Riverside Community Health Project

Training & Activities Programme

April to July 2024



Contents

Weekly Courses **Page**

- Introduction to Teaching Assistant 3
- Early Years Level 2 4
- Teaching Assistant Level 2 5
- Maternity Support Worker Level 1 6
- Makaton 7
- Cake Decorating Group 8
- Community Interpreting 9
- Recipe 4 Success 10
- Cooking for Wellbeing 11
- Beauty Therapy with Homemade Beauty Products 12

One-off Courses (entry level 1 English required)

- ADHD Awareness/ Supporting Autistic Children & Teens/ Mental Health Awareness 13
- Food Hygiene Level 1 14
- Managing Stress and Anxiety/Mindfulness & Meditation 15
- Food Hygiene Level 2 16
- Paediatric First Aid 17
- Food Allergies and Risks Level 2 18
- Summer Wreath Making 19

Introduction to Teaching Assitant

Tuesday 16th April & Tuesday 14th May 9.30am-2.30pm

This short course will explore British Values, Behaviour Management, Equality and Diversity and Safeguarding in schools.

These topics are a good introduction for those planning to continue studying on the Level 2 Supporting Teaching and Learning course in the future.

Please note this is not a full qualification, but It will give you an opportunity to gain an insight into each area and how they are applied to an Educational setting.



This course is provided by WEA (Worker's Education Association)

WEA
Adult Learning Within Reach

Early Years Level 2

Every Wednesday 9.30am-2.30pm Next intake September 2024

This Early Years Education course is ideal for you if you're looking for a comprehensive qualification to get you ready to work in childcare settings. The course will cover a range of topics including:

- Children's health and well-being, including nutrition, emotional development, and safeguarding.
- Legislation and frameworks that regulate professional practice in the childcare sector.
- The role and the responsibilities early years practitioners have towards the children in their care.
- The importance of play in a child's development & understanding the different stages and milestones of child development.
- The role of preschools and nurseries in preparing young children for school readiness.

This course is provided by WEA (Worker's Education Association)

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Maternity Support Worker

Starting Friday 19th April
Every Friday 10am-12noon

This course will prepare you to apply for the role of Maternity Support Worker by exploring the role and discovering their value to new mothers, babies and families. After completing this level 1 course there is an opportunity to enroll and continue onto level 2.

This course explores some of the common maternity conditions such as miscarriages, stillbirths, induction of labour, caesarean sections, baby jaundice, and infant feeding.

It will help you develop professional attributes such as reflections and contributing to the development of those around you. You will be asked to complete a weekly learning diary, and the class will work together in small groups to plan a presentation to the wider group about the issues you have explored within the course.

This course is provided by WEA (Worker's Education Assosiation)

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Teaching Assistant Level 2

Every Thursday 9.30am-2.30pm
Next intake September 2024

If you are interested in working in a school or college, this course will enable you to develop the knowledge and skills needed to support teaching and learning in a school or college environment.



This course is provided by WEA (Worker's Education Association)

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Makaton for Beginners

Monday 22nd April
12.30pm-2.30pm
10 week course

Makaton

- Gain the confidence and skills needed to sign key sentences using Makaton sign and symbols
- Support with communication for early years development and people with autism, speech & learning difficulties, Down Syndrome and ADHD

This course is provided by WEA (Worker's Education Association)

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Adult Learning Within Reach

Cake Decorating Group

Every Tuesday
9.30am-12.00pm
Starting Tuesday 16th April

Join our volunteer-led cake decorating group and practice a variety of cake decorating and sugar craft techniques, include piping, flower making and modelling using edible materials.



Community Interpreting

Thursday 9th May
9.30am-2.30pm
3 Week course

- Learn about the roles and responsibilities of community interpreters
- Learn about the different settings where interpreters may be required to work (including housing, education, social care, welfare benefits and immigration)
- Learn the different terminology and language difficulties which may arise in community interpreting situations

This course is provided by WEA (Worker's Education Association)

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RECIPE 4 SUCCESS

Learn and share simple recipes and make short videos to share the recipes. Fun, creative and free.

Location
Carnegie Building,
Atkinson Road,
Benwell, Newcastle
upon Tyne, NE4 8XS

Date/Time
Wednesday 26th June
Wednesday 3rd July
Wednesday 10th July
Wednesday 17th July

