

Free Confidential Impartial

Parents and Carers, Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.



Find your local Children's Centres
www.hertschildrenscentres.org.uk/find/dacorum.html



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Parenting Courses and Support in Dacorum Spring Term 2014



This leaflet last amended 5th December 2013 by Jan Nethercoat, Administrator,
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If you would like to be added to the email distribution list for future issues, please
contact Jan on the details above

FREE courses open to parents in Dacorum

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Drop-ins & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central

Let's Get Cooking

What does it cover?	Time and Date
<p>These fun sessions will give you lots of practical cooking experience as well as ideas, tips and discussions on how you can cook for your family at home. Our cooking sessions run on the <u>first Friday</u> of each month, from 9.30 - 11.30am Members can join us at any point of the year and remain with the group for a maximum of 6 consecutive months as the recipes will be on a rolling programme.</p> <p>A crèche will be provided to care for children under 5 years to enable parents to cook and learn together.</p> <p>Course costs £2 per session, and £2 for the crèche (concessions available)</p>	<p><u>Fridays</u> 10th January 7th February 7th March 4th April 2nd May 6th June 4th July 1st August 5th September 3rd October 7th November 5th December</p>
Venue to be confirmed - central Hemel Hempstead	Call 01442 261043 to book

Opportunities for Parents of Children with Specialist Needs

Understanding and Managing ADHD, Aspergers and High Functioning Autism (HFA)

DSPL | Developing Special Provision Locally

Be involved, make a difference


The aim of this training course, dedicated for parents in our area, is to provide a deeper insight into ADHD, Aspergers and Autism, to obtain practical and realistic strategies to help manage family life and relationships, to have the opportunity to discuss your own challenges and explore techniques that will help, and to have the opportunity to practice new strategies to help improve your opportunities as a family and those of your child.

Course Dates: 5 consecutive days: **Mon 20th - Fri 24 January 2014** 9.30-3.00 pm each day. Both courses will be hosted in the Dacorum area. To book please contact your local DSPL Administrator on 01923 271744. For more information on DSPL visit www.thegrid.org.uk/learning/sen/dspl.

Drop-ins & Workshops

Bennetts End, Corner Hall and Leverstock Green

Hope & Help in Financial Matters

What does it cover?	Time and Date
Free information session on budgeting, saving, avoiding debt, understanding financial jargon, staying in control of your finances. Session led by award winning debt counselling charity, Christians Against Poverty (CAP)	Monday 10th Feb 2014 10.00-12.00 pm 
Dacorum Family Services c/o Hobbs Hill Wood Primary School Peascroft Road, Hemel Hempstead, HP3 8ER	Call Jan Nethercoat 01442 401222 jan.nethercoat@hobbshillwood.herts.sch.uk

Warners End, Gadebridge, Chaulden & Hemel Central

Listening Here Child Behaviour Clinic

What does it cover?	Time and Date
Parenting children under 5 can be tough sometimes and often we would like somebody to talk with about the things that trouble us, or our children. Mary and Jess, Outreach Workers from Heath Lane Children's Centre are available each fortnight at the Centre, by appointment, for you to talk through your concerns in confidence. We may offer some suggestions or tips, or help you to find a solution for yourselves. Sometimes just talking it through is enough!	Thursdays 9 th 23 rd Jan, 6 th 27 th Feb, 13 th 27 th March 2014 1.00-3.00pm – 30 minute appointments available
Remember! There is NOTHING so AWFUL or so SMALL that we can't talk about it with someone....	
Heath Lane Children's Centre Heath Lane, Hemel Hempstead, Herts. HP1 1TT	Call 01442 261043 to book

