
Extended Schools

WAVES

(Ware and Surrounding Villages)

Paul Gough

Based at Pinewood School, Hoe Lane, Ware
01920 411117

ASPECTS

(Bishop's Stortford and Surrounding Villages)

Sally Gubb

Based at The Bishop's Stortford High School, London Road,
Bishop's Stortford
01279 868686

RIB VALLEY

(Buntingford and Surrounding Villages)

Susan Lankester

Based at Freman College, Bowling Green Lane, Buntingford
01763 271818

HERTFORD

(Hertford and Surrounding Villages)

Michelle Martin

Based at the Sele School, Welwyn Road, Hertford
01992 581455

BEANE VALLEY

(Watton-at-Stone and Surrounding Villages)

Lif Bishop

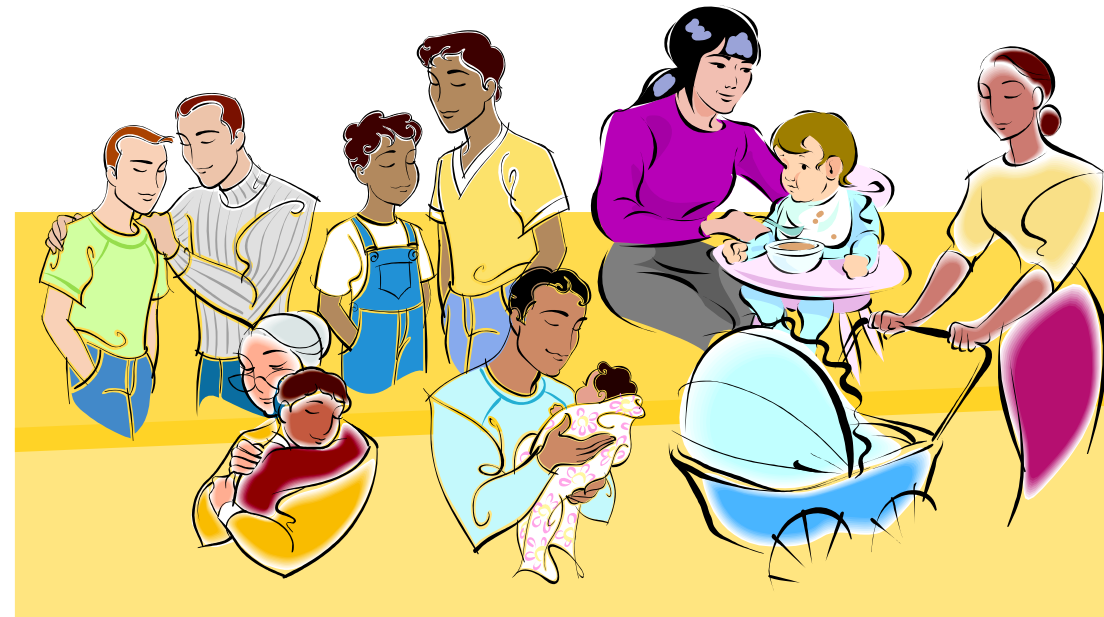
Based at the Watton-at-Stone Primary School
01920 830233

Parenting Courses and Support in

EAST HERTS

For parents & carers of 0 - 19 years

Spring Term 2010



Raising Under 5s 6 week parenting course

For parents & carers of under 5s

Topics covered include:

- ◆ Developing emotional security
- ◆ Setting a loving discipline style
- ◆ Keeping safe and protecting young minds

Venue: Charis Centre, Water Lane, Bishop's Stortford, CM23 2JZ

Time: 10am – 12pm (crèche from 9:30)

Date: Monday 18th, 25th Jan, 1st, 8th, 22nd Feb and 1st March (no session half-term)

Crèche places available at £2 per session – payable in advance to Windhill Children's Centre. Booking essential.

Raising Children in the 21st Century 6 week parenting course

For parents & carers of 5 – 11 year olds

Topics covered include:

- ◆ What children really need
- ◆ Developing emotional security
- ◆ Setting a loving discipline style
- ◆ Keeping safe and protecting young minds

Venue: Standon & Puckeridge Community Centre, Station Road, Puckeridge, Ware, SG11 1TF

Time: 10am – 12pm

Date: Wednesday 27th Jan, 3rd, 10th, 24th Feb, 3rd and 10th March (no session half-term)

Children's Centres

Bramble Hill Children's Centre

Mandy Sims
No base yet - Buntingford
01707 290701

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Beane Valley Children's Centre

Lif Bishop
C/o Watton-at-Stone Primary School
01920 831053

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Windhill Children's Centre

Odette Morgan
C/o Windhill Primary School
01279 696853

Buttercup Children's Centre

Karen Buffham
No base yet – Bishop's St. North
07835 036593

Thorley Children's Centre

Lee Routledge
No base yet - Thorley
07835 037484

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Duckling Green Children's Centre

