



Families Learning Together (6-Week Programme)

What is the programme?

Hull FC Community Foundation will empower unemployed parents to develop new skills, achieve greater wellbeing, and engage in positive activities that provide them with a better opportunity of securing employment. Children will engage in physical and social activities alongside their parents.

Who for?

Unemployed Parents / Carers and their children.

What is the programme timetable?

(topics subject to change depending on preferences of participants)

W/C	Topic (30 mins)	Family Activity (40 mins)
23/09 - Week 1	Confidence Building & Teamwork	Spaghetti Tower & Drop Game
30/09 - Week 2	Money Management	Maths / Money Games
07/10 - Week 3	Cooking on a Budget	Cooking on a Budget
14/10 - Week 4	Improving Communication	Orienteering
21/10 - Week 5	Job Search & CV Writing	Kahoot Quiz Game
28/10 - Week 6 Half Term	Celebration	Celebration

What is the Half-Term Celebration Week?

- Stadium Tour.
- Meet the Players.
- Games, Art's & Crafts.
- Buffet & Sweet Treats.
- Certificate & Reward's (for completing the programme).

When?

Every Monday, 1.30pm-3.30pm at Thorpepark Academy.

What do parents gain?

- Knowledge on general life skills such as money and time management.
- Quality time spent with children getting involved in fun games and activities.
- Supporting you to achieve greater wellbeing.
- Support getting into work, volunteering experiences, or gaining qualifications.
- Celebration event at the Hull FC Community Hub on West Park during half-term, involving fun games, activities, and a buffet.
- Certificates & Rewards.

What do children gain?

- Hull FC Let's Move Health & Wellbeing Qualification.
- Fun physical and social activities.
- Education on implementing a healthier lifestyle.
- Spending quality time with family.
- Supports gaining independence outside of lessons.
- Develop confidence, self-esteem, and communications skills.

How do I sign up?

Parents / Carers will arrange a 30-minute booking slot with a Hull FC Foundation member of staff before the first session commences, where they will bring the relevant documents needed to enroll onto the course:

1) Evidence of NI (this could include):

- HMRC letter
- NI Card

2) Evidence of Benefits (this could include):

- DWP Letter
- Online DWP evidence - screenshot

3) Evidence of Current Address (this could include):

- Driving License
- HMRC letter
- Benefits letter or another formal letter

Sign-ups can be done at school or at the Hull FC Community Hub on West Park.

If you are interested in signing up for this programme:

Call / Email: Maisie Malton (Head of Programmes at Hull FC Foundation) on 07976370544 / maisie.malton@hullfc.com

OR speak to the school reception.