

**TEEN PARENTS  
EDUCATION AND TRAINING PROSPECTUS  
EAST SUSSEX  
2010/2011**

## Introduction

CRI is a charitable organisation which works to create safer and healthier communities. This prospectus has been developed with the help of East Sussex County Council and the Connexions Service. A Special thank you goes out to all the young parents who agreed to be profiled in this prospectus to tell their story.

The information in this guide is regularly updated on the Connexions 360 Website: [www.connexions360.org.uk](http://www.connexions360.org.uk) Please refer to this website in case of changes to start dates or for additional courses that may be on offer.

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The Connexions Service – East Sussex

### Connexions360

The Connexions360 service brings together, through a network of Personal Advisers (PAs) and other practitioners all the advice and support young people aged between 13-19 years need to make a successful transition into education, employment or training. For young people with special needs, Connexions Personal Advisers offer support up to the age of 25.

Connexions360 is broken down into 3 providers:

**CRI Connexions360** offer a Post 16 targeted service for young people not in education, employment or training.

**Babcocks Connexions360** offer a universal IAG service for young people aged 13-19.

**East Sussex County Council Connexions360** offer a targeted Service within schools for pre-16 school-age

PAs are linked to schools and colleges, statutory agencies (like the Leaving Care Team, Substance Misuse Service and the Youth Offending Team), Connexions Centres, One-stop Shops, Youth Centres, projects and community centres. Many also offer support on an outreach basis.

## ACCREDITED PARENTING COURSES FOR 16-18 YEAR OLDS

### EASTBOURNE AND NEWHAVEN

#### **Young Parents To Be Pre Re-engagement Programme**

Entry and Level 1

**Location:** WRVS, Hyde Road, Eastbourne

**Qualification:** NOCN Level 1 Award Skills Towards Enabling Progression and an opportunity to sample Functional Skills in English and Maths.

##### What is it?

It is a 6 week programme which is designed to help you to meet young parents to be or mums and dads living in your local area. It is an opportunity to talk about the amazing job which you are doing while you work towards achieving a level one award. You will look at child development, caring for young children and play as well as learning from each other and sharing good ideas.

##### What are the benefits?

- You will have your travel costs to and from the WRVS paid.
- You will have lunch provided as well as tea and coffee.

##### Programme hours

It is a 12 hour programme on Mondays and Tuesdays.

##### What is the entry requirement?

There are no entry requirements. Speak to your Connexions CRI P.A. who will refer you for the programme. You have to be aged 16 to 18 on 1<sup>st</sup> September 2010.

##### What support is there?

Your course tutor will give you support, information, advice and guidance during your time on the programme. During the course you will meet the i-project Transition Co-ordinator and a PA from CRI Connexions who will help you to make choices about your next step and will support you as you progress.

##### What will happen when I complete the programme?

You will be able to apply for the i-project Young Parents Programme or another course at college. Or you might want to return to looking after your little one until you are ready.

#### **Young Parents i-project Journal**

Entry and Level 1

**Location:** Sussex Downs College, Denton Island, Newhaven

**Qualification:** NOCN Level 1 Award or Certificate in Skills Towards Enabling Progression and Functional Skills in English, Maths and ICT.

##### What is it?

You will create a journal recording the incredible experiences which you have had during pregnancy, birth and the early years. You will be encouraged to express yourself using a variety of medium including prose, poetry and art. The journal can be used as a teaching tool in schools and at young parents groups as well as be an invaluable aid for health visitors and midwives. It is a flexible programme which is designed to help you to build your confidence, support your return to learning and enable you to make choices about your future. Whether you decide to apply to college, look for employment or simply want to improve your independent living skills then this is an ideal opportunity for you.

### What are the benefits?

- There will be tea, coffee and toast available throughout the day.
- We will help you to apply for support with travel to college by bus or train. The i-project has its own mini bus which is an option.
- We can also help you to apply for Care to Learn funding and to find a suitable nursery placement.

### Course hours

It is a 16 hour programme which runs on Wednesday, Thursday and Friday.

### What will I study?

The NOCN (National Open College Network) qualification in Skills Towards Enabling Progression is being run as part of the Foundation Learning. It will allow you to study at your own level and pace and to achieve credits for each unit which you complete.

There are a variety of units to which you will study whilst you create your journal including Child Development and Well Being, Personal Budgeting and Money Management and Developing Skills for Independent Life. You will also have the opportunity to choose from units in Career Preparation to Healthy Lifestyle. As you complete units you will be working towards achieving an award or certificate which is recognised at college and in the workplace.

### What is the entry requirement?

There are no entry requirements. Speak to your Connexions P.A. who will refer you for the course. You have to be aged 16 to 18 on 1<sup>st</sup> September 2010

### What support is there?

Your course tutor will give you support, information, advice and guidance during your time on the programme. You will be given the opportunity to set yourself targets every 4 weeks as part of the review process. During the course you will meet the i-project Transition Co-ordinator who will help you to make choices about your next step and will support you as you progress.

### What will happen when I complete the course?

You will be able to apply for a course at college or for employment. Your tutor will be able to write you a supportive reference if you have regular attendance and have shown a commitment to learn.

You can apply for another Foundation Learning course or a Level 1 or 2 programme at college. Talk to your Connexions P.A. about the different courses on offer in your area.

