

Jan-March 2022

Family Learning



Free Workshops
and Courses

What is Family Learning?

Our family courses and workshops are all free to you and your children. They are designed give parents/carers and their children the opportunity to explore ways they can learn together in a fun way. During our workshops you will work with your children to explore different topics and come away from your sessions with ideas, achievements and a love for learning

Our workshops between January and March 2022 will take place at the following locations, in the course details in this document it will tell you where your activity will take place:

Meadowbank Education Centre
Community Close
Cranford, Hounslow
TW5 9QX

Kingsley Academy
Cecil Road
Hounslow
TW3 1AX

Free
Workshops
and Courses

Little Publishers (7+)

Dates

Wednesdays at Meadowbank from 12/01/22 until 09/02/22 (5 weeks) at 4.30pm-6pm - quote MM399DTB when booking

About the course

This course is part of our Family Learning Programmes. There are two types of Family Learning Programmes, FEML and WFL, and this course is part of our WFL offer.

WFL Programmes are aimed to give parents / carers and their children the opportunity to explore ways as to how they can learn together in a fun way.

On this course you will work with your child to devise, write, illustrate and edit a story on a given topic.

What is required to join the course?

- This course is open to complete beginners
- These sessions are for adults and children of age 7+ to work and learn together parents and carers will need to supervise their children at all times
- Please note we can only accommodate 1 to 2 children per family
- If your child needs any extra assistance within the class, please be sure to let our staff know when enrolling



Family Fitness (5+)

Dates

Saturdays at Kingsley Academy from 15/01/22 until 12/03/22 (8 weeks) at 10.30am-11.45am - quote MJ099DUB when booking

About the course

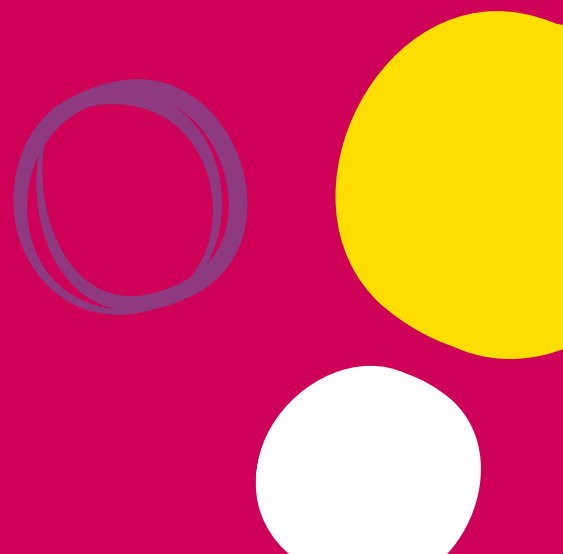
This course will take place in the outside area of our Kingsley centre. If it rains, the class will take place inside the centre.

Exercising as a family is not only a fun way to improve fitness, it's a way to develop a culture of wellness and introduce positive exercise habits at a young age. If we wish to create a future of happy and healthy kids, it's time we start practicing what we preach.

This course aims to show what exercises can be done together, how to introduce them and progress them for the whole family

What is required to join the course?

- This course is for beginners with little or no previous knowledge of family fitness.
- The course is suitable for children aged 5 years and above
- Children must be supervised at all times
- 1 adult to max 2 children
- If your child needs any extra assistance within the class, please be sure to let our staff know when enrolling



Family Yoga (7+)

Dates

Wednesdays at Meadowbank from 19/01/22 until 16/03/22 (8 weeks) at 4.30pm-5.30pm - quote MM399DVB when booking

About the course

Exercising as a family is not only a fun way to improve fitness, it's a way to develop a culture of wellness and introduce positive exercise habits at a young age.

If we wish to create a future of happy and healthy kids, it's time we start practicing what we preach. This course aims to show what exercises can be done together, how to introduce them and progress them for the whole family.

What is required to join the course?

- This course is for beginners with little or no previous knowledge of family yoga.
- The course is suitable for children aged 7 years and above
- Children must be supervised at all times
- 1 adult to max 2 children
- If your child needs any extra assistance within the class, please be sure to let our staff know when enrolling



Chinese New Year: Tiger Crafts (5+)

