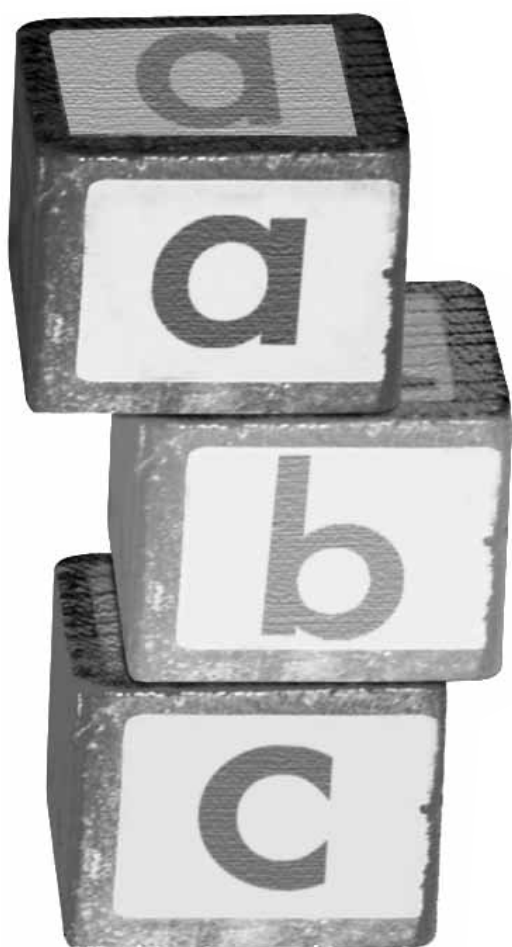


Are you aged 16-18? Have you recently had a child or are you expecting a baby soon?



Even though you are now a parent or about to become one, don't forget about your own future. Learning is still important - even if you aren't working now you may want to get a job in time and qualifications mean you will earn more. So if you or your partner has had a baby or if you are expecting soon, these free courses are ideal.

How can we help?

We have a new range of free courses that are designed to help new parents with skills such as common illnesses, understanding child development or first aid. We also offer courses to help you develop as a person such as independent living skills or managing your finances.

These courses are helpful, fun and relaxed and a great way for you to meet other parents at the same stage as you.

Your baby's future is important, but so is yours. Help your baby and help yourself by enrolling on a Young Parents to Be course.

Financial help

If money is an issue, there may be help available. You may qualify for the Education Maintenance Allowance - ring the EMA Helpline on **080 810 16 2 19** for more details.

There is also Care to Learn which can help with your childcare costs while you learn. For information contact the Care to Learn helpline on **0845 600 2809**.



Course Title

New Life

Start Date 4th February 2008

End Date April 2008

Duration 10 weeks

No. of hours per week 16 hours

Times 3 days per week
Monday, Tuesday, Wednesday
12.30pm to 4.30pm

Where Ridgemon Training, Q3 Building, Caxton Way,
Stevenage Herts, SG1 2DF.

What Exercise and healthy eating during pregnancy.
Conception and change in life.
Drugs during pregnancy.
First aid.
Creative craft activities.

Independent living skills:

6217 accredited units.
Wiring a plug.
Changing a fuse.
Remove and clean out waste pipe from sink.
Bleed radiator.
Rag rolling.
Stencilling.
Carpentry and joinery.
Fitting door locks.
Basic joints.
Use of power tools.

Qualifications included? NOCN Personal Development Qualification (Level 1)

Any additional information? Tea and coffee facilities, early learning guest speaker.

Who to contact for further information? Tracey Edwards
tedwards@ridgemontraining.org.uk
Tel: 01438 842200

Childcare Crèche available at Ridgemon site.