COURSES

Warners End, Gadebridge, Chaulden & Hemel Central

Understanding Challenging Behaviour in your Child with Additional Needs

What does it cover?	Time and Date
This course is aimed at parents of school age children who have additional needs. Your child does not need to have a diagnosis but does need to have a recognised need. We will help you to gain a real insight to help you understand your child's behaviour, find strategies that really work, manage anger effectively, understand conflict, motivate and encourage your child, build effective relationships with the professionals you come into contact with.	Thursdays - 6 weeks 30th January, 6th, 13th, 27th February, 6th, 13th March 2014 7.00pm - 9.00pm Provider: Supporting Links
Gade Schools Family Support The Gade Community Room Chaulden Junior School, School Row Hemel Hempstead HP1 2JU	Booking Essential Call or text Supporting Links: 07512 709556 or 01442 396518
Child age range	School age children

Let's Get Healthy with HENRY (Health Exercise Nutrition for the Really Young)

What does it cover?	Time and Date
A practical course for parents who want to learn how to keep their family healthy and active.	Daytime - dates and times to be confirmed Provider: Heath Lane & The Lanes Children's Centres
Venue to be confirmed	Email: admin.heathlane@hertschildrenscentres.org.uk. Call 01442 261043 to register interest
Child age range	1-8 (with a child under 5) Crèche available (limited spaces)

COURSES

Warners End, Gadebridge, Chaulden & Hemel Central

Family Toolkit

What does it cover?	Time and Date
A short course for parents who want to develop their parenting skills and improve family life. Priorities given to parents living in the Heath Lane Children's Centre area	Wednesday mornings - 4 weeks. Time to be confirmed Starts: 30th April 2014 Provider: Heath Lane Children's Centre
Venue to be confirmed	Email: admin.heathlane@hertschildrenscentres.org.uk. Tel: 01442 261043
Child age range	0-5 No creche

About Boys

What does it cover?	Time and Date
Aims to give mothers more understanding of their sons' development and behaviour. It give a series of techniques to provide their sons with boundaries and discipline and aims to support mums to feel more confident in supporting their son	Late January - dates tbc 9.30-11.30 am Provider: Heath Lane Children's Centre
Heath Lane Children's Centre Heath Lane, Hemel Hempstead, Herts. HP1 1TT	Email: admin.heathlane@hertschildrenscentres.org.uk Call 01442 261043 to register interest
Child age range	2-5 years

Drop-ins & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill

Autism Support 1-1 Advice Sessions

What does it cover?	Time and Date
Jo Whitlock, Specialist Teacher for Autism for Dacorum and St. Albans, will be holding free, 30 minute 1-1 advice sessions for parents with children who have an Autistic Spectrum Disorder (ASD) diagnosis.	Tuesday 4th February 2014 & Tuesday 11 March 2014 Appointments available at 9.00, 9.30am, 10.00am, 10.30am and 11.00am
The Link Family Services Centre Hobletts Manor Junior School, Adeyfield Road, Hemel Hempstead HP2 5JT	Booking is essential, for a 30 minute 1-1 appointment please call Link Family Services 01442 230768

Bennetts End, Corner Hall and Leverstock Green

Parent Support Group and SEND Advice

What does it cover?	Time and Date
Do you have a child with additional needs? Need somebody to talk to? Come and meet other parents for a chat and a coffee. Young children welcome	Wednesdays term time only 10.30 am - 12.00 noon
SEND Advice for professionals, school staff or parents/carers of a child with additional needs.	Wednesdays term time only 4.00 pm - 5.00 pm (First half hour consultation free, further charges given upon request)
Woodfield School Malmes Croft, Leverstock Green, Hemel Hempstead, Herts. HP3 8RL	Call 01442 253476

Drop-ins & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill

Understanding Pre-Teens

What does it cover?	Time and Date
<p>For parents wanting general parenting guidance in supporting their pre-teen child's social, behavioural and emotional needs. The aims for parents are:</p> <ul style="list-style-type: none"> to understand the developmental stages of a teenager to understand the link between feelings and behaviour how to boost confidence, self esteem and develop responsibility How to handle common teenage problems Improved social support—reduced social isolation and improved access to local services Improve parent/child relationships 	<p>Thursday 6th February 2014</p> <p>9.30-12.00 pm</p> <p>Provider: Link Family Services</p> <p>Child age range:11+ years</p> <p>No crèche Booking Essential</p>
<p>The Link Family Services Centre Hobletts Manor Junior School, Adeyfield Road, Hemel Hempstead HP2 5JT</p>	<p>Please call Link Family Services 01442 230768</p>