### For both courses, please contact:

Camilla George  
i-project Administrator  
Sussex Downs College  
Denton Island  
Newhaven  
BN9 9BN  
[Camilla.george@sussexdowns.ac.uk](mailto:Camilla.george@sussexdowns.ac.uk)  
(01273) 511425/407

## HASTINGS & ST LEONARDS

**Me and my baby** is a practical parenting course designed especially for young parents aged 16-18 years. This course covers the early years of a child's life and explains how to develop healthy and fulfilling relationships with your baby, encouraging positive parenting and early attachment. The weekly, 4-hour sessions are held in Hastings and St Leonards and usually run for 18 weeks.

A free crèche is provided for children aged 3 months and over. Refreshments and transport are provided, as required.

This course provides a great opportunity for young parents/parents-to-be to gain confidence and share knowledge and information. It can build support networks that last long after the course finishes

It is fun and flexible and meets the needs of young parents from different social, cultural and educational backgrounds.

### A new course for teenage parents

For enquiries regarding this course contact:

**Carol Adams**

Parenting Adviser  
at the Excellence Cluster

**01424 439340**

Email: [carola\\_exc@yahoo.co.uk](mailto:carola_exc@yahoo.co.uk)



## STUDENT PROFILES

### Stephney aged 17

Stephney, mother of 14 month old Lottie explains how enrolling on a young parent course is helping her to achieve her goal of working in childcare.

I found out about the parenting course at Enterprise 1 while attending the Peer Education group in Hastings. It seemed like a really good opportunity for me as I would have the chance to meet other young parents as well as learn lots of new skills in things like parenting, budgeting and healthy living. I soon got to know the other students and it was a nice small group. The tutors were so friendly and I enjoyed getting up in the mornings to go and study!

My tutor Maggi found a great nursery for Lottie where she could go during the days I studied. Lottie also learnt new skills in the nursery and the Care to Learn scheme paid for my childcare so I didn't have to worry about that. The course was fun and I went on to complete the whole diploma at Level 2. I'm now applying to Sussex Coast College to study a childcare NVQ and I'm hoping to become a nursery worker with 0-3 year olds.

Both the Peer Education group and Enterprise 1 have helped to build my confidence and I'm looking forward to more study, as well as continuing to enjoy being a mum!

### Harrison aged 19

Harrison, a father of 1 and step-father of 2, attends the Peer Education group in Sidley. Here he tells us about his plans for the future.

I studied Travel and Tourism at college and really enjoyed it. My goal was to work in the industry, either in a travel agents or an airport. I really love being a dad and spending time with my family, and while I was offered an apprenticeship at a travel agency, I was worried at the time that the money I'd be earning might be difficult to live on. For that reason, I turned the opportunity down and I now work in McDonalds 5 nights a week and attend the Peer Educators group once a week. I still really hope to use my qualification to achieve my goal of working in travel but I will need to consider the best options for me. I know that the Connexions service can help me and I plan to pay them a visit soon.

The Peer Ed group in Sidley is great fun and we're working on creating an interactive session to deliver to school-age pupils about being a teen parent to help them to make informed choices. I love attending the group and the children get to attend the crèche in the same centre. Although I'm the only male on the course, everyone is friendly and I feel it's really important to give across a dad's point of view. I would recommend it to any young dad out there!

## PEER MENTORING PROGRAMMES

### Peer Educators (16-22)

#### Course Overview:

Students study a variety of short AQA units to develop greater knowledge in areas such as sexual health, relationships, self-esteem and presenting to groups, in order to inform others. During this time, students will be invited by local schools to come in during PSHE days to give a presentation about their experiences of being a teen parent and answer questions related to their experiences. Their children may also attend these presentations.

Alongside these units, students will be registered with Vinvolved to gain a certificate in volunteering.

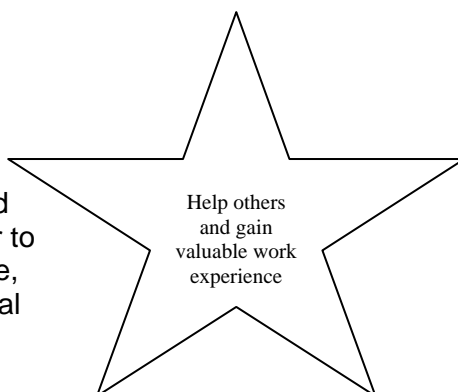
*Where are the courses held?*  
Hastings (Robsack), and Eastbourne (Devonshire Children's Centre)

*When?*  
1-2 hours per week at local Children's Centres

*Entry Requirements:*  
No formal academic requirements. Teen parents must be willing to talk about their experiences.

*(please see the additional needs section of this prospectus for enquiries about students who have a learning difficulty or disability)*

*Qualification gained:*  
Students will gain AQA units along the way in a variety of subjects at both Entry Level and Level 1



### Community Parents (for any age)

#### Course Overview:

Students complete a short OCN (Open College Network) training programme which covers subjects such as Child Protection, Confidentiality and becoming a mentor. Students then carry out voluntary work with other local young parents including home visits and other support such as general advice and guidance.

All students will be given regular supervision sessions where they will have the opportunity to talk about their experiences and raise any concerns.

*Where are the courses held?*  
St Leonards Children's Centre in Hastings (FSN) and Rye Children's Centre (PCT).

*When?*  
Usually 2 intakes per year.

Crèche and travel paid for whilst training and during voluntary work hours.

*Entry Requirements:*  
No formal academic requirements. Students can be any age and must be happy to undergo a formal interview and Criminal Records Bureau check.

