

Family Support Workers Practical help when you need it most

In this issue, we find out something about the work of the Aireborough Family Support Workers.

Q. Who are the Family Support Workers?

A. Aireborough has three Family Support Workers; Karen, Alison and Claire.

Q. What is your experience and qualifications?

A. We have experience of working with families and young children through a variety of backgrounds and training. We are all professionally qualified and have undergone 'police checks'. We have up to date training about the range of family support services and activities in the area. We understand that all parents/carers need support and advice with concerns that arise in day-to-day family life

Q. How are you able to help?

A. We understand that you know your child best and like all parent/carers you want what is best for your child. We do not have all the answers, but we can help you find them by:

- offering support and advice on parenting, local activities and services through home visiting and groups
- offering a listening ear
- meeting with you face to face at home, or at your local Children's Centre, or a place that suits you

Q. What support can you offer?

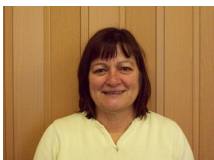
A. We can provide support, resources and advice around a range of issues, including:

- finding local groups for you and your child to attend
- positive parenting and managing your child's behaviour, boundary setting, child development
- financial difficulties/worries
- support around transition points e.g. settling into pre-school, school etc.
- support for parents wishing to return to education, employment or training

Part of our work includes running parenting programmes. The next available programme is planned for January 2014. Look out for details on the new website.



Karen
Coburn



Alison
Forster



Claire
Rushworth

Dance and Sports Leadership Courses now Available

Level 1 Award in Dance Leadership

For 13 – 18 years
Tuesday 29th
October – Friday
1st November
10am – 3pm - £28

Level 1 Award in Sports Leadership

For 13 – 18 years
Wednesday 30th
October – Friday
1st November
10am – 3pm - £21

Both courses are nationally recognised qualifications that enable successful learners to lead small groups in simple sporting / dance activities, whilst under direct supervision.

The qualifications teach generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport and dance. They are fun and practical qualification with no entrance requirements or final examinations to sit.



Leeds Let's Get Active

The Leeds Let's Get Active Scheme launches this half term. The scheme is a free off-peak offer of 1 hour Gym and 1 hour swim at all Leisure Centres in Leeds.

There are also Walking and Running sessions and Family Activities in Parks across Leeds.

The scheme is open to all. To be part of Leeds Let's Get Active, register now at www.leedsletsgetactive.co.uk

Aireborough Extended Services

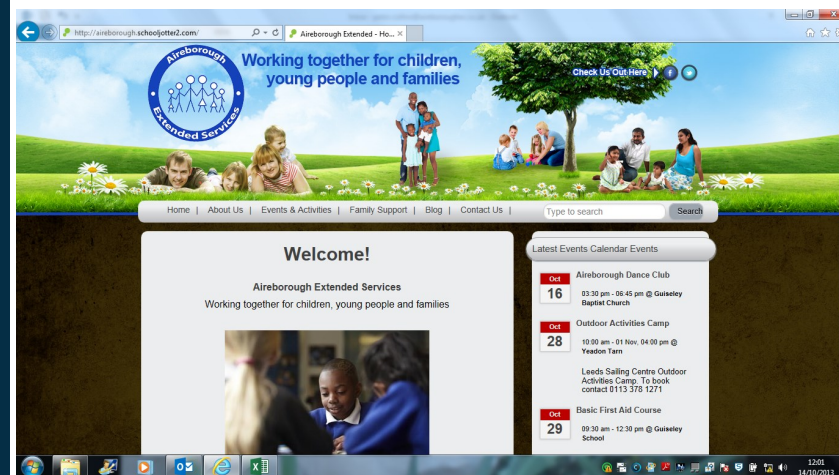


Newsletter Autumn 2013

New Website Launch	P.1
Calendar of Regular Events	P.2
Half Term Events	P.3
Family support Workers	P.4

New Website Launches

Aireborough Extended Services' new website was launched to coincide with the start of the Autumn half term activities. The new site (pictured below), is full of great information about events and activities as well as contact details for local clubs and sports events. If you are looking to get active this term, then check out the website for details of dance clubs, 5-a-side football, cycling clubs and loads of other great events. To access the site visit www.aireboroughxs.co.uk.



Regular Autumn Activities

	Morning	Afternoon	Evening
Mon			
Tue	Stay and Play Guiseley Children's Centre 9.00 -10.15 <u>or</u> 10.45 -12.00 To book phone 01943 874100	Bumps and Babies Guiseley Children's Centre 1.30 – 3.00 Drop-in session No need to book	
Wed		Aireborough Dance Club Guiseley Theatre 4.00 – 6.00 4 -16 years Leeds Youth Services Mobile Van Micklefield Park 4.00-5.30 13-19 years Sexual health, physical activities, discussions, games and quizzes	
Thur		Leeds Youth Services Mobile Van Lay-by outside Cellar V Guiseley 2.45-4.00 13+ years 1-2-1 Support Issue Based on healthy choices and sexual health	
Fri		Stay and Play Guiseley Children's Centre 1.30 – 3.00 Drop- in session No need to book	Friday Night Project Aireborough Leisure Centre 13 – 16 years 6.30 – 9.00
Sat	Not Just For Dads Guiseley Children's Centre 10.00 – 11.30 Monthly Grandads, & uncles welcome too Call 01943 874100 to find out the next date		



Leeds Sailing & Activity Centre

Outdoor Activities Camp

Ages 8-16 years

A week of canoeing, kayaking, sailing, biking, raft building and games

Canoeing/kayaking

PADDLEPOWER START

Monday 28th Oct

1.00 – 3.00 £18.50

PADDLEPOWER PASSPORT

Tuesday 29th Oct

9.30 – 4.30 £57.00

PADDLEPOWER DISCOVER

30th Oct to 1st Nov

Sailing

RYA SAILING Stage 1-2

28th to 29th Oct

9.30 – 4.00 £93.00

RYA SAILING Stage 3+

30th Oct to 31st Oct

9.30 – 4.00 £93.00

Booking is essential,
contact the centre for details
Tel: 0113 378 1271

Email: www.sailingcentre@leeds.gov.uk

FREE Family Fun Play Days

Tue 29th Oct—1pm—3.30pm
Queensway Playing Fields

Wed 30th Oct - 1pm—3.30pm
Henshaw Oval Park

Thur 31st Oct - 1pm—3.30pm
Springfield Park

Games, den-building, arts and crafts and lots more.

**No need to book
—just turn up!**

Oddballs Theatre Group

A new weekly drama group for young people aged 11—16

Holiday Club launch week
Wed 30 Oct - Fri 1 Nov
Only £21 for three days!

To book the Holiday Club or find out more about the weekly sessions visit

www.oddballstheatre.webs.com