Parenting Boys

What does it cover?	Time and Date
<ul style="list-style-type: none"> Explore the key areas of parenting boys and how and why boys are different To understand the difference between girls and boys development To look at some trouble shooting ideas around discipline To show ways of encouraging positive behaviour and attitudes To understand what motivates boys to do what they do! 	<p>Thursday 30 January 2014</p> <p>12.00-2.30pm</p> <p>Child age range: 5-11 years</p> <p>No creche Booking Essential</p>
<p>The Link Family Services Centre Hobletts Manor Junior School, Adeyfield Road, Hemel Hempstead HP2 5JT</p>	<p>Please call Link Family Services 01442 230768</p>

COURSES

Warners End, Gadebridge, Chaulden & Hemel Central

Families Feeling Safe


What does it cover?	Time and Date
<p>Families feeling safe is a FREE 7 week course to enable parents to keep themselves and their children safe.</p>	<p>Wednesdays -7 weeks 8th Jan - 26th Feb 2014 7.00-9.00 pm</p> <p>Provider: Heath Lane and Galley Hill Children's Centre</p>
<p>Venue tbc</p>	<p>Contact Galley Hill Children's Centre on 01442 426753</p>
<p>Child age range</p>	

Preparing Teenagers with Additional Needs for Adulthood

What does it cover?	Time and Date
<ul style="list-style-type: none"> Navigating through transition to Adulthood and Adult Services Exploring the challenges and impact of transition on the whole family Offers emotional support to enable parents to support the whole family to move forward through transition successfully Sharing information on the processes and procedures of transition from school to college and adult care services Understand the processes involved so your young person with additional needs can learn independent living skills and plan ahead successfully 	<p>Mondays - 6 weeks 13th, 20th, 27th Jan, 3rd, 10th, 17th Feb 2014</p> <p>6.30-8.30 pm</p> <p>Provider: Families in Focus</p>
<p>Roman Fields School 11 Box Lane, Boxmoor, Hemel Hempstead, Herts. HP3 0DF</p>	<p>Call Janette Purcell (Parent Partnership) 01992 555847</p>
<p>Child age range</p>	<p>11-16 years</p>

COURSES

The Parenting Puzzle Nurturing Programme

What does it cover?	Time and Date
<p>A structured course for parents/carers, designed to strengthen all family relationships.</p> 	<p>Tuesdays - 10 weeks 7th, 14th, 21st 28th Jan, 4th, 11th, 25th Feb, 4th, 11th, 18th March 2014 (not 18th Feb)</p> <p>9.30-11.30 am Provider: Heath Lane and Windmill Children's Centres</p>
<p>Yew Tree Primary School Fletcher Way, Hemel Hempstead HP2 5QR</p>	<p>Contact Windmill Children's Centre 01442 426303 Crèche available</p>
<p>Child age range</p>	<p>0-5 (families must have at least one child under 5)</p>

The Parenting Puzzle Nurturing Programme

What does it cover?	Time and Date
<p>The Nurturing Programme provides simple, effective tools to help adults and children:</p> <ul style="list-style-type: none"> • Understand and manage feelings and behaviour • Improve relationships at home and in school • Improve emotional health and wellbeing • Develop self confidence and self esteem 	<p>Tuesdays -10 weeks 21st, 28th Jan, 4th, 11th, 25th Feb, 4th, 11th, 18th, 25th March, 1 April 2014 (not 18th Feb)</p> <p>9.30-11.30 am Provider: Supporting Links</p> <p>Limited number of crèche places available. Booking essential</p>
<p>Link Family Services Centre Hobletts Manor Junior School Adeyfield Road, Hemel Hempstead HP2 5JT</p>	<p>Booking Essential Call or text Supporting Links: 07512 709556 or 01442 396518</p>
<p>Child age range</p>	<p>4-11 years</p>