Linda Burns
Based at Sawbridgeworth
01279 722339

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Silver Birch Children's Centre

Jennifer Henderson
No base yet – Ware North
01707 290701

Ash Valley Children's Centre

Emma Baker
C/o Tower School, Tower Road, Ware
08448 009880

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Selections Children's Centre

Valerie Wrangles
Welwyn Road, Hertford
01992 581258

Churchfield's Children's Centre

Jenny Turner
C/o Abel Smith, Hertford
07732 027143

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Venue: The Bishops Stortford High School, London Road, Bishops Stortford, CM23 3LU
Time: 7pm – 9pm
Date: Wednesday 27th Jan, 3rd, 10th, 24th, Feb, 3rd, 10th March. (No session half-term)

Time Out for Special Needs 7 week parenting course

For parents & carers of 5 – 12 year olds

Course summary:

Parenting a child with special needs? Do you sometimes feel frustrated & isolated? Do you feel that others do not understand? 'Time Out for Special Needs' parent support course offers you the opportunity to meet with other parents whose situation is similar to yours and to talk through the challenges in your lives.

Venue: Selections Children's Centre, The Sele School, Welwyn Road, Hertford, SG14 2DG
Time: 10-12 (Last session 12.30-3.00)
Date: Friday 29th, Jan, 5th, 12th, 26th Feb, 5th, 12th, (19th March, 12.30-3.00 light lunch included)

For course bookings, please contact, Mel Priest, Administrator, District Partnership Team on 01992 556372

Information on future courses can be obtained by contacting Alison Miller, East Herts Parenting Information Officer on 01992 588260

Pre-Teens

4 week parenting course

For parents & carers of children in school years 5 and 6

Course summary:

This course will prepare you for what is involved in coming into the teenage years.

Venue: Manor Fields Primary School, Penningtons, Bishop's Stortford, CM23 4LE
Time: 1pm – 3pm
Date: Thursday 25th February, 4th, 11th, 18th March

Time out from Anger 4 week parenting course

For parents & carers of 6 – 13 year olds

Course summary:

Are you stressed by the conflict in your family? Is your family tired of you losing your temper? Is your child angry at home? This free course will help you explore, understand and manage anger and conflict in either yourself or your family. Each week you will build up skills and try out new ways of controlling anger with either yourself or your children, as well as communicating to bring some harmony to family life.

Sessions available:

Venue: Millfield First School, Monks Walk, Buntingford, SG9 9DT
Time: 7pm – 9pm
Date: Tuesday 19th, 26th Jan, 2nd, 9th Feb

Venue: Christ Church School, New Road, Ware, SG12 7BT
Time: 7pm – 9pm
Date: Monday 1st, 8th, 15th, 22nd March

Understanding Boy Teens

1 week parenting workshop

For parents & carers of 11 – 19 year olds

Workshop summary:

This workshop aims to give an overview of the adolescent years of teenage boys. To help parents with behaviour management, communication and support. It's about being the parent you want to be and that's the best parent you can be!

Sessions available:

Venue: The Bishops Stortford High School, London Road, Bishops Stortford, CM23 3LU
Time: 7pm – 9pm
Date: Monday 22nd February

Venue: Watton-at-Stone Primary School, Rectory Lane, Watton-at-Stone, SG14 3SG
Time: 7pm – 9pm
Date: Wednesday 24th March
(This workshop is also suitable for parents for years 5 and 6 to prepare you for the teenage years).

Understanding Teens

1 week parenting workshop

For parents & carers of 11 – 19 year olds

Workshop summary:

This workshop aims to give an overview of the adolescent years of teenagers. To help parents with behaviour management, communication and support. It's about being the parent you want to be and that's the best parent you can be!

Venue: Pinewood School, Hoe Lane, Ware, SG12 9PB
Time: 7pm – 9pm
Date: Monday 1st February

Understanding Girl Teens

1 week parenting workshop

For parents & carers of 11 – 19 year olds

Workshop summary:

This workshop aims to give an overview of the adolescent years of teenage girls. To help parents with behaviour management, communication and support.

It's about being the parent you want to be and that's the best parent you can be!

Sessions available:

Venue: The Herts and Essex School and Science College, Warwick Road, Bishop's Stortford, CM23 5NJ
Time: 7pm – 9pm
Date: Monday 8th February

Venue: Datchworth School (All Saints C of E) Hollybush Lane, Datchworth, SG3 6RE
Time: 7pm – 9pm
Date: Tuesday 9th March
(This workshop is also suitable for parents for years 5 and 6 to prepare you for the teenage years).

Understanding Teens

6 week parenting course

For parents & carers of 11 – 19 year olds

Course summary:

This course aims to give an overview of the adolescent years, covering topics such as:

- >> Developmental issues (emotional/physical)
- >> Improving relationships
- >> Boosting confidence and self-esteem
- >> Strategies to handle common teenage problems