

EOTAS Swindon
Education Other Than at School
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6th January 2025

Dear Parents & Carers,

Firstly, all staff at EOTAS would like to wish you a Happy New Year!

We hope you all had a joyful and restful festive break.

This week's newsletter consists of updates and signposting from the Well-Being Team at Swindon Borough Council which we hope will be of some use to you.

Courses from Madanu Coming Up in January

Please see information attached about courses coming up in the New Year from Madanu.

Positive Relationships starting on Wednesday 15th January 10.30am-12.30pm at Salvation Army, Chapel St

Upcycling starting on Wednesday 15th January 1.30pm-3.30pm at Salvation Army, Chapel St

Employability starting on Thursday 16th January 11.30am-1.30pm at Salvation Army, Chapel St

Positive Relationships starting on Thursday 16th January 1.30pm-3.30pm at John Moulton Hall, Penhill Drive

To enrol on these courses or find out more email Rosa at info@madanu.co.uk or call 07469 920846. You can find these <https://www.swindon.gov.uk/adultlearning>

Stop to Swap

As people start to think of a New Year and Resolutions are starting to be formulated; some residents may be considering stopping smoking. In Swindon there is some great support available including Swap to Stop.

Smokers that live, work or have a GP in Swindon can request a free vape kit online from Swindon Borough Council.

From there, the in-house Specialist Stop Smoking Health Coaches will deliver a light

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touch, behavioural support approach, that entitles smokers that apply to four brief interactions across four weeks. These interactions will be motivational and advisory, ensuring smokers are guided into their transition to vaping. The Swap to Stop website has now been launched and is live at www.swindon.gov.uk/swaptostop

As always, please contact the Pastoral & Welfare Team at your college.

Best Wishes
Sally Nichols
Pastoral & Welfare Team