*(please see the additional needs section of this prospectus for enquiries about students who have a learning difficulty or disability)*

*Qualification gained:*  
Open College Network qualification at Level 1 as well as valuable volunteering experience.

#### Progression

Career and progression opportunities will be discussed as part of these courses and students may be able to continue their studies at college, study an apprenticeship course in a number of industries or go into employment. Please refer to the **Progression** section for more details.

**Past students have gone on to take up volunteering placements or employment in areas including the care sector, youth work and teaching.**

#### **HOW TO ENROL**

Contact **CRI Connexions** for more information:  
01323 410803 /  
01424 722045  
eastsussex.youngparents  
@cri.org.uk

## HOME STUDY

### **\*\*ACTIVE PARENTS – HOME STUDY CAREER PROGRAMME FOR TEENAGE PARENTS\*\***

#### *Course Overview:*

The course includes reflective units accredited by AQA aimed at young parents who feel they would like to begin to consider their future. The course takes a holistic approach and students will have the opportunity to look into career opportunities and gain confidence in their personal development to include self-esteem, creating a CV and interview skills. Three units will be mandatory and a further five units will be chosen by the student out of a possible seven, to suit their needs.

Students complete their folder from home with 1-1 support from a trained professional such as a Connexions PA or Youth Worker. Students can also meet in a small group (no more than 3) with their facilitator to receive support with the completion of their units.

#### *Where are the courses held?*

Across East Sussex

#### *When?*

The course can be studied for up to 18 months.

#### *Entry Requirements:*

No formal academic requirements.

*(please see the additional needs section of this prospectus for enquiries about students who have a learning difficulty or disability)*

#### *Qualification gained:*

Individual AQA units will be achieved in the area of personal development and career opportunities.

#### *To find out more:*

Contact CRI Connexions on 01323 410803 / 01424 722045 or email [eastsussex.youngparents@cri.org.uk](mailto:eastsussex.youngparents@cri.org.uk)

### **Progression**

Students may feel ready to take a course of study at a college or other training provider, an apprenticeship or employment. Students can also enrol onto an accredited parenting course or join a young parents group at their local children's centre.

## YOUNG PARENT GROUPS

Come and meet other young parents in your local area. Bring the children and take part in the activities on offer! Most groups are free and some may have a small charge. **\*Check with the centre whether booking is required and to ensure this timetable is correct\*.**

### Hastings

Group Name	Location & Contact	When
FYI at Redlake (up to 22 years)	Redlake Children's Centre Red Lake School, Rye Road, Hastings TN35 5DB	Wednesdays in term time 12.30 – 2 from 16 <sup>th</sup> September 2009
FYI at Robsack (up to 22 years)	Robsack Children's Centre The Robsack Centre, Bodiam Drive, St Leonards On Sea, TN38 9TW Contact Michele Hyman-Wilson for both groups: 01424 448143	Tuesdays in term time 12 – 1.30 from 15 <sup>th</sup> September 2009  BOOKING REQUIRED for both

### Bexhill, Battle and Rye

Group Name	Location & Contact	When
Bumblebees – young parents group (up to 22 years)	Sidley Children's Centre 121 Ninfield Road, Sidley, Bexhill TN39 5BD Sarah Hatton: 01424 777109	Every week in term time from 1.30 – 3.00.
Bumps to Babies (for pregnant or new mums of any age)	Rye Children's Centre The Grove, Rye, East Sussex TN31 7ND Tel: 01797 224878	Wednesdays 12 – 2 p.m.
Bumps to Babies (as above)	Battle Children's Centre Market Road, Battle, TN33 0HQ Tel: 01424 777109	Tuesdays 1 – 2.30 p.m.

### Eastbourne & Hailsham

Group Name	Location & Contact	When
Toadstalls (ages 16-20)	Devonshire Children's Centre Seaside, Eastbourne <a href="tel:01323464170">01323 464170</a>	Every Tuesday in term-time from 12.30 – 2.

### Lewes and Wealden

Group Name	Location & Contact	When
LYPS ( <i>Lewes Young Parents</i> ) (up to 21 years)	Eastgate Church Hall Eastgate Street, Lewes Sarah Morris 01273 575075/ 07500224875.	Every week in term-time from 1 – 2.30 p.m. Starting from 22 <sup>nd</sup> September 2009
Wednesday Young Mums (up to 25 years)	The Meeching Centre Meeching Rise, Newhaven Lucy stuart 01273 575075 /0 7500123559.	Every week in term-time from 10 - 12 p.m. Starting from 16 <sup>th</sup> September 2009 There is a charge of £1 per family per session for this group
Friday Young Mums (up to 21 years)	Peacehaven Children's Centre Meridian Way, Peacehaven Lucy stuart 01273 575075/07500123559.	Every week in term-time from 10 – 12 p.m. Starting from 11 <sup>th</sup> September There is a charge of £1 per family per session for this group
Hailsham Young Parents	Hailsham East Children's Centre Vega Close, Hailsham Tel: 01323 444888	Telephone for details
Crowborough young parents (up to 25 years)	Grove House The Grove, Crowborough TN6 1NY Sarah Skinner 01892 661990	Every other Friday throughout the year from 12.30 – 2.30.

