**ADULT EDUCATION COURSES – AUTUMN COURSES**

It’s September, the start of a new school year and exciting new beginnings, and not just for children! There’s the chance for parents and guardians to learn something new too! Wokingham Adult Education are excited to launch our new programme of courses happening this autumn. Courses either run online or in classroom settings at venues across the borough.

Up and coming courses include:

**Family Learning -** Settling into secondary school, Building resilience in your child, Understanding teenage anxiety and Managing child anxiety

**Maths Courses –** Courses aimed at parents includeIntroduction to Reception and KS1 maths, Introduction to KS2 maths, Helping your Child with maths, Terrific Times Tables and Sensory maths. Other courses include: Business maths for beginners, Excel for budgeting, Money management and Love Food Hate Waste.

**Skills for Work -** Confidence skills to get back into work or volunteering, Introduction to becoming a Teaching Assistant, Introduction to working in the NHS, Social media for job search and using Word to design and format your CV.

**Digital Skills** – Excel (beginners and skills for work), Word,Powerpoint,IT Skills for Work and beginner courses for using iPads and laptops.

Some of our courses are free and others may carry a small fee (some concessions apply).

**How to register for a course or find out more information**

* Please visit the [Wokingham Adult Education Service website](https://www.webenrol.com/wokingham/?page=courses&lang=) for further information and to sign up.
* The Adult Education Team can also be contacted by emailing [adulteducation@wokingham.gov.uk](mailto:adulteducation@wokingham.gov.uk) or you can call 01189743797.