

WINTER
2015

£5.00
of LOVE2SHOP vouchers
for each course you complete

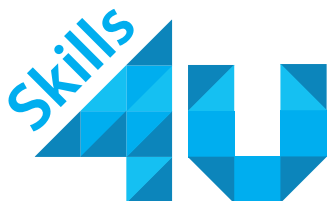
Skills Life Skills Courses



@SNHomes f snorthantshomes
www.southnorthantshomes.co.uk

Community Development 01327 357862 07740 774112





South Northants Homes is delighted to bring you Skills4U, a training programme full of fantastic courses.

All of these courses are provided by our Community Development Team, with the help of other local partners and will take place in and around Towcester.

To express your interest in attending any of the courses, use the form at the back of this booklet or visit our website www.southnorthantshomes.co.uk

If you're a tenant and have any transport or childcare issues, we may be able to help with the costs. This will need to be discussed and agreed prior to the take up of your place on the course.

When each course is full we will get in touch to confirm your

place and we will even send you a text reminder before the course!

Feedback is always welcome so, once you have completed your course, your trainer will give you an easy form to fill in.

What's included on the day:

- Free refreshments
- Buffet lunch provided on any all-day courses
- Clear and easy to understand course notes
- Pen and paper for your own notes
- **and a warm welcome!**

Courses



Assertiveness

Learn to build your confidence further and speak up and protect your boundaries.



Confidence Blocks

Understand what confidence is and isn't. Learn to understand what a lack of confidence may cost you (daily, weekly, monthly and over a lifetime). This course will help you set achievable outcomes for the future.



CV Writing

This workshop will help you to develop an understanding of the job application process. It includes how to develop a CV, completing an application form and interview techniques.



Application Forms and Interview Techniques

Let us give you some top tips to complete application forms and some interview techniques to help you be more confident in securing that job!





Easy Meals

This is a basic cooking course. The session will be around simple core ingredients. All ingredients and utensils are provided and the course is a small group to help beginners.



Budgeting

This course will help you develop an understanding of budgeting, how to overcome financial barriers, how to get more for less and the idea of value for money.



Universal Credit Predictions

Are you going to be effected by UC? This workshop can help you calculate your entitlement and make sure you are claiming everything you should be.



Painting For Beginners

A relaxed small class for beginners, taking you through the basic painting techniques.



Ideas In Action

Do you have an idea but not sure what to do with it? Could it become a business? Do you want to explore all options? This session will take you through those first steps to developing your idea. This will run from 10am to 3pm and lunch will be provided.





Food Hygiene

All IT based with an easy to use programme.
Hands-on support from members of staff.



Tea and Talk

A gentle meet and greet session every Wednesday morning at Costa coffee Towcester. Bring along your laptop and connect to their wi-fi. Sit and talk and make new friends in a relaxed environment.



Computer Skills

An easy to follow course introducing you to the benefits of being online and using a computer, including how to use emails, social media, money-saving sites as well as Word and Excel. Build your confidence in a friendly group setting.



Focus Groups

Do you want to influence decisions and change? Can you think of ways we can do things better? We want everyone to have their say and help us make improvements around different themes. Small bite sized sessions that sometimes involve some demonstrations.



Indian Cooking (Vegetarian)

A fun cooking session with mild spices and all vegetarian. Everything provided and take something home for tea!



ALIVE
N
KICKING

Northamptonshire Healthcare **NHS**
NHS Foundation Trust

alive 'n' kicking

For families in Northamptonshire with
children aged 5 – 11 years old!
Enrolling families today!

Worried about your child's health or weight?
Join our FREE Healthy Lifestyle Programme for
families who want to eat more healthily, be more
active and have lots of fun doing this together.

Be Healthy & Happy!
Recipe Challenges, Fun Activities,
Healthy Snacks and Lunchbox Ideas
FEEL ALIVE 'N' KICKING!

Sessions running in your area. Call our team
for more information:

01604 745084

Or email ANK@nhft.nhs.uk



Weight
Management
Centre



Alive 'N' Kicking

everyone
ACTIVE
Feel better for it

Corby
Borough Council

Kettering
Borough Council

South
Northants
Homes

places
for people

TRILOGY
IMPROVE PLACE & HEALTHY
DEVELOPMENT

change
4 life
Eat well • Move more • Live longer

northampton
women's aid

Prevent violence, Don't suffer in silence

Do you or does someone you know need advice or support about Domestic Abuse? Call Northampton Women's Aid on 0845 123 2311

Do you live in Brackley, Towcester, Middleton Cheney or surrounding villages?

Everyone has the human right to be safe. Domestic abuse is power and control over another person and effects 1 in 3 people and can be physical, emotional, financial or sexual

How Can we help?

Advice, support and signposting

Refuge accommodation

Group work (by referral only)

The Freedom Programme for female victims

Choose to Change for 13-19yr olds displaying abusive behaviour

You and Me, Mum for mothers to help understand and develop their role as a mother

Your Power to Change for male perpetrators of domestic abuse

Help me to Stay Safe for children aged 7-11 exposed to domestic abuse

Abusers have no gender

ARE YOU LOOKING FOR A YOUTH
CLUB IN YOUR AREA?

Find your nearest at www.nayc.org

We can help!

Call: 01604 499699
Email: ydc@nayc.org

Does your
area need a
youth club?

nayc

Developing Young People



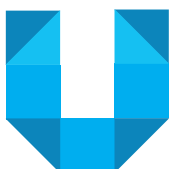
**NO FOOD
AND NO MONEY
TO BUY ANY?**

THE FOOD BANK CAN HELP

They can provide emergency supplies in rural areas
For quick, simple and anonymous advice,

**CALL: 01327 357862
OR 07724 832043**

www.towcester.foodbank.org.uk



Life
Skills
Courses

£5.00

of LOVE2SHOP vouchers for each course you complete



@SNHomes **snorthantshomes**
www.southnorthantshomes.co.uk

South Northants Homes Wood Burcote House, Burcote Road, Towcester, Northants NN12 6TF

Booking Form

Full Name

Date of Birth/...../.....

Address

.....

..... Postcode

Home phone number

Mobile phone number

E-mail Address

What is your preferred method of contact?

Home phone ☐ Mobile phone ☐ E-mail ☐

Further questions...

.....

.....

Signed

Date/...../.....

Courses

	Assertiveness	☐
	Confidence Blocks	☐
	CV Writing	☐
	Application Forms and Interview Techniques	☐
	Easy Meals	☐
	Budgeting	☐
	Universal Credit Predictions	☐
	Painting For Beginners	☐
	Ideas In Action	☐
	Food Hygiene	☐
	Tea and Talk	☐
	Computer Skills	☐
	Focus Groups	☐
	Indian Cooking (Vegetarian)	☐