Drop-ins & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill

Developing Confident Kids & Raising Self-Esteem

What does it cover?	Time and Date
<p>For parents wanting general guidance in supporting their child's social, behavioural and emotional needs. The aims for parents are:</p> <ul style="list-style-type: none"> • Understanding what self esteem is and why it's important • To recognise and learn how to build self esteem in ourselves and in children • To develop ways to help children develop a sense of self • The importance of emotional intelligence and how to help children develop it • Strategies and practical tips on how to raise self esteem • Improve parent/child relationships • Clearer understanding of how to develop self esteem and body confidence 	<p>Thursday 6th March 2014</p> <p>6.30-9.00pm Provider: Link Family Services</p> <p>Child age range: 5-12 years</p> <p>No crèche</p> <p>Booking Essential</p>
<p>The Link Family Services Centre Hobletts Manor Junior School, Adeyfield Road, Hemel Hempstead HP2 5JT</p>	<p>Please call: Link Family Services 01442 230768</p>

Pregnancy Club

What does it cover?	Time and Date
<p>Run by NHS - a monthly support group for pregnant women. Sessions are mid-wifery led and aim to give women support in pregnancy, provide information and allow women to build social networks. For all stages of pregnancy.</p>	<p>Every third Monday of the month - Evenings</p> <p>7.00-9.30 pm</p> <p>Provider: NHS</p>
<p>Windmill Children's Centre Broadfield Road, HP2 4DW</p>	<p>To book ring Windmill Children's Centre 01442 426303</p>

COURSES

Tring & Villages

About Boys

What does it cover?	Time and Date
A short course for parents who want an understanding of their son's development and behaviour and ways to provide him with boundaries and discipline.	Mondays - 4 weeks 3rd, 10th, 24th Feb, 3rd March 2014 7.00-9.00 pm
Orchard Children's Centre, Dundale Primary School, Silk Mill Way, Tring, HP23 5NS	Phone 01442 426922
Child age range	2-5 years

Family Toolkit

What does it cover?	Time and Date
A short course for parents who want to develop their parenting skills and improve family life. Limited crèche spaces available	Mondays - 4 weeks 3rd, 10th, 17th, 24th March 2014 9.30-11.30 am
Orchard Children's Centre, Dundale Primary School, Silk Mill Way, Tring, HP23 5NS	Phone 01442 426922
Child age range	2-5 years Crèche available - limited spaces

Let's Get Healthy with HENRY (Health Exercise Nutrition for the Really Young)

What does it cover?	Time and Date
A practical course for parents who want to learn how to keep their family healthy and active.	Wednesdays - 8 weeks 15th, 22nd, 29th Jan, 5th, 12th, 26th Feb, 5th, 12th March 9.30-11.30 am
Orchard Children's Centre, Dundale Primary School, Silk Mill Way, Tring, HP23 5NS	Phone 01442 426922
Child age range	0-8 years Crèche is available, limited spaces

COURSES

Adeyfield, Highfield, Woodhall Farm & Grovehill

The Parenting Puzzle Course for ADHD and ASD

What does it cover?	Time and Date
This 10 week course is designed to meet the needs of parents/carers and to help them build on existing skills in supporting their children with a diagnosis of ADHD and /or ASD. Run by specialist behavioural coaches.	Wednesdays - 10 weeks 15th, 22nd, 29th Jan, 5th, 12th, 26th Feb, 5th, 12th, 19th 26th March 2014 (not 19th Feb) 9.30-11.30 am Provider: Heath Lane and Windmill Children's Centres
Yew Tree Primary School Fletcher Way, Hemel Hempstead HP2 5QR	For bookings please complete application form on www.add-vance.org . Places are limited
Child age range	Reception to year 6