Dates

Saturday 29/01/22 at Meadowbank at 10am-12pm - quote MM399DVB when booking

About the course

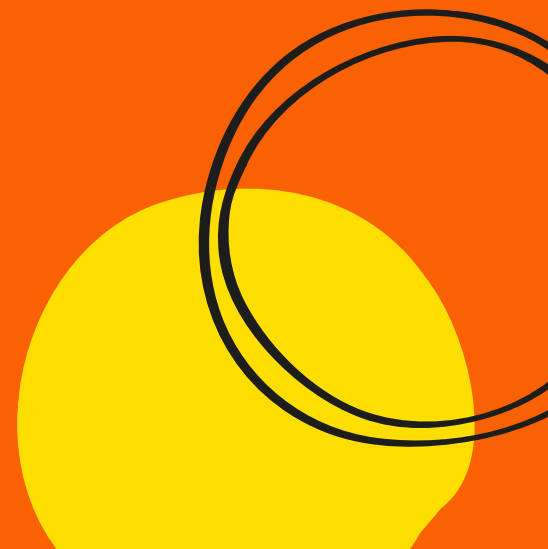
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WFL Programmes are aimed to give parents / carers and their children the opportunity to explore ways as to how they can learn together in a fun way.

To celebrate this festival we are holding this WFL session is for adults and children to learn about the year of the tiger by drawing, painting and crafting together in a fun and inspiring environment.

What is required to join the session?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
- Please note we can only accommodate 1 adult to 2 children per family.
- If your child needs any extra assistance within the class, please be sure to let our staff know when enrolling



Clay Flowers For The One You Love (5+ & 7+)

Dates

Ages 5+: Saturday 12/02/22 at Meadowbank at 10am-12pm - quote MM699DXB when booking

Ages 5+: Monday 14/02/22 at Meadowbank at 10.30am-12.30pm - quote MM199DYB when booking

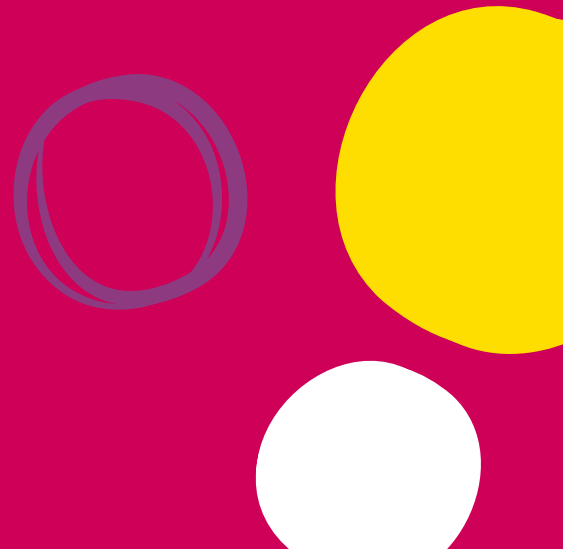
Ages 7+: Monday 14/02/22 at Meadowbank at 2pm-4pm - quote MM199DZB when booking

About the course

This clay class gives families the chance to celebrate Valentine's Day together within a creative environment. On this course you and your children will learn some basic clay modelling techniques to create a piece of decorative airdried clay flower and a small coiled pot which you can take home. Your child will also get the opportunity to paint some pottery within this lesson.

What is required to join the session?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
- Please note we can only accommodate 1 adult to 2 children per family.
- If your child needs any extra assistance within the class, please be sure to let our staff know when enrolling



The Goodness Of Chocolate (5+)

Dates

Tuesday 15/02/22 at Meadowbank at 10.30am-12.30pm - quote MM299EB when booking

Tuesday 15/02/22 at Meadowbank at 2pm-4pm - quote MM199DYB when booking

About the course

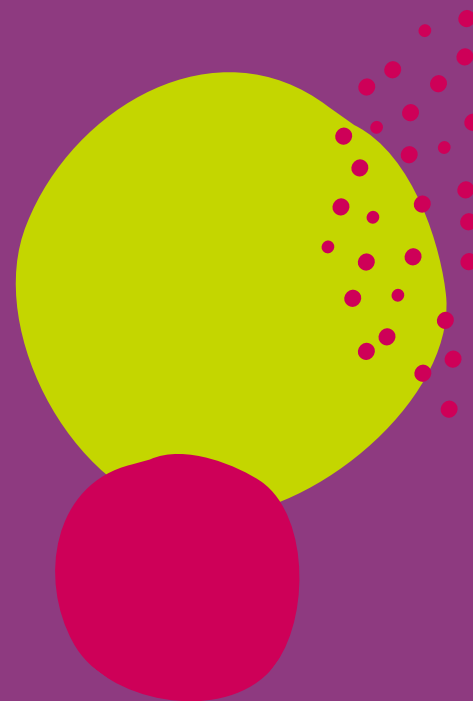
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WFL Programmes are aimed to give parents / carers and their children the opportunity to explore ways as to how they can learn together in a fun way.

This session is for adults and children to learn about some useful healthy eating tips and food swaps. You will also have fun making home-made chocolate for the whole family to enjoy.