## VOLUNTEERING

PIC of LUCY HOWE

**Lucy Howe, 22 from Hastings has been volunteering at her local Children's Centre and through the Homestart Scheme for over a year. Lucy explains what attracted her to volunteering and how she was able to take up the opportunities while looking after her son Harvey.**

I started volunteering after finishing my Health & Social Care apprenticeship at Hastings College. I knew I wanted to help people in my work but I wasn't sure exactly what area to go into. I really wanted to work with people with disabilities or learning difficulties and although I'd had some experience from my college course, I wasn't sure whether I wanted to work with children or adults. I managed to complete my apprenticeship full-time when Harvey was one. I was able to apply to Care to Learn which covered the cost of my childcare and although I was slightly apprehensive about putting Harvey in a nursery, after going to visit the centre I had no doubt that he'd love it there!

Volunteering has really helped to build my confidence in my own abilities and with other people. Everyone in the group was so friendly and really put me at ease. At the children's centre I get involved in lots of different activities and I help out a lot at the aqua babes group. I enjoy meeting the other mums and their children and they seem to appreciate my help. The Homestart scheme has trained me to be able to become a mentor to other parents in my area and this has been extremely rewarding. It's a great feeling to see someone smile who may be going through a hard time and to think that I've made an impact in someone's life. I'm hoping to become a swimming instructor for children in the near future but my most recent project is setting up a new parent and toddler group at Downs Farm which I'm very excited about! Without the volunteering schemes and the support I've received, I may not have felt confident enough to do all of this so I would definitely recommend volunteering to mums and dads of any age.

### VOLUNTEER AT HASTINGS AND ST LEONARDS CHILDRENS CENTRES

Would you like to work with parents and children?

Would you like to learn new skills?

Do you want to enhance your CV?

Will you enjoy being part of a team?

Volunteering can be fun, supportive, life-enhancing and life changing

Hastings & St Leonards Children's Centres run a comprehensive training programme accredited through NOCN (National Open College Network).

The 12-week programme ensures volunteers are confident in their volunteer role.

Opportunities exist in the following areas:

- **Admin/Reception – Aquababes - Bumps for Lunch/Ante-Natal Support**
- **Community Development Projects - Creche/Nursery**
- **Drop-in groups - Music groups - And many more!**

A crèche is provided for the children and travel is paid. To apply or for more information, contact Anne Harrington-Lowe, Volunteer Co-ordinator tel: 01424 460112 mob: 07876 036988  
email: [anne.harrington-lowee@eastsussex.gov.uk](mailto:anne.harrington-lowee@eastsussex.gov.uk)

For information about other volunteering opportunities in East Sussex, the following websites and contacts can offer more details:

Eastbourne Association of Voluntary Services

[www.eavs.org/](http://www.eavs.org/)

Tel: 01323 639373

Hastings Voluntary Action

[www.hastingsvoluntaryaction.org](http://www.hastingsvoluntaryaction.org)

01424 446060 / 444010

The National Volunteering Website:

[www.do-it.org.uk](http://www.do-it.org.uk)

### About *vinvolved-eastsussex* team

*vinvolved-eastsussex* is made up of a team of highly skilled staff with many years experience of working with young volunteers.

Between the team, they cover all of East Sussex. *Vinvolved* help young people, aged 16-25, to find volunteering opportunities that match their passions and interests.

**\*\*To find out more about opportunities in your area\*\***  
[www.vinvolvedeastsussex.org.uk](http://www.vinvolvedeastsussex.org.uk) or contact Kate Robson on [kate.robson@creatingfutures.org](mailto:kate.robson@creatingfutures.org)

## STATUTORY SCHOOL AGE PARENTS

All young parents of statutory school age are expected to continue with their education both during their pregnancy and after their baby arrives. Schools cannot ask them to leave and should offer them additional support and an education suitable to their needs. This could include flexible or alternative provision or e-learning. Individual home tuition is not usually an option.

A maximum of 18 weeks absence can be authorised for maternity leave.

Children's Services employs a Pregnancy Reintegration Officer who works with schools, pupils and families to plan for the education of all school-aged parents.

She can also advise on benefits and grants available to pupils as well as looking at childcare options and Care to Learn childcare funding and acting as a link to other agencies.

Referrals can be made by telephone by schools, parents, agencies or health workers to:

Lyn Silvester, Pregnancy Reintegration Officer, Children's Services  
01323 463366 or 07771 864095

## STUDENTS WITH ADDITIONAL NEEDS

All courses listed in this prospectus welcome students with a wide range of learning needs. These may include physical disabilities, learning difficulties such as dyslexia and mental health needs.

Some centres, such as Further Education Colleges, will have staff on hand to offer additional support either in the classroom or on a 1-1 basis at a separate time. For shorter courses, for instance those held at Children's Centres, students can receive extra support from the CRI Targeted Connexions Service or other professionals on a 1-1 basis which may be in addition to classroom study time.

To be able to fully meet the needs of the student, tutors will require as much information as possible prior to enrolment.

If you have particular requirements, for instance large print documentation, or have any concerns about suitability in general or would just like to discuss requirements further, please contact Lucy Tutt on 01323 438692.

## CHILDREN'S CENTRES

### Courses for parents of children aged 0-5

These pages give **an idea of courses** available at various Children's Centres. Find out about other courses available by **calling your local centre** (numbers on page 16)

**COOKSMART – at the Meeching Centre, Newhaven**



**'COOK SMART, COOK WELL... FROM STARTERS TO PUDS... FROM LOCAL TO GLOBAL'**

**With Olly our 'community chef'**

Cook healthy and varied food for the family, learn about basic food hygiene and nutrition. How to prepare and serve appetising meals on a budget.

