

# Bromley by Bow Centre and Marner Centre

Activities and Courses  
2008 - 2009



**Bromley by Bow Centre**  
St Leonard's Street, Bromley by Bow, London E3 3BT

## Health and Well Being and Exercise

Smoking cessation advice	By appointment
Weight loss advice	By appointment
Exercise advice	By appointment
Women's Walking group	Mon 2pm – 3.30pm
Men's Walking group	Mon 3pm – 4pm
Father's Health Club	Tues 10am – 12 noon
Parents Health Information	Tues 1pm – 3pm
Health Advice	Wed 1pm – 3pm
Swimming ( <i>women only</i> )	Mon 10am – 12 noon
	Tues 1pm – 3pm
Swimming ( <i>men only</i> )	Wed 10am – 12 noon
Exercise on prescription	Mon 5pm – 6pm
	Wed 1.30pm – 3 pm
	Fri 5pm – 6pm
Circuit training	Tues 7pm – 8pm
Yoga	Wed 6.30pm – 8pm
	Fri 1pm – 3pm

For information on any of these activities, please contact our Health Trainers 020 8709 9703.

## Inside Out Health & Well Being Complementary Therapy services

Therapy sessions include:

- Massage, Reflexology, Relaxation & Meditation
- Life coaching & personal development
- Weight management & Health appraisal
- Yoga, community gym session
- Counselling for stress and anxiety
- Nutritional Therapy

Inside Out is based at 22 Stroudley Walk, London E3 3EW.  
Contact Duncan 020 8534 9580.

## Personal Development Courses

For further information about all courses, contact the Learning Ambassadors. They are at reception every Tuesday morning 10am – 12 noon (*during term time*).  
email [learning@bbbc.org.uk](mailto:learning@bbbc.org.uk) Tel. 020 8709 9842

### Life Begins At ...

A programme for the over 50's

- Health and well being advice and support
- Exercise, relaxation and nutrition advice.
- Computers • English • Art
- Welfare and benefits advice
- Advice on moving into volunteering and employment

### For People with Disabilities

- Arts and Crafts and supporting people with Disabilities
- Community Care provision and Art East classes

Through volunteering in Community Care or Art East, you can learn art and craft skills and gain important skills for moving into employment.

### Streets of Growth

- Activities and services for young adults.

Streets of Growth are based at 31 Stroudley Walk, London E3 3EW. Tel. 020 8989 0050

### IT (Computers) for beginners

For complete beginners or those that have made first steps; helps develop skills for modern living and working.

### IT that Works

An IT course for those preparing to move into employment and focuses of practical work related computer skills.

### Artists' Studio Classes

Stone Carving, Stained Glass and Pottery. Run on a Saturday once a month.

### Pottery

This course is suitable for complete beginners to intermediate learners. A range of techniques will be taught.

### Cutting Garden

This project provides an opportunity to learn how to grow and cultivate flowers which are then used to create beautiful floral arrangements.

## Personal Development Courses *(continued)*

### Sewing

For beginners and intermediate learners, taking beginners through the basics – more advanced learners can develop their skills further.

### Sewing enterprise

Build on sewing skills to create more sophisticated garments. The course includes training in business skills, marketing and how to set up a small sewing business.

### Indian Cookery

This course takes place in the Pie in the Sky Café kitchen and is taught by a professional chef.

### Changing Walls

Adult mural painting class with a focus on public art.

### Signs of Life

An art group for young people aged 10-19, that works on exciting commissions for schools, health centres and the Olympic Park .

## Family Learning Courses

### Family Learning Courses

A range of courses focusing on story telling, creative art and that support parents language skills and allow parents and children to learn together.

## ESOL Courses

### ESOL Entry level to higher level

A range of ESOL courses from beginners, to intermediate and advanced.

### ESOL Literacy for vocational learning

Extra support for those studying a vocational course.

### Men's ESOL *(with optional computer class)*

Beginners' and intermediate ESOL courses for men.

## Vocational Courses

### Pathways to Childcare – Level 1

Introductory course in childcare with a work placement, ESOL and study skills programme *(1 day a week for 1 term with a minimum 12 hour work experience placement)*.