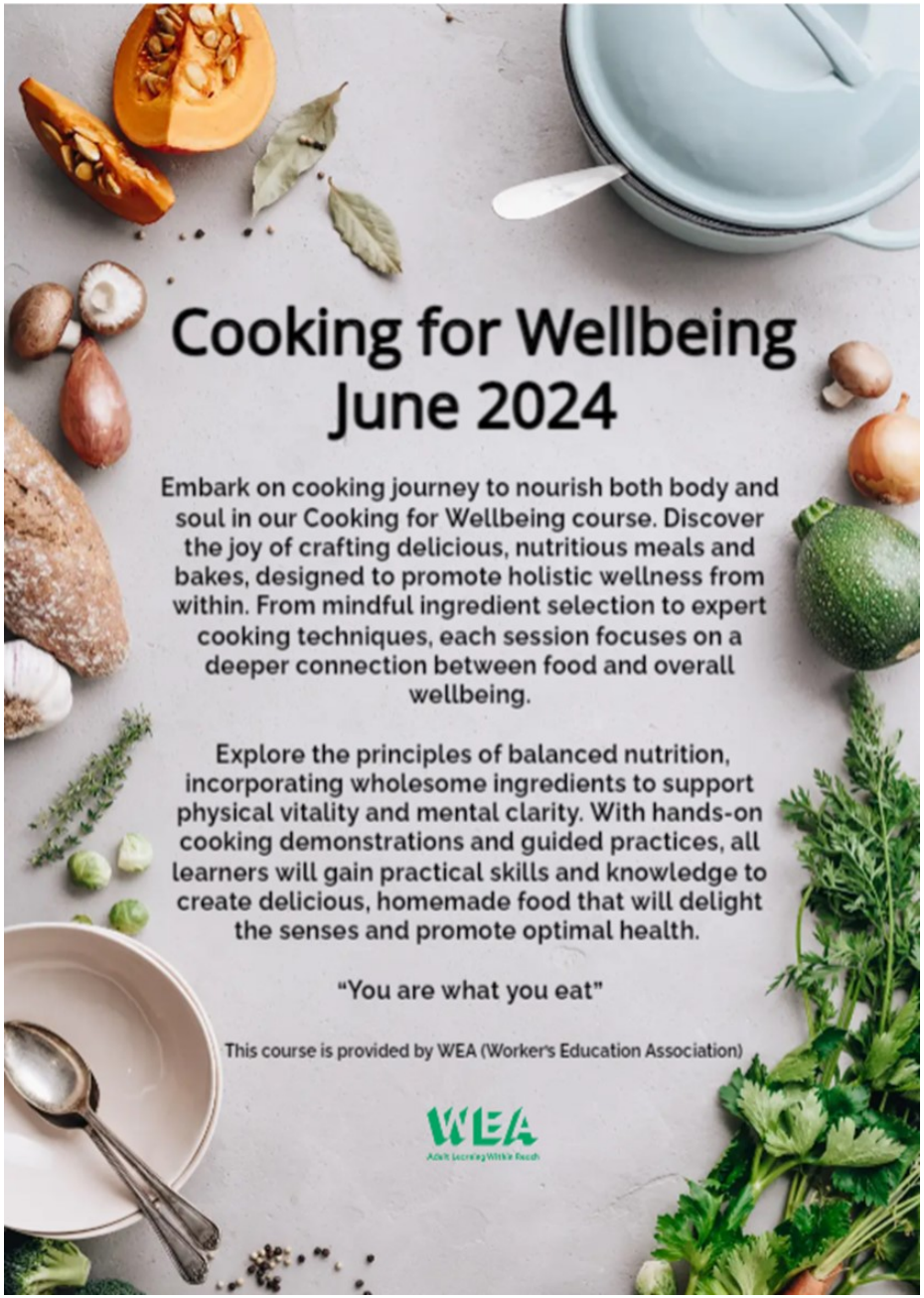
10AM-2PM

Contact
Emma Spence
emma@riversidechp.org.uk
0191 2260754



Eligibility
You should be over the age of 19 and not have a Level 2 Maths qualification (equivalent to a passing grade at GCSE)

Multiply
Riverside Community Health Project
NORTH OF TYNE COMBINED AUTHORITY
Digital Voice for communities





This course is for people who would like to learn how to use products already found in most kitchen cupboards to save amazing money and make their own unique beauty products. We will look at common ingredients and their properties and learn how we can use them to have glowing, soft skin and feel amazing. Among things we will make are hand scrubs and hand creams, hair care products and cleansers, toners, serums, and moisturisers. You will be taught to industry standards while working with other members of the course in a relaxed atmosphere.
Each week we will also look at how to safely provide services offered at most beauty salons. Under the watchful eye of your tutor, you will learn skills used professionally to treat yourself, friends, or family.

This course is provided by WEA (Worker's Education Association)

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Adult Learning Within Reach

Food Hygiene Level 1

Wednesday 8th May
9.15am-12.30pm

This session will give learners a basic knowledge and understanding of the importance of food hygiene and good hygiene practice.



This course is provided by Healthworks Newcastle

Healthworks
the community health charity

One-Off Courses

ADHD Awareness

Thursday 25th April 12.30pm-2.30pm

. Gain understanding of what ADHD is and how it affects behaviour. Consider the facts and myths surrounding ADHD and learn ways to interact productively with individuals with ADHD. Gain awareness of behaviour that challenges and explore strategies to manage it.

Supporting Autistic Children & Teens

Friday 3rd May 12.30pm-2.30pm

This autism course can teach you how to offer support to help autistic young people live healthy and fulfilling lives. This taster course is ideal for you if you have regular contact with autistic children or teenagers, and is aimed at parents, family members, community workers, or volunteers.