What is required to join the session?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
- Please note we can only accommodate 1 adult to 2 children per family.
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Stay Away, I'm doing science! (5+)

Dates

Tuesday 15/02/22 at Meadowbank at 10.30am-12.30pm - quote MM299EBB when booking

Tuesday 15/02/22 at Meadowbank at 2pm-4pm - quote MM299ECB when booking

About the course

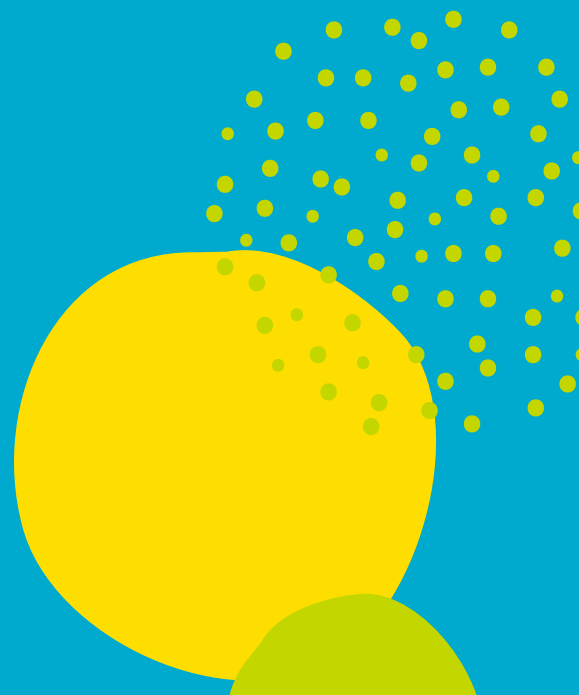
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This session is for adults and children to learn together about science phenomena that are exciting and fun. You and your children will be given an opportunity to try several exciting science experiments.

What is required to join the session?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
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Little Frida Kahlos' (5+)

Dates

Wednesday 16/02/22 at Meadowbank at 10.30am-12.30pm - quote MM399EDB when booking

Wednesday 16/02/22 at Meadowbank at 2pm-4pm - quote MM399EEB when booking

About the course

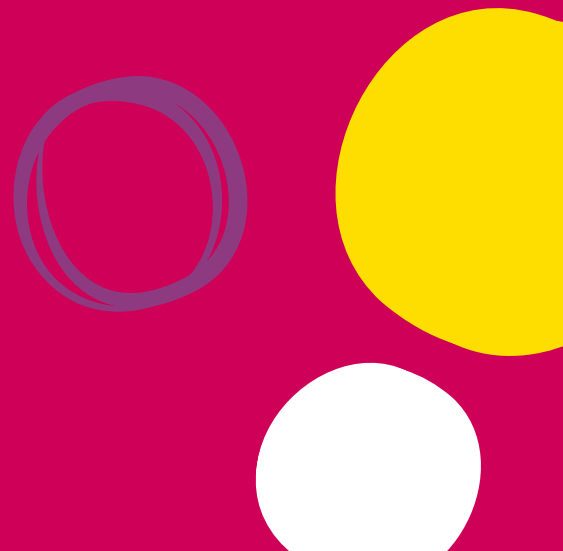
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This session is for adults and children to learn to draw and paint together in a fun and inspiring environment and to celebrate of International Woman's Day (8th March)

What is required to join the session?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
- Please note we can only accommodate 1 adult to 2 children per family.
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In The Jungle, The Mighty Jungle (5+)

Dates

Thursday 17/02/22 at Meadowbank at 10.30am-12.30pm - quote MM499EFB when booking

Thursday 17/02/22 at Meadowbank at 2pm-4pm - quote MM499EFB when booking

About the course

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With your child, you will learn about some of the most amazing facts related to endangered animals. Using our latest virtual reality equipment, we will take you and your children on a journey through the jungle where you can come close to a range of different animals to learn more about them.

What is required to join the session?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
- Please note we can only accommodate 1 adult to 2 children per family.
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The Power Of Engineering (5+)

Dates

Friday 18/02/22 at Meadowbank at 10.30am-12.30pm - quote MM599EHB when booking

Friday 18/02/22 at Meadowbank at 2pm-4pm - quote MM599EIB when booking

About the course

This course is part of our Family Learning Programmes. There are two types of Family Learning Programmes, FEML and WFL, and this course is part of our WFL offer.

WFL Programmes are aimed to give parents / carers and their children the opportunity to explore ways as to how they can learn together in a fun way.

This session is for adults and children to learn together how engineering impacts our world. You and your children will be given an opportunity to work on a mini engineering project.

What is required to join the session?

- These sessions are for adults and children to work together - parents will need to supervise their children at all times.
- For health and safety reasons, children must be over the age of 5 years to attend these sessions.
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