

COURSES AND GROUPS FOR PARENTS/CARERS IN THREE RIVERS

SPRING TERM
2011

FREE
CONFIDENTIAL
IMPARTIAL

Places are limited so
to avoid
disappointment,
please call to book your
place, using the contact
details shown for the
course.

If you have any particular
concerns or cannot see a
course that meets your
needs, then please
contact Deborah Bettis
Parenting and
Information Officer on
01442 453467 for
further information.

Alternatively, call your
local children's centre or
Extended Schools
Co-ordinator who all offer a
varied programme of
activities throughout the
year.



UseFUL InFOrmAtION...

Parenting a child is not always straightforward and there are times when being a parent can feel really tough.

This is a brief guide to some of the parenting support available in the Three Rivers District.

Many of the courses held in Children's Centres and local schools are free and some daytime courses have free crèche places available.

These courses offer you an opportunity to meet other parents, share experiences and ideas and help to support you in building on your skills in bringing up your children.

A Parent's Wish

*'I hope my child looks
back on today
And sees a parent who
had time to play.*

*There will be years for
cleaning and cooking,
But children grow up
when you're not
looking.*

*Tomorrow I'll do all the
chores you can mention
But today, my baby
needs time and
attention.*

*So settle down
cobwebs; dust go to
sleep,
I'm cuddling my baby,
and babies don't keep.'*

Anonymous

"It has helped me to deal with my child's difficult behaviour more effectively..."

UseFUL Contacts...

Directgov

www.direct.gov.uk

Advice and information on services nationwide

Family Information Service

0300 123 4052 Mon-Fri 08:30-16:30

Advice and information on services for families

Frank

0800 77 66 00 free confidential 24/7 helpline for parents and teens. Advice on drugs and alcohol

Hertfordshire Domestic Violence / Abuse Helpline

0808 8088 088

Parentline Plus

0808 800 2222 24hour helpline for parents
www.parentlineplus.org.uk

Under 11's

The Parenting Puzzle

A free course which helps improve relationships and emotional well-being within families. It builds on the skills parents already have and suggests ways to improve family life and reinforce their children's positive behaviour

Date: Wednesday 12th January 2011 for 10 weeks (no half-term session)

Time: 9:30 -11:30am

**Venue: South Oxhey Children's Centre
Northwick Road, South Oxhey
Watford WD19 6NL**

Free creche available for under 5s

**Contact: Anna Ransom or Ruth Warrell
on 0208 700 2203**

The Parenting Puzzle

Date: Tuesday 1st February 2011 for 10 weeks (no break for half term)

Time: 7.00 -9.00pm

**Venue: Chorleywood and Loudwater Children's Centre
Chorleywood Library, Lower Road,
Chorleywood WD3 5LB**

Contact: Nina Parker Hughes on 01923 494803

"Small changes make a big difference..."

"This course has really helped me to look at all the good things I do as a parent..."

Under 11's

1-2-3 Magic

A four-week course to help parents learn strategies to reinforce their children's positive behaviour

Date: Tuesday 1st —29th March 2011

Time: 12.30-2.30pm

Venue:

**Rickmansworth Children's Centre
Shepherds Lane
Rickmansworth
WD3 8JJ**

Free creche available for under 5s

Contact: Maggie Hamilton on 01923 772094

Extended schools

Adrian Consortium

Kathy Buchanan

(Extended Schools Co-ordinator)

01923 673760 or 07596117403

Buchanan.K@stmichaelscatholichighschool.co.uk

www.hertsextendedschools.org.uk/abbotslangley

Riversmeet Consortium

Helen Taunt

(Extended Schools Co-ordinator)

01923 773296 or 07972 294072

htaunt@rickmansworth.herts.sch.uk

Tania Dean (Parent Support Worker)

01923 773296 or 07531 787732

Tdean@rickmansworth.herts.sch.uk

www.hertsextendedschools.org.uk/riversmeet

South Oxhey Consortium

Ann Saffrey

(Extended Schools Co-ordinator)

07969 212944

esco@oxheywood.herts.sch.uk

www.hertsextendedschools.org.uk/southoxhey

"Great to share ideas and experiences with other parents..."

"Change is possible..."

Children's Centres

Abbots Langley Children's Centre
01923 268105

Chorleywood & Loudwater Children's Centre
01923 494803

Croxley Green Children's Centre
01923 805110

Ebury Children's Centre
01923 255054

Rickmansworth Children's Centre
01923 772094

South Oxhey Children's Centre
0208 700 2203

Under 5 years

Play and Talk Course

Date: Tuesday 25th January 2011 for 15 weeks

Time: 9.45-11.45am

Venue:

South Oxhey Children's Centre
Northwick Road, South Oxhey WD19 6NL

Free creche available for under 5s

Contact: Anna Ransom or Ruth Warrell
on 0208 700 2203

Effective Parenting Workshop

A free two-hour workshop to understand the causes of challenging behaviour, encourage positive behaviour and strengthen relationships with your child

Date: Wednesday 9th February 2011

Time: 6.30-8.30pm

Venue:

Rickmansworth Children's Centre
Shepherds Lane,
Rickmansworth WD3 8JJ

Contact: Maggie Hamilton on 01923 772094

"The course surpassed my expectations - it helped me to deal with things I didn't realise were about anger..."

"I have had fun at these sessions, and it has helped so much..."

Under 5 years

The Parenting Puzzle

A free course which helps improve relationships and emotional well-being within families. It builds on the skills parents already have and suggests ways to improve family life and reinforce children's positive behaviour

**Date: Tuesday 25th January 2011 for 10 weeks
(no half-term session)
Time: 1.00-3.00pm**

**Venue:
Abbots Langley Scout Hut, Langley Road
Abbots Langley WD5 0EH**

Free creche available for under 5s

Contact: Donna Parkinson on 01923 268105

5-11 years

Time out for special needs (including ADHD / ASD)

A free four-week course to help parents explore techniques to improve confidence in supporting their children and talk through the challenges they experience

**Date: Monday 7th March – 4th April 2011
Time: 6.30-9.30pm**

**Venue:
The Stanborough Centre
609 St Albans Road
Garston
Watford WD25 9JL**

**Contact: District Partnership Team
on 01442 453467 / 453468**

"It has given me more confidence to parent my child..."

"I really enjoyed meeting others and talking about how it really is..."