**FREE CRECHE**

**MORNINGS**

**FOR 10 WEEKS**

**CALL for information of these and other courses available  
01273 575078**

**Paediatric First Aid – at Peacehaven Clinic Building**



***'accidents can happen'...  
what to do when it matters***

***FREE COURSE FOR PARENTS AND CARERS OF CHILDREN UNDER 5***

Gain the knowledge & confidence to respond to your child's first aid needs immediately.

**(Paediatric First Aid Certificate at the end of the course)  
6 x two hour sessions**

**Peacehaven Clinic Building,  
Meridian Way**

**Starting 14**

**September, 6 x**

**evenings (5.45 -**

**7.45pm)**

**No crèche**

**CALL for information of these and other courses available  
01273 575078**

**Language and Play – at Peacehaven Children's Centre**



Fun course for parents/carers with children aged 0-3

- ❖ **6 week course**
- ❖ Time without children (free crèche)
- ❖ Time with children to share new games

- 1. Treasure baskets**
- 2. Talk with me**
- 3. Talking and playing – Out and about**
- 4. Books**
- 5. Rhymes**
- 6. Drawing**

To book a place, please contact:

**Hannah Wasp, Speech & Language Therapist ,  
Tel:01273 580504 Ext 272.  
Mobile: 07795 646178**

**Hayley Cox, Activities Facilitator, Tel: 01273 575078  
or Mobile 07789 385260**

**\*\*Further Centres in other areas are due to open in the future\*\***

## Local Children's Centres:

### Hastings & St Leonards

Hastings and St Leonards Robsack Centre Bodiam Drive Tel: 01424 853334	East Hastings Centre Chiltern Drive Tel: 01424 448143	Churchwood Centre Church in the Wood Lane Tel: 01424 853334
Hastings Town Centre Waterworks Road Tel: 01424 460112	Redlake Centre Red Lake School Rye Road Tel: 01424 448143	St Leonards Centre The Fellowship of St Nicholas London Road Tel: 01424 448143
West St Leonards Centre Bexhill Road Tel: 01424 448143	Silverdale Centre Silverdale School Perth Road Tel: 01424 460112	The Bridge Centre Priory Road Tel: 01424 443611
<b>Rother</b>		
Battle Centre Market Road Battle Tel: 01424 777109	Egerton Park Centre Egerton Road Bexhill Tel: 01424 210550	Peasmarsh Centre School Lane Peasmarsh Tel: 01797 224878
Robertsbridge Centre Robertsbridge Youth Centre George Hill Tel: 01797 224878	Rye Children's Centre The Grove Rye Tel: 01797 224878	Sidley Centre Sidley Community Centre Ninfield Road Tel: 01424 210550
	Pebsham Centre Pebsham County Primary School, Hastings Road Tel: 01424 210550	
<b>Eastbourne</b>		
Devonshire Centre Seaside Road Tel: 01323 430415	Shinewater Centre Milfoil Drive Tel: 01323 430415	Willingdon Trees Centre Oakwood School Magnolia Drive Tel: 01323 430415
Langney Centre Redford Close Tel: 01323 430415	West Rise Centre West Rise Infant School Chaffinch Road Tel: 01323 430415	
<b>Polegate and Hailsham</b>		
Hailsham East Centre Vega Close Tel: 01323 444888	Dunbar Centre Dunbar Drive Diplocks Tel: 01323 444888	Polegate Centre Oakleaf Drive Tel: 01323 444888
<b>Newhaven, Lewes &amp; Peacehaven</b>		
Lewes Centre Lewes & District YMCA Westgate Street Tel: 01273 580504	Newhaven Centre Denton Island Community Centre Tel: 01273 517250	Peacehaven Clinic Meridian Way Tel: 01273 580504

## Other Provision

These pages contain a selection of flexible courses available across East Sussex

# Horizons Community Learning Project

Horizons offer flexible courses in a number of subjects in areas across **Hastings** including:  
Farley Bank & Halton, Broomgrove, Hollington, Tilekiln & Four Courts.

**\*\*A FREE crèche is available\*\***

### Courses are FREE and include:

Childcare	Ways into Teaching	Confidence and Wellbeing	GCSEs	Spelling
Literacy and Numeracy	Computer Maintenance	Photography	Cooking	
Art	Volunteer Teaching Support	First Aid	Creative Writing	

Many courses can be joined throughout the year - please ring to check  
Contact: Sonia Plato on 01424 204136

## FURNITURE NOW – FREE COURSES in LEWES



FREE\* Decorative Painting & NEW Interior Design courses at *Furniture Now!*

Courses are designed to cater for the needs of under-represented groups in the community such as those experiencing mental health difficulties, drug/alcohol dependency, the long term unemployed and women returning to work. Learning takes place in small groups, in workshop-based classes and there are opportunities to start throughout the year. Students will gain confidence along with new skills and a nationally recognised qualification, which can lead to employment or further education.

**Courses offered** include: Interior Design, Jewellery Making, Decorative Painting, Work Skills

To find out more, you can contact: **Furniture Now! Training Centre, Unit 1, Phoenix Works, North Street, Lewes, East Sussex BN7 2PE t: 01273 479525 e: [training.manager@furniturenow.org.uk](mailto:training.manager@furniturenow.org.uk)**  
[www.furniturenow.org.uk](http://www.furniturenow.org.uk)

## Youth Clubs

Youth clubs and information centres offer everything from cookery classes and DJ workshops to drop in clinics for health and accommodation advice.

