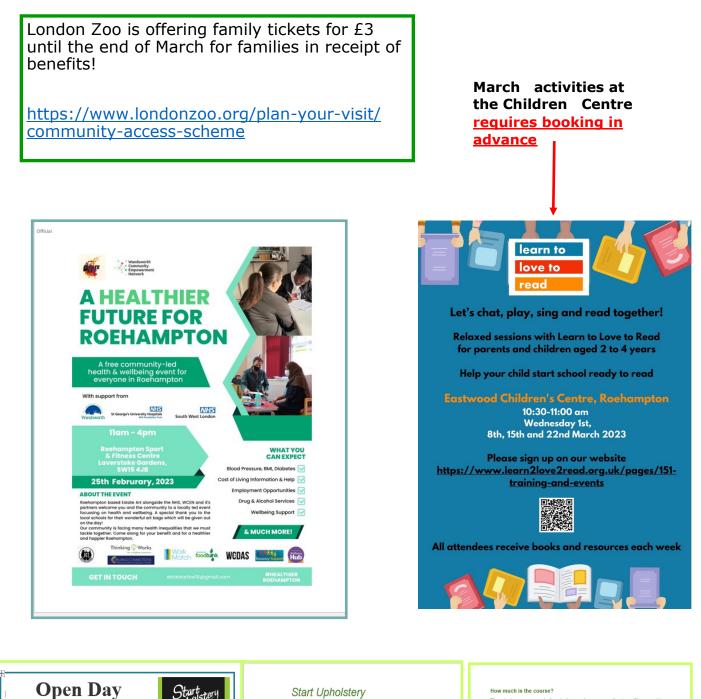
Self Care workshop for Women every Friday 10:00-11:30 Yoga, Breathwork, Meditation and Sound Healing

Candle Light into Spring Classes every Saturday evening 7-8pm

Coffee morning every Wednesday from 10am to 12pm

FREE







To be run at: Southside Shopping Centre Wandsworth SW18 4TF Please get in touch for more details.

The course is for adults (over 19) who are unemployed or working part-time, and are interested in learning Upholstery and how to set up a business. It is open to any new learners of Upholstery. You are required to have minimum level 1 reading and writing skills in order to undertake the written element of the course. What are the dates and times of the course? The course runs from 24/2/23 to 7/7/23 Creating a Business Start-Up, the written section runs alongside the craft sessions The course runs every Friday from 9:30 - 3.00pm with a break for lunch. Full attendance is expected.)pen Day bruary 2023 What does the course include?

The programme is designed to introduce you to some basic techniques in uphotstery so that you are able to uphotster a simple chair or stool initially. You will then go on to plan another project which builds on the skills learned. Alongside this, you will attend sessions on how to set up a business. Where does the course take place?

The course takes place in Southside Shopping Centre, in the upstairs of the venue that used to house GAP, opposite Poundland

Do I get a qualification?

Who is the Course for?

The craft course is not accredited; you can focus on the personal skills you need to develop. You will get a level 2 gualification in Creating a Business Start-Up.

How much is the course?

The whole programme is free to those who are on active benefits or working part-time and earning less than $\pounds23,502$ The course fee for those who are earning more than £23,502 is £300

Do I have to attend all the classes?

If you enroll for the course, you need to commit to attending all of the sessions until July. If you have any reason to think you will not be able to do so, please contact Kate at below email before you enroll.

What can I do after this course?

You can continue to practice and develop your upholstery skills in one of the college's onsite upholstery courses. You can also enroll for:

- · Creating a Professional Online presence
- Bookkeeping and accounting
- Introduction to project management
- · Visionnaires (online course with access to experienced entrepreneurs) · Other craft courses: soft furnishings, interior design

How do I enroll?

You will need to attend the Open Day and then, if you meet the criteria, you will be given the codes to enroll at the college. 1

Please contact Kate Turney to express your interest in joining the Open Day kate.turney@stcq.ac.uk