



Supporting families through learning

Family learning and parenting courses from the Adult Learning Service

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In West Sussex, we believe in the power of education to bring families closer together and help raise outcomes for children and young people. The Family Learning Team offers a variety of workshops, courses, and events across West Sussex, designed to support families in their learning journeys, from early childhood development to building practical life skills. Whether the learner is a parent, carer, or guardian, we're here to provide opportunities for families to learn, grow, and have fun together.

Our programmes are inclusive and accessible, aimed at helping children and parents/guardians at every stage of development. We provide engaging, hands-on activities that support key areas like communication, creativity, emotional development, and sustainability—tools to help families navigate the everyday challenges of raising children while also enjoying learning experiences as a family unit.

This Spring, we've been busy expanding our reach and developing exciting new opportunities for families throughout West Sussex. Please click [here](#) to learn more about our ongoing events and courses for families.

Our provision for families

New locations and courses

This term, we've expanded our *Communication Club*, which now takes place at both Horsham and Broadfield Family Hubs. These sessions offer hands-on strategies for parents and carers of children with speech and communication challenges. We have also delivered our *Talking Tots* course to Bognor Regis for the first time, continuing to support early language development in fun and interactive ways.

A Brand-New Venue in Crawley

We're thrilled to announce that our Family Learning sessions are now being hosted at **Tilgate Community Centre!** To mark the occasion, we held an Open Day on May 1st, inviting families to meet our team, participate in creative activities, and learn more about the ways we can support their learning needs. *Mini Movers* sessions are now running weekly at this new venue, focusing on gross motor skills and offering exciting activities that promote physical development in young children.

Ongoing Support Across West Sussex



From outdoor family adventures like *Nature Explorers* in Chichester to our *Roar and Explore* sessions at Broadfield Library, our workshops provide creative, hands-on

ways for families to explore the world around them. In Horsham, *Big Chef, Little Chef* invites families to cook together, while our extremely popular baby-focused classes provide valuable guidance for parents on topics like baby massage, baby yoga, and weaning.

Exciting New School Readiness Workshop

We are continuously expanding and responding to the needs of our local communities. Over the next couple of months, we'll be trialling our brand new *School Readiness Workshop*. Developed in collaboration with local schools and nurseries, this workshop is designed to help families prepare their children for the transition to school. We'll focus on emotional readiness, communication skills, and social development—everything your little one needs to thrive as they take the next big step in their learning journey.

Raising Teens virtual course

We also recently launched our *Raising Teens* virtual course, which was a huge success! This course focused on understanding the teenage brain and providing a space for parents to come together and discuss the challenges they face with their teenagers. The course was so popular that it quickly led to a waiting list, reflecting the strong demand for support during this critical stage of parenting. We're excited to offer this valuable resource again in the future to help parents navigate the teenage years with confidence.

For more information, and to book a place at one of our upcoming family events, please encourage families to visit the [Family Learning webpage](#).

What's next?

We're continuously working to bring new, relevant opportunities to families in our community. Whether it's preparing children for school, learning through play, or exploring creative skills, we're here to provide fun, supportive, and enriching experiences for every family.

For more information on the Family Learning Team's support for families, please visit the [Family Learning page](#) on our website. Stay connected with us through our social media channels to keep up with the latest updates, new courses, and exciting events across West Sussex.