

Something for the adults

Take a look at some of the courses and events we have coming up for adults. If you would like to attend any call the Extended Schools team on 01923 665 864 or email NWES.bookings@gmail.com to book your space now. Courses will be allocated on a first come first served basis.

Course	Date, time and venue	Cost
<p>Emergency First Aid This 4 Hour course covers management of the unconscious casualty and resuscitation procedures for adults, children and babies. It looks at how to control bleeding, dealing with shock and broken bones as well as discussing how to treat and how to deal with common childhood ailments and conditions.</p>	<p>Watford Fire Station, Sat 31st July, 9 - 1 We will be running this course next term. If you would be interested in attending please send email or phone and we will let you know when we have dates.</p>	<p>This course is subsidised. The cost to participants will be £5 per person. booking required</p>
<p>Cooking on a budget Need some ideas for cooking affordable healthy meals at home? Lack confidence in the kitchen? Each week there will be a theme, all ingredients and equipment will be provided as well as recipe cards to take home!</p>	<p>Thursday evenings starting 16th Sept 2010 for 6 weeks at Beechen Grove Baptist Church. A second course will start on the 13th January 2011. Register now!</p>	<p>A £2 donation per week towards the cost of materials would be appreciated. booking required</p>
<p>Making the most of your money - Theatre style event No selling. No jargon. Just the facts. From the Financial Services Authority in partnership with the government.</p>	<p>6th Oct Berrygrove school 20th Oct Nascot Wood Infants 7pm for about an hour</p>	<p>FREE booking required</p>
<p>Parents Apart Evening session in Presence coffee shop for parents who have split up or are in the process of splitting up. This course focuses on recognising the change in relationship from partner to co-parent and consider ways of helping your children through the separation by applying an understanding of child development.</p>	<p>Starting Thurs 7th Oct 7-9pm for 3 weeks Presence Coffee shop, High Street, Watford</p>	<p>FREE booking required</p>
<p>NLP and my family - Theatre style event A fun evening with a guest speaker who gives a presentation about how we can be persuasive in our household using clever techniques to appeal to the mind. This is an alternative fun approach to working to support our families with parenting- NLP is most commonly used by people like Derren Brown. By using the mind, power of communication and persuasion we can be more productive and successful of with our families and partners!!!</p>	<p>Tuesday 16th November, 7- 8:30pm Nascot Wood Junior school</p>	<p>Tickets are £2 payable on the night. booking required</p>
<p>Quids in This is a six week course run by care for the family to support parents to raise money savvy children. It covers skills, information, and practical, fun things to do at home with children to teach them sound money management principles</p>	<p>Starting Friday 5th November 10:30-12:30 at Beechen Grove Baptist, Clarendon Road, Watford</p>	<p>FREE booking required</p>
<p>Taking the Stress out of Families - its one less thing to worry about! This course will be run by relate and will focus on reducing stress in the family during the recession. This course focuses on fire proofing your family through the recession with money worries and the threat of redundancy looming.</p>	<p>3 weeks starting Wednesday 3rd November, 7pm - 9pm, Presence coffee shop</p>	<p>FREE booking required</p>