

## UseFUL Contacts...

### Directgov

[www.direct.gov.uk](http://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](http://www.parentlineplus.org.uk)

“Small changes make a big difference...”



# COURSES AND GROUPS FOR PARENTS/CARERS IN WATFORD

## SPRING TERM 2011

**FREE**  
**CONFIDENTIAL**  
**IMPARTIAL**

## 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 Watford 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.

## Extended schools

### Schools Plus Consortium

**Maureen Miller  
(ESCO)**

**Louise Theobald  
(Parent/Child/Young Person Support Worker)**

Contact: 01923 231560 ext 1721

Website: [www.hertsextendedschools.org/westwatford](http://www.hertsextendedschools.org/westwatford)



### North Watford Extended Schools Consortium

**Germaine Matthews  
(ESCO)**

**Hazel Pegler  
(Family Support Worker)**

Contact: 01923 665864

Website: [www.hertsextendedschools.org/northwatford](http://www.hertsextendedschools.org/northwatford)



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

"Change is possible..."

## Children's Centres

◆ **Beechfield Children's Centre**  
01923 482862

◆ **Berrygrove Children's Centre**  
01923 674463 / 484312

◆ **Leavesden Children's Centre**  
01923 484360

◆ **Littlebury Children's Centre**  
01923 243564

◆ **Sunshine Children's Centre**  
01923 482842

◆ **Westfield Children's Centre**  
01923 800003

## Under 11's

### **Westfield Children's Centre together with Littlebury Children's Centre are offering 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: February 2011 for 10 weeks  
(no half-term session)**

**Time: 9:30 -11:30am**

**Venue: Westfield Childrens Centre, Tolpits Lane,  
Watford WD18 6NS**

**To book contact:**

**Westfield Childrens Centre on 01923 800003**

### **Less Shouting More Co-operation**

**Ever get stressed at juggling too many things?  
Ever wish there was less shouting?**

**A four-week Parentline Plus course  
to help parents learn  
strategies to help negotiate and set boundaries**

**Date: January 2011**

**Time: tbc**

**Venue: Bromet Primary School, Oxhey Road,  
Watford WD19 4SG**

**Contact: Louise Theobold, Parent  
Support Worker, SchoolsPlus Consortia  
on 01923 231560 ext 1721**

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

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

## Under 11's

### Helping Children to Manage Change

All families face changes and these can impact on children's behaviour

A four week course looking at how to Help your children cope with changes

Dates: 9, 16, 23 & 30 March 2011

Time: 9.30—11.30 am

Venue: Berrygrove School, Fourth Avenue, Watford WD25 9RH

Contact: Berrygrove Children's Centre on 01923 484312

## Under 5 years

### Raising Under 5s

Date: Tuesday 1st March—29th March 2011

Time: 10—12 noon

Venue:

Leavesden Children's Centre  
High Road, Leavesden,  
Watford WD25 7QZ

*Free creche available for under 5s*

Contact: Leavesden Childrens Centre  
on 01923 484360

## Teenagers

### UNDERSTANDING TEENAGE GIRLS

Monday 7 February 2011

7—9 pm

Watford Grammar School for Girls  
Lady's Close, Watford WD18 0AE

### UNDERSTANDING TEENAGE BOYS

Tuesday 8th March 2011

7—9 pm

Westfield community Technology College  
Tolpits Lane, Watford WD18 6NS

**TO BOOK THESE WORKSHOPS**

**PLEASE CONTACT ZOE on**

**01923 231560 ext 1724 or**

**Email: [zw@westfield.herts.sch.uk](mailto:zw@westfield.herts.sch.uk)**

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



**Gambado Party**  
**For Children with Autism and their Families**  
**2nd Friday of every month in 2011**  
**6.45pm - 8.15pm**  
**£5.00 per child for the session (adults free)**  
**Full use of the facilities, games and dancing**  
**with Gambado the Tiger**

**Call Gambado 01923 892140 or**  
**Hazel Pegler, NWES Consortia 01923 665864**

**for further information**

## Under 5 years

### **Lets Talk Workshop**

**A free two-hour workshop for parents**  
**Of children 0-7 years**

**Date: Thursday 17th March 2011**

**Or Thursday 28th April 2011**

**Time: 1.00– 3.00 pm**

**Venue:**

**Leavesden Children's Centre**  
**High Road, Leavesden,**  
**Watford WD25 7QZ**

**Contact: Leavesden Childrens Centre**  
**on 01923 484360**

### **Relaxation and Meditation**

**A free course**

**Date: Friday 8th April—20th May 2011**

**Time: 2.00-3.30pm**

**Venue: Leavesden Children's Centre**  
**High Road, Leavesden,**  
**Watford WD25 7QZ**

***Free creche available for under 5s***

**Contact: Leavesden Childrens Centre**  
**on 01923 484360**

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

## Under 5 years

### Understanding Children's Behaviour

**A five week course to look at ages and stages and why children behave in certain ways**

**Mondays 7, 14 & 28 February & 7, 14 March 2011**

**Time: 9.30—11.30 am**

**Venue: Beechfield Children's Centre,  
Gammons Lane, Watford**

**Contact: Sara Corre on 01923 482862**

**Creche places available must be booked in advance!**

## Children with SEND

### 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**

### Up On Downs Group

**Who: Parents who wish to meet other parents/carers of children with Downs Syndrome**

**Dates: Meets monthly on the last Wednesday of every month**

**Time: 09:45 -11:45**

**Venue: Beechfield Children's Centre,  
Gammons Lane, Watford,  
WD24 5TY**

**Contact: Claire Tinsley on 01923 442230**

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

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