### NVQ Childcare – Level 2

This will give you an employment level qualification to work in childcare settings *(2 days per week for 3 terms including a work experience placement and 1 session per week for additional skills)*.

### NVQ Customer Service – Level 1

This will give you the basic level qualification to work in customer and public service *(2 days per week for 3 terms including a work experience placement)*.

### NVQ Business Administration – Level 2

This will give you the basic level qualification to work in a range of employment from small businesses such as salons to offices or schools *(2 days per week for 3 terms including a work experience placement and 1 session per week for additional skills)*.

### NVQ Health and Social Care - Level 2

This will give you the basic level qualification to work in settings where adult care is important *(2 days per week for 3 terms including a work experience placement and 1 session per week for additional skills)*.

Additional support available with these courses:

- Additional ESOL and Literacy programme
- Beginners IT course
- Study skills support
- Employment support workshops
- Dedicated employment worker to support learners in seeking employment as part of the programme.

## Welfare, Employment & Housing Advice

Free, confidential and impartial advice:

### Welfare & Benefits Advice Service

Tel. 020 8709 9739 for an appointment

[benefits@bbbc.org.uk](mailto:benefits@bbbc.org.uk)

- Individual benefits assessments
- Understanding the benefits system
- One to one practical support on various benefits issues, welfare rights and debt advice

### Employment Advice & Guidance Service

Tel. 020 8709 9745 for an appointment

[employment@bbbc.org.uk](mailto:employment@bbbc.org.uk)

- Careers and employment opportunities
- One to one practical assessments to identify individual needs and to develop an action plan.

### Housing Advice

Poplar HARCA are available at reception Monday to Friday, 9am – 5pm for advice on all forms of tenancy matters.

For Poplar HARCA tenants in these areas: Bow Bridge, Coventry Cross, Devon's and Lincoln Estates.

## Children's Centre

If you are a parent or carer, our Children's Centre can provide the following activities and services. These are based either at the Bromley by Bow Centre or the Marner Centre.

### Child and family health services

Ante-natal clinic, post-natal clinic, development checks.

Parents advice, parents and father's forums, Toy Library and more! The Children's Centre supports a wide variety of activities activities, support and advice sessions and forums for parents.

### Mother & Toddler Swimming

#### Boom, Bang Bees

Parent & toddler group with activities to help children develop their speech and language.

#### Homeopathy for parents with young children

A homeopathic service is available for parents with young children.

#### Family support

One to one counselling or drop in service for families having difficulties or needing advice.

Teenage Parent advice & guidance.

#### Bow Kids Club

After school club.

Training opportunities and employment guidance for parents with young children, including father's forum and ESOL classes with play support.

For further information, please pick up a timetable at reception or contact Akash, Children's Centre information officer on 020 8709 9716.

## Courses starting in June and July

- NVQ Level 2 Business Admin
- NVQ Level 2 Childcare
- NVQ Level 2 Health and Social Care

These courses are provided with full study support, work experience placements and dedicated support in moving into employment.

For more details drop in to our advice sessions, held every Tuesday morning 10 am – 12 noon in the Centre reception, or phone 020 8709 9842.

Arrange your interview now, enrolments for these courses are taking place through June and July.

## What would you like to study in September ?

- Computers for Beginners • Sewing • Stone Carving • Yoga
- NVQ Level 2 Business Administration • IT for Work • Pottery
- ESOL (*English for Speakers of Other Languages*) • Numeracy
- NVQ Level 2 Childcare • Mural Painting • Family Learning
- Literacy • NVQ Level 1 Customer Service • Mosaic
- NVQ Level 2 Health and Social Care • Life Begins At (*a special programme for the over 50s*) • Indian Cookery
- Arts and Crafts and supporting people with disabilities

For more details drop in to our advice sessions, held every Tuesday morning 10 am – 12 noon in the Centre reception, or phone 020 8709 9842.

**ENROLMENT WEEK** : at Bromley by Bow Centre  
10 am – 7 pm, Monday 8th – Wednesday 10th September 2008.  
Contact Learning Ambassadors on 020 8709 9842.