



Upcoming Courses

All these activities are in your local community.
See the individual activity for contact details.



Steps to Excellence

The STEPS programme aims to help people be more successful & fulfilled.

Learners are not taught what to think, but how to think

Victoria Centre, Stafford Road

Starts Wednesday Oct 6th.

9.30am - 1pm for 6 weekly sessions.

TO BE ADDED TO
THE WAITING LIST

Please contact:

Diane Cairns:

07946 436163

dainecairns@manorandcastle.org.uk

Employment Progression Programme (EPPs)

Ready to return to work?

Recognise your skills, overcome your barriers, learn about interview skills.

Dates for next course are to be confirmed

Please contact:

Jane Cartwright,

0114 2655145

janecartwright@manorandcastle.org.uk

Take PART Online

Take PART is MCDT's wellbeing guide and Positive Activities Recording Tool. It is based on the '5 ways to Wellbeing'. TakePART asks you look back over what you have been doing each week and record your wellbeing activities.

TO BE ADDED TO
THE WAITING LIST

Please contact

Gemma Gervis:

07918 054945

gemmagervis@manorandcastle.org.uk

Woodland Experience

This course will provide you with a range of skills, tools and techniques & positive personal experiences to help improve mental health & wellbeing, utilising a quality outdoor space.

Manor Fields Park, City Road

Starts Thursday Sep 16th

9:30 - 11:30am for 8 weekly sessions.

THE ABOVE SESSIONS ARE FULL

TO BE ADDED TO THE WAITING LIST FOR January 2022 -

Please contact:

Diane Cairns - 07946 436163

dianecairns@manorandcastle.org.uk

Parents Are Experts

Reduce the frustration of being a parent by learning how to let your child lead their own learning. This will improve your relationship with your child, improve their concentration and prepare them to be lifelong learners.

Starts Tuesday October 5th - November 23rd - 7 weekly sessions (No session Oct 26th)

January 20th - March 10th 2022 - 7 weekly sessions (No session Feb 15th)

If you are interested, or for more details, please speak to Shannon or Perrie on **0114 2651188** to book your place

Aiming High

Through creative activities and knowledge sharing, the Aiming High programme will provide you with information, tools & techniques to help improve your wellbeing and gain control of your future.

Starting January 2022

6 weekly sessions.

TO BE ADDED TO
THE WAITING LIST

Please contact

Diane Cairns:

07946 436163

dianecairns@manorandcastle.org.uk

Developing Mentoring Skills for work with Young People

We know that the 'time investment' of emotionally available adults can improve the wellbeing, self-esteem, confidence and resilience of young people.

Our training is for anyone who wants to grow in their understanding of, and skills in offering quality 1 to 1 support to young people.

Tuesday September 21st

9am - 4pm (Lunch included in cost)

Venue is St Thomas Crookes, Nairn Street, S10 1UL

There is a cost for attending this course. To book and find out more, please contact Ben Harper, ben.harper@shaped.org.uk

Quote MCDT15 for discount

Forget-Me-Nots Creative Writing

Forget-Me-Nots

Creative Writing for beginners

Starts Monday Sep 6th
3 - 4:30pm

Singing group

Forget-Me-Nots Singing group

No experience needed.

Starts Tuesday Sep 7th.
5pm start.

Please contact:

Diane Cairns:

07946 436163

dianecairns@manorandcastle.org.uk

Best Start Volunteer Training

Our toddler groups need you!

Can you spare a few hours a week, during term time, to help at a local toddler group?

Full training is provided, you will gain new skills & certificates in First Aid & Food Hygiene - which could help you find work in the future.

If you have children yourself, we provide a free crèche during training sessions, and ongoing support once you are volunteering.

To be added to the waiting list or for more information,

please speak to Fiona Spotswood,

fionaspotswood@manorandcastle.org.uk

07507 072134