Visit <http://www.eastsussex.gov.uk/childrenandfamilies/youngpeople/outandabout/> for details of local centres with contact details to find out what's on.

## Further Education College Courses

There are many courses available throughout East Sussex. Some offer qualifications such as NVQs and Diplomas, some specialise in building confidence and study skills before returning to full-time education and others offer workshops and short courses in a variety of subjects.

### Preparing for study or employment

Local colleges offer courses at a variety of levels to suit the needs of a wide range of learners. They understand that some young people will have left school without having gained GCSEs or may have GCSEs below grade C. Below is a summary of courses available in East Sussex. Courses are free and students should be aged between 16 and 19 (in some cases 16-18).

**Pathways (Foundation Learning).** Tasters sessions in vocational areas including function skills.

**Sussex Coast College Hastings and Tressell Training** delivers an innovative model of personalised learning to raise aspirations and provide a framework of progression pathways for level 1 learners and below in both discrete and mainstream provision. Vocational pathways include ICT, Health and Social Care, Retail, Catering, Construction Practical Skills, Construction Multiskills, Motor Vehicle/Fabrication and Welding, Sport, Hair and Beauty, Public Services, Work Experience, Music Art Radio Street, Creative Arts and Football. Individual learning programmes include personal and social development, tutorials, employability skills, health and safety, functional skills and opportunities for enrichment activities. Entry to the pathways and tasters are available at any time.

For more information, contact your local Connexions Office or ring the college directly. Numbers can be found on the Useful Contacts Page of this prospectus.

### Full-time courses in vocational areas:

Full-time courses offered at most local colleges (these include Functional Skills)

- Business
- Construction
- Engineering
- Hair & Beauty
- Health & Social Care
- Hospitality & Catering
- ICT
- Music Technology
- Performing Arts
- Public Services
- Sport
- Travel & Tourism

Plumpton College nr Lewes offers courses in the following:

- Countryside
- Equine
- Floristry
- Forestry
- Foundation Diplomas
- Foundation Learning
- Garden Design
- Horticulture
- Legislative
- Machinery
- Metalsmithing & Welding
- Outdoor Education

Part-time courses are available to students aged 19+ in various subjects at your local college.
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## APPRENTICESHIPS

### Heathercroft Training Services – Specialists in Health & Social Care & Childcare apprenticeships

Heathercroft is a specialist national training provider which offers a range of programmes in Health & Social Care (Adults, Children & Young People, and Child Care Learning and Development).

There are two types of apprenticeships, each known as a Framework. These are Apprenticeships and Advanced Apprenticeships. To complete a Framework you must achieve the following components: a NVQ in Health & Social Care, and show knowledge and understanding of ERR (Employment Responsibilities and Rights).

#### Entry Requirements:

All applicants will be given a full initial Assessment as part of the application process. This ensures the most suitable course is chosen, having taken into consideration prior achievements, vocational experience and personal career objectives. However there are no set entry requirements and the following is a good indication of desirable skills:

- A desire to succeed within the Care industry
- Good interpersonal skills (verbal and physical)
- Suitable level of physical fitness
- Willingness to complete written work and to undertake assessment of practice in the workplace
- Have a positive non-judgemental and open-minded attitude
- A standard of literacy and numeracy

*A note on Care to Learn: Initially, students will be on a programme-led scheme and therefore not 'employed' and can apply for Care to Learn. Students are encouraged however to take up employed training opportunities within a few months. Contact: 01323 411517 email: enquiry@hts.ac.uk*

### Earn while you learn Apprenticeships at your local College

Most colleges offer an apprenticeship scheme and will have a department which specialises in providing advice and guidance about apprenticeship courses and opportunities.

In most cases, students are expected to find their own apprenticeship opportunity, however some help may be given by the college.

Apprentices generally attend college one day per week and spend the other four days at work. In some cases, coursework can be completed outside of the classroom.

There are no set wages that apprentices receive, however companies are advised and encouraged to pay at the National Minimum Wage.

*Please note: You will normally be classed as 'employed' upon entering an apprenticeship and therefore will not qualify for the Care to Learn scheme for childcare.*

### Partners 4 Training, Uckfield - FOR HAIRDRESSING APPRENTICESHIPS

Applicants can apply for an Apprenticeship direct to Partners 4 Training or by talking to a Connexions personal adviser. Partners 4 Training will then invite the applicant in for an interview. Applicants should already be in Employment when they apply.

Training can take place either at the workplace or the training centre and travel costs to Uckfield training centre will be provided. T: 01825 766060 E partners4training@talk21.com

## HIGHER EDUCATION

Young parents who are interested in studying at university can speak to a Connexions Personal Adviser or make an appointment at their local college for a guidance interview. Grants and support funds may be available for students to study at university and this can also be discussed through Connexions or by contacting the university centres.

Many universities now accept non-traditional qualifications for entry to their courses in place of A-Levels and GCSEs, for instance Level 3 BTEC courses or Access to Higher Education courses, which are available to study at local Further Education Colleges. Some examples of non-traditional routes into university are given below, as well contacts for universities in East Sussex.

**Access to Higher Education** – courses to help students 19+ get into university. Available in a variety of subjects such as entering the health professions.

**BTEC Level 3 Diplomas** – full-time courses for 16+. These qualifications are vocational so they include a mixture of practical and theoretical units. They are equivalent to A-Levels.

