

Parent Gateway

free advice and guidance, courses & events for single parents in pollards hill, longthornton & figges marsh

❑ Parent Support Groups

Information and support delivered by the experienced staff of Merton Parent Support. A mixture of talking about your strengths as a parent and listening to various guest speakers. **New group for parents of 10-17-year-olds starting Friday 27/2, 10-12**

❑ Skills For Life Course

Basic Math and English to give you a better base for further education or simply to improve your skills for everyday life – maybe make it easier to help your children with their homework. **Running on Thursdays 10-12**

❑ Healthy Cooking

A small group of parents will not only be taught how to cook healthy meals, but will also be trained to facilitate their own Healthy Cooking group. **Starting soon**

Open Healthy Eating Day with free lunch Tuesday 17/2, 1.30pm, Pollards Hill Library

❑ Job Search

Learn the art of finding and getting the job you want. We will practise interview techniques, presentation skills, CV-writing and how to find and get the ideal job. **Starting in February**

❑ Coffee Mornings

Advice and guidance on different topics, every last Tuesday of the month, 10-12, Pollards Hill Library. Open drop-in service for you and your children.

Next Coffee Morning is on the 24/2, 10-12. Topic: Youth Inclusion & Parent Support

Parents' comments:

"It's good to know that you're not alone"

"The Parent Support group has given me the confidence to deal with things I should have dealt with a long time ago"

"Thanks to Parent Gateway I'm doing a college course now"



Parent Gateway

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niace &
promoting adult learning

Adult and Community Learning Fund

“^{It's good to know that}you're not alone.”

Parent Support Groups

Information and support delivered by the experienced staff of Merton Parent Support. Support groups feature a mixture of talking about your strengths as a parent and listening to various guest speakers. New group for parents of 10 to 17 year olds starting soon.

• 10 – 12 pm • February 27 • Location? •

Skills for Life Courses

Basic Math and English to give you a better base for further education or simply to improve your skills for everyday life – maybe make it easier to help your children with their homework.

• 10 – 12 pm • Thursdays • Location? •

Healthy Cooking

A small group of parents will not only be taught how to cook healthy meals, but will also be trained to facilitate their own Healthy Cooking group. **Starting soon.** For a sample, check out our open Healthy Eating Day!

• 1.30 pm • February 17 • Pollards Hill Library •

Job Search

Learn the art of finding and getting the job you want. We will practise interview techniques, presentation skills, CV-writing and how to find and get the ideal job.

• Starting in February • Details coming soon •

Coffee Mornings

Other lone parents offer advice and guidance on different topics every last Tuesday of the month. Open drop-in service for you and your children. Topics include such subjects as youth inclusion and parent support.

• 10 – 12 pm • February 24 • Pollards Hill Library •

ParentGateway is a service of

Commonside Community Development Trust

For more information: commonside.net or 0208.764.9582



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ParentGateway



We offer support groups for lone parents featuring guest speakers, skills for life courses, healthy cooking seminars, job search help, and special coffee mornings for lone parents.

• For more information, contact Commonsides Community Development Trust at 020 8764 9582 •

For more information: commonsides.net

**Commonsides Community
Development Trust**



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What did I change between these posters?

This time I took the opportunity to contrast a full page of text, which is what the original was, with minimal text and a big picture. Each has its place, of course. Still, try asking the usual questions: Which one is more readable? Why? Where have I used contrast, repetition, alignment, and proximity? What are the effects of those uses? What improvements could be made to the revised one?

The four principles in action for the text poster:

- I **contrasted** each section header with the normal text by making the headers very large and in a different style of Gill Sans than the body text, as well as setting the headers in a special column of their own with the body text aligned (see below) against the header text. I also contrasted the header by making it 110 point size, while the next largest was 30 point. Notice how easy it is to tell what activities are taking place, where, and when.
- I **repeated** the green bar in each, the style of each section header both for each header and with the font for the major headline, and the pertinent information details. This type of poster more than any other *needs* repetition and consistency among elements so it looks coherent and professional.
- I **aligned** the activity headers to the right, with the body text aligned left against the larger headers. This, coupled with the green marker lines, provided a strong line down the page for the eye to follow. Notice that even the further info, Parent Gateway, and Commonsense name all follow that line.
- I grouped information by **proximity**, with LOTS of space between each section. This makes sure it's clear to the viewer how many things are happening, and makes the times and dates easily accessible. This way people can glance at the poster and quickly find out what's happening and when. If they want they can read additional information, but they don't have to wade through the information to simply find out pertinent information.
- Notice that there's no "trapped white space" in this poster. It's all active, dividing sections or moving up and down. Compare that to the previous poster with its many random bits of white that don't seem to belong. Try to make all the white space look like it *belongs* where it is.

The four principles in action for the picture poster:

- I **contrasted** the very large Parent Gateway with the smaller body text. Also the text contrasts with the picture, and the small body text contrasts with the pertinent information text and the large text at top.
- I **repeated** font colour and style as usual.
- I **aligned** everything with the bright part of the picture, giving a very strong, distinct line for the eye to follow.
- I grouped information by **proximity**, primarily by putting spaces between the body text and the other pertinent information.