Mental Health Awareness

Friday 10th May 12.30-pm-2.30pm

This taster session is ideal for you if you are interested in gaining a better understanding and awareness of mental health., and gain an over-view of positive strategies that can be implemented to improve mental well-being. You may want to support your own mental health and well-being, or to gain a better understanding of how to support a family member or friend, or support you in your role at work.

These courses are provided by WEA (Worker's Education Association)

WEA

Wellbeing Courses

Managing Stress and Anxiety

Thursday 17th May 12.30pm-2.30pm

Would you like to learn techniques to relax and wind down? When we're stressed or anxious it's hard to feel calm. Anxiety affects over 8 million people in the UK at any time. But you don't have to live with constant stress or anxiety. There are simple techniques you can learn to manage it. This stress management course is ideal if you want to learn habits to reduce stress and anxiety, and lead a healthier and fuller life.

Meditation and Mindfulness

Friday 24th May 12.30pm-2.30pm

Leading a busy life leaves little room for calm and relaxation. This can make it hard for us to wind down and enjoy the present. But finding these moments of calm is essential for our emotional well-being and mental health. This meditation and mindfulness course is ideal if you want to learn to relax, be present, and alleviate stress in your life. Meditation courses teach us to recognise the importance of conscious thought in our everyday lives. Develop concentration strategies to help focus your mind. Understand the principles of mindfulness. Learn to block out intrusive thoughts and enjoy the present moment.

These courses are provided by WEA (Worker's Education association)

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Adult Learning Within Reach

Food Hygiene Level 2

Wednesday 22nd May
9.15am-3.00pm



- **The effects of food-borne illness**
- **Hazards & Contamination**
- **Food preservation, food storage & temperature control**
- **Personal hygiene, hygienic premises and equipment**
- **Hazards Analysis and Critical Control Points (HACCP)**

This course is provided by Healthworks Newcastle

Healthworks
the community health charity

Food Allergies & Risks Level 2

Monday 10th June
9.15am-3.00pm



- Why food allergens need controlled
- The effects of ingesting food allergens
- How to protect vulnerable people from reactions caused by food allergens

This course is provided by Healthworks Newcastle

Healthworks
the community health charity

Paediatric First Aid

Tuesday 4th &
Wedneday 5th June
9.00am-3.00pm

Understand how to administer emergency first aid to an infant/child and adult:

- who has sustained burns, scalds or electric shock
- with minor injuries, including cuts, grazes, bumps and bruises, small splinters and nose bleeds
- with conditions affecting the eyes, ears and nose
- with head and spinal injuries
- who is unresponsive and not breathing normally
- who has a foreign body airway obstruction
- with external bleeding
- with injuries to bones, joints and muscles
- diabetic emergencies
- asthma attack
- allergic reaction
- meningitis







This course is provided by Social Care Training



Summer Wreath Making

Monday 1st July
10.00am-1.00pm

During this workshop, you will learn all the essential techniques, starting from mossing the base to selecting flowers that retain their vibrant colours and dry naturally. You'll have access to a variety of foilage and other decorative elements to personalize your wreath, and we'll provide a selection of ribbons for you to adorn your creation, adding an extra touch of elegance.

After completing your wreath, learn how to maintain its freshness for several weeks. Learn how to allow the materials to gently dry out, ensuring your wreath lasts beautifully throughout the summer months, becoming a cherished piece for you to enjoy.

This course is provided by WEA (Worker's Education Association)

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Register your interest:

To book a place on any of the courses or activities contained in this booklet, please contact Emma on 0191 2260754 or email emma@riversidechp.org.uk

Course providers:

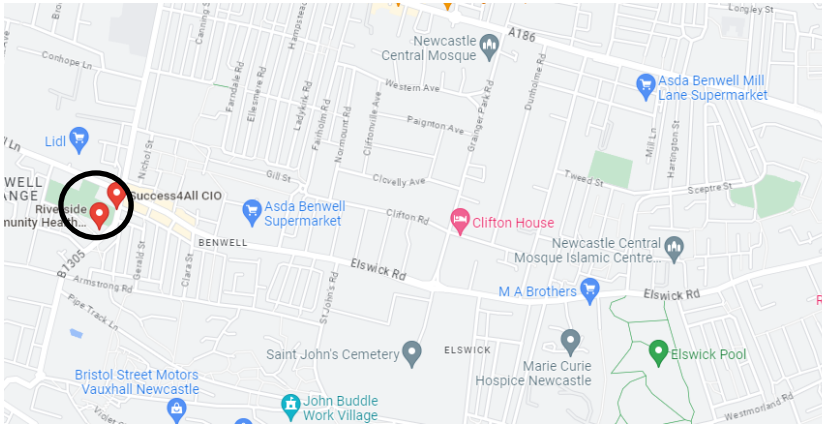
WEA Adult Learning Within Reach

Healthworks the community health charity

ReNE

Digital Voice for communities

Where to find us:



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