### TO FIND OUT MORE:

Sussex Coast College, Hastings: 01424 442222

Sussex Downs College, Eastbourne: 01323 637637

Bexhill College: 01424 215746

Connexions Sussex Ltd: 01273 783648

University of Sussex: 01273 606755

University of Brighton: 01273 600900

### AIMHIGHER!

Aimhigher provides information, support and activities for students thinking about going to university.

Aimhigher Sussex works with University of Brighton, University of Chichester and University of Sussex to provide local events and talks, working with students who would be **the first in their family to go to university.**

Aimhigher includes:

- \* Taster days/campus visits at local universities
  - \* Welcome session for 1st year students
  - \* Possible financial help with travel costs to university interviews and open days
  - \* Residential summer schools offered for free
  - \* Aimhigher newsletter
  - \* The opportunity to become part of the Aimhigher Student Voice Panel
- For more information, visit the website [www.aimhighersussex.org](http://www.aimhighersussex.org)

## Financial Help for Learning

### **C2L (Care to Learn)**

The aim of Care to Learn is to give financial support to teenage parents (including dads) who want to continue their education or training and need help with the cost of their childcare

It is childcare funding of up to £160 per week for young parents under the age of 20 who are doing any form of publicly funded learning. The money is paid direct to a registered childcare provider chosen by the young parent. It is available for full time or part time courses and the learning does not have to lead to a qualification so could include practical courses offered by a Children's Centre or the Voluntary sector.

There are some residency qualifications and applications need to be sent within 28 days of the learning starting otherwise payments cannot be backdated and childcare providers won't get paid.

For more information contact:

- The Learner Support helpline for Care to Learn on 0800 121 8989 or <http://moneytolearn.direct.gov.uk/>

Help with the application form is available from Connexions Advisers and Student Support Services at Colleges  
Any unresolved issues with payments or more information please contact:

- Lyn Silvester in the Teenage Pregnancy Team, 01323 463366 [Lyn.silvester@eastsussex.gov.uk](mailto:Lyn.silvester@eastsussex.gov.uk)

### **Finding Childcare**

For more information on local childcare and vacancies at Nurseries and Childminders contact:

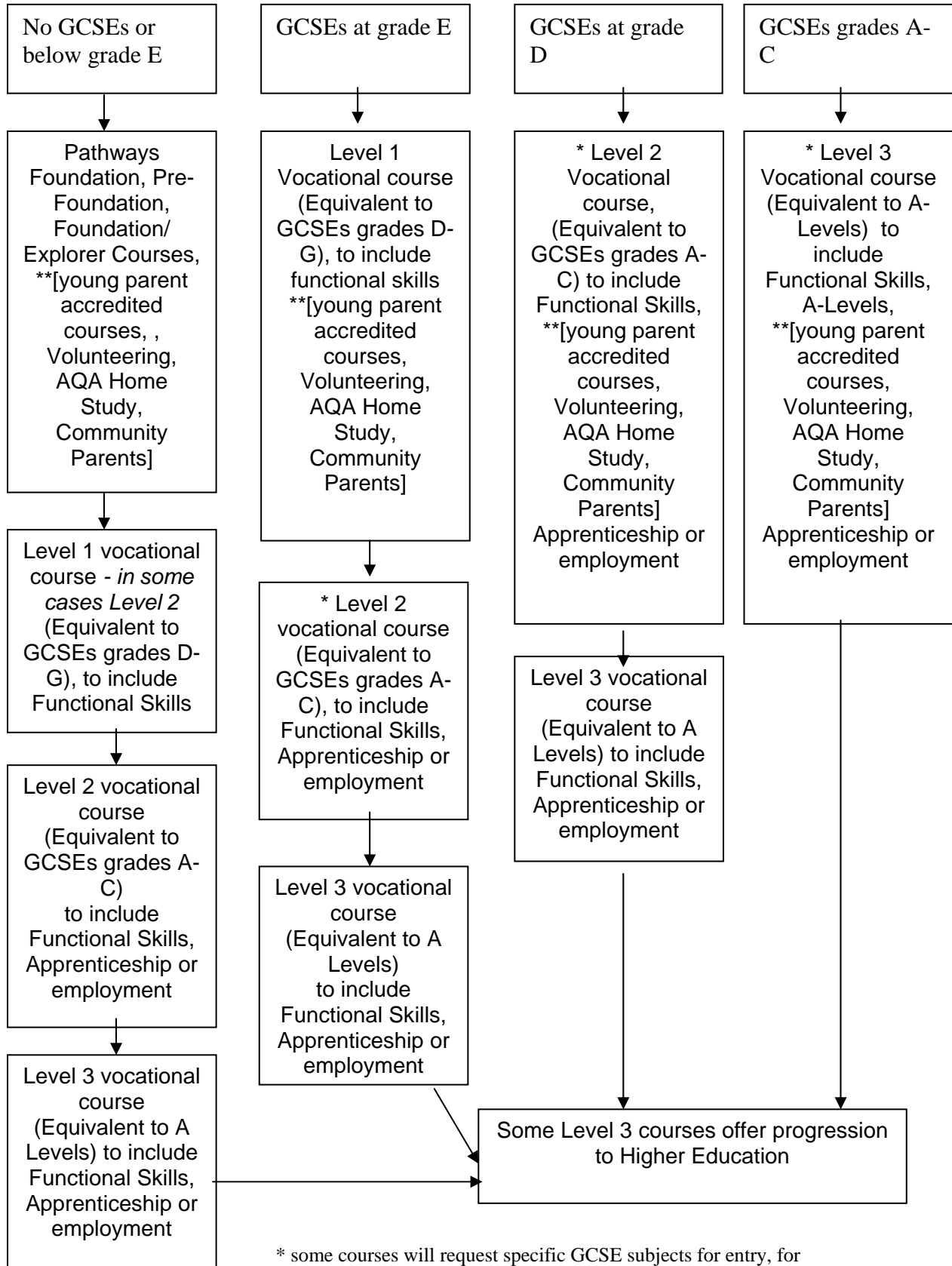
- The Early Years Childcare & Extended Schools Service (formerly KITES) information Line on 01323 463850 <http://www.childcarelink.gov.uk/index.asp>

