

## ESOL

Improve your basic reading, writing & listening skills & understanding of the English language.

**For more information & to book your place:** Contact Aparna Sarkar

**Tel:** 02380 331635

**Email:**  
aparna.sarkar@southampton.gov.uk

## First Aid

Learn how to deal with everyday lumps, bumps & bruises and accidents in the home.

**For more information & to book your place:** Contact Lorraine Ashleigh

**Tel:** 02380 437866

**Email:**  
lorraine.ashleigh@southampton.gov.uk

## One Pot Cooking

Learn how to cook simple healthy dishes your family will enjoy, with the bonus of less washing up!

Spend quality time with your school aged children as they are welcome to attend the course to help beat holiday boredom.

**For more information & to book your place:** Contact Lorraine Ashleigh

**Tel:** 02380 437866

**Email:**

## Course information & how to book your place, including venue

### Time For Me Too/ Time For Me Too Dads

Help to improve your emotional wellbeing, anxiety & stress & take responsibility for your future wellbeing.

Time For Me Too Dads is also open to all dads/male carers

**For more information & to book your place:** Contact Lorraine Ashleigh

**Tel:** 02380 437866

**Email:**  
lorraine.ashleigh@southampton.gov.uk

### Cook & Eat

Healthier cooking on a budget  
New ideas for family recipes.

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### Project You

After such a difficult year have you found yourself feeling lost?  
This course is a self-recovery journey using a range of activities to help you find you.

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## Healthy Living

Do you often take care of others but forget about yourself?

If the answer is YES come along & get an introduction to:

Goal setting, confidence building including dealing with negative emotions, sleep, exercise & healthy eating.

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## Introduction To Life Coaching

This course will help you

- Change or progress within your career or personal life
- Redefine success
- Identify clear goals & the obstacles to achieve them
- Learn to be more personally effective in your life

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## Venue Address

**Ashby Centre:** Stratton Road, Shirley, SO15 5QZ

**Sure Start Clovelly:** 60-68 Clovelly Road, SO14 0AU

**Sure Start Townhill Park:** Cutbush Lane, SO18 2GF

**Sure Start Thornhill:** Byron Road, Thornhill, SO19 6FH

**Sure Start Swaythling:** Honeysuckle Road, SO16 3BZ

**Sure Start Weston:** Foxcott Close, SO19 9JQ

**Pickles Coppice Children's Centre:** 65 Windermere Ave, SO16 9QX



**SureStart  
Family Hub  
Southampton**