The Parenting Puzzle Nurturing Programme (for Dads, Grandads & Male Carers)

What does it cover?	Time and Date
The Nurturing Programme provides simple, effective tools to help adults and children: <ul style="list-style-type: none"> • Understand and manage feelings and behaviour • Improve relationships at home and in school • Improve emotional health and wellbeing • Develop self confidence and self esteem 	Wednesdays - 10 weeks 15th, 22nd, 29th Jan, 5th, 12th, 26th Feb, 5th, 12th, 19th , 26th March 2014 (not 18th Feb) 6.45-8.45 pm Provider: Homestart
Link Family Services Centre Hobletts Manor Junior School Adeyfield Road, Hemel Hempstead HP2 5JT	Booking Essential Call Homestart 01442 254499 admin@homestartdacorum.org.uk
Child age range	0-11 years

COURSES

Bennetts End, Corner Hall and Leverstock Green

The Parenting Puzzle Nurturing Programme


What does it cover?	Time and Date
A structured course for parents/carers, designed to strengthen all family relationships.	Wednesdays - 10 weeks 15th, 22nd, 29th Jan, 5th, 12th, 26th Feb, 5th, 12th, 19th, 26th March 2014 (not 18th Feb)
Provider: Homestart 	12.30-2.30 pm
Venue tbc	Contact Green Lane Children's Centre 01442 265410

Berkhamsted & Villages

The Parenting Puzzle Nurturing Programme

What does it cover?	Time and Date
A structured course for parents/carers, designed to strengthen all family relationships.	Tuesdays - 10 weeks 14th, 21st, 28th Jan, 4th, 11th, 25th Feb, 4th, 11th, 18th, 25th March 2014 (not 18th Feb)
Provider: Homestart Crèche available	Time 12.30-2.30
Quaker Meeting House, 289 High Street, Berkhamsted. HP4 1AJ	Contact Homestart 01442 254499

CAP Money Management Course

What does it cover?	Time and Date
Struggling with finances? Free courses being run over 3 sessions with additional one to one support given when needed. Budgeting, Saving, Avoiding debt, Staying in control of your finances.	23 Jan, 30 Jan & 13 Feb 2014 1 May, 8 May & 22nd May
	7.30-9.30 pm 
Make Believe Café, The Wilderness (Behind Tesco's) Berkhamsted Herts HP4 2AZ	Contact Mike Wallis, CAP Money 01442 865521 07891 760244 www.capmoney.org

COURSES

Tring & Villages

Managing Anger & Challenging Behaviour in your Teenager

What does it cover?	Time and Date
For parents of teenagers who are dealing with challenging behaviour. <ul style="list-style-type: none"> • Why challenging behaviour happens • How to set boundaries and encourage the behaviour they want • How to raise self esteem in young people • Why conflict happens and how to handle it • Choices and consequences: how to encourage responsibility and independence • Why risky behaviour happens and how to deal with it • How to help teenagers cope with anger and frustration 	Wednesdays - 6 weeks 29th Jan, 5th, 12th, 26th Feb, 5th, 12th March 2014 7.00-9.00 pm Provider: Supporting Links Booking Essential
Tring School Mortimer Hill, Tring, Herts. HP23 5JD	Call or text Supporting Links: 07512 709556 or 01442 396518
Child age range	Teens

Handling Anger in your Family

What does it cover?	Time and Date
<ul style="list-style-type: none"> • Healthy anger management strategies for both parents and children • Calming techniques for the whole family • Creative ways to support children to "let go of anger safely" • Effective ways to become a calm and as-ertive parent 	Wednesdays - 6 weeks 8th, 15th, 22nd, 29th Jan, 5th, 12th Feb 2014 6.30-8.30 pm Provider: Families in Focus
Silk Mill Community Centre Silk Mill Way, Tring, HP23 5EP	Tel 01442 219720 info@familiesinfocus.co.uk www.familiesinfocus.co.uk
Child age range	Under 12 years