Network Area Child minding Coordinators are very happy to arrange visits to local childminders who can offer additional support to young parents and are happy to be part of the Care to Learn scheme.

<b>District</b>	<b>Co-ordinator</b>	<b>Mobile</b>	<b>Email</b>	<b>District</b>
Lewes	Carly Reigler	07876 037481	<a href="mailto:carly.reigler@eastsussex.gov.uk">carly.reigler@eastsussex.gov.uk</a>	Lewes
North Wealden	Melanie Fowles	07876 037483	<a href="mailto:melanie.fowles@eastsussex.gov.uk">melanie.fowles@eastsussex.gov.uk</a>	North Wealden
South Wealden	Caron Teague	07876 037482	<a href="mailto:caron.teague@eastsussex.gov.uk">caron.teague@eastsussex.gov.uk</a>	South Wealden
Eastbourne North & North East	Julie Bowles	07876 037525	<a href="mailto:julie.bowles@eastsussex.gov.uk">julie.bowles@eastsussex.gov.uk</a>	Eastbourne North & North East
Eastbourne South & Seaford	Erika Freeman	07876 037482	<a href="mailto:erika.freeman@eastsussex.gov.uk">erika.freeman@eastsussex.gov.uk</a>	Eastbourne South & Seaford
Hastings & St Leonards	Vacant	07766 133902		Hastings & St Leonards
Rother	Michelle Callaghan	07766 133911	<a href="mailto:michelle.callaghan@eastsussex.gov.uk">michelle.callaghan@eastsussex.gov.uk</a>	Rother
Aiming High Childminding Network	Kathryn Purton	07879 117403	<a href="mailto:kathryn.purton@eastsussex.gov.uk">kathryn.purton@eastsussex.gov.uk</a>	Aiming High Childminding Network

## PROGRESSION (Brief Guide)

Please note, below is a **summary** of progression routes that **may be available**, however **always check** individual circumstances of a young person with the college or organisation.



\* some courses will request specific GCSE subjects for entry, for instance Maths or English.

\*\* these courses are tailored for teen parents and can be taken regardless of previous academic qualifications

## USEFUL CONTACTS

Please remember that learning opportunities may change from those listed in this prospectus.  
To keep up to date with this information, you can visit the Connexions website:

[www.connexions360.org.uk](http://www.connexions360.org.uk)

Or contact [eastsussex.youngparents@cri.org.uk](mailto:eastsussex.youngparents@cri.org.uk)

<b>CONNEXIONS CRI</b>	<b>Telephone</b>	<b>Website/email</b>
Hastings:	01424 722045	www.cri.org.uk
Eastbourne:	01323 410803	
<b>BABCOCK CONNEXIONS CENTRES</b>		
Connexions Hastings:	01424 425780	
Connexions Rye:	01797 224426	
Connexions Eastbourne:	01323 745500	
Connexions Lewes:	01273 473141	
Connexions Crowborough:	01892 661550	
<b>LOCAL COLLEGES</b>		
Sussex Coast College:	01424 442222	<a href="http://www.hastings.ac.uk/sussexcoast">www.hastings.ac.uk/sussexcoast</a>
Sussex Downs College:	01323 637637	<a href="http://www.sussexdowns.ac.uk">www.sussexdowns.ac.uk</a>
Bexhill College:	01424 215746	<a href="http://www.bexhillcollege.ac.uk">www.bexhillcollege.ac.uk</a>
Wealden Skills Centre:	01825 767755	
Sussex Downs at Denton Island:	01273 511400	
Plumpton College:	01273 890454	<a href="http://www.plumpton.ac.uk">www.plumpton.ac.uk</a>
<b>USEFUL SERVICES</b>		
The Early Years & Extended Schools Services Information Line (formerly <b>KITES</b> )	01323 463850	
Job Centre Plus	<a href="http://www.jobcentreplus.gov.uk">www.jobcentreplus.gov.uk</a>	
Care to Learn	0800 121 8989	<a href="http://moneytolearn.direct.gov.uk/">http://moneytolearn.direct.gov.uk/</a>
ALG	0800 121 8989	<a href="http://www.direct.gov.uk/en/EducationandLearning/AdultLearning">www.direct.gov.uk/en/EducationandLearning/AdultLearning</a>
<b>EAST SUSSEX RE-INTERGRATION OFFICER</b>		
Lyn Silvester	01323 463366	<a href="http://www.eastsussex.gov.uk">www.eastsussex.gov.uk</a>
<b>CRI OUNG MEN'S HEALTH WORKER</b>		
Tadgh Crozier	01424 722045	<a href="mailto:Tadgh.crozier@cri.org.uk">Tadgh.crozier@cri.org.uk</a>