



Parenting Courses and Support in Broxbourne

SPRING TERM 2010

Free Confidential Impartial



Free courses open to ALL parents in the district
Booking is essential
Contact the District Partnership Team on 01992 556369

Spring Term 2010

COURSES STARTING IN JANUARY 2010

UNDERSTANDING TEENS; THE GROSS STUFF AND THE GROUND RULES

For: Parents and carers of children aged 11 to 19 years old

Dates: Thursday 28th January – 11th March (excluding half term)

Time: 7pm-9pm

Venue: Hailey Hall School, Hailey Lane, Hertford, Herts, SG13 7PB

Summary: A free 6 week course

- ◆ Why it's tough being a teenager
- ◆ Improve your parent/teenager relationship
- ◆ Boosting confidence and self-esteem
- ◆ Strategies to handle common teenage problems
- ◆ What to say about sex and sexuality

RAISING 0 TO 5'S – WHAT EVERY PARENT SHOULD KNOW!

For: Parents and carers of children aged 0 -5 years old with a free crèche available

Dates: Thursday 28th January – 11th March (excluding half term)

Time: 9:30am – 11:30am

Venue: Hurst Drive Primary School, Hurst Drive, Waltham Cross, EN8 8DH

Summary: A free 6 week course

- ◆ Improve your confidence as a parent
- ◆ Promote positive behaviour
- ◆ Boost self esteem
- ◆ Enjoy being a parent

TIME OUT FOR SPECIAL NEEDS

For: Parents and carers of children with special needs aged 5 to 12 years old

Dates: Tuesday 26th January – 16th March (excluding half term)

Time: 9:30am – 11:30am

Venue: Holy Trinity Primary School, Longland Close, Crossbrook Street, Cheshunt, EN8 8LU

Summary: A free 7-week support course

- ◆ Are you parenting a child with special needs?
- ◆ Do you sometimes feel frustrated and isolated?
- ◆ Do you feel others do not understand?
- ◆ Come and meet other parents and talk about the challenge in your lives

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COURSES STARTING IN JANUARY 2010

RAISING 0 TO 5'S - WHAT EVERY PARENT SHOULD KNOW!

For: Parents and carers of children aged 0 to 5 years old

Dates: Friday 22nd January – 5th March (excluding half term)

Time: 10am – 12pm

Venue: Allsorts room at St. Mary's CE High School, Churchgate. Cheshunt, EN8 9ED

Summary: A free 6 week course

- ◆ Improve your confidence as a parent
- ◆ Promote positive behaviour
- ◆ Boost self esteem
- ◆ Enjoy being a parent!

MANAGING ANGER IN THE FAMILY

For: Parents and carers of children of any age

Dates: Wednesday 13th January – 10th February

Time: 7pm – 9pm

Venue: Greenfield Children's Centre Annexe, Hurst Drive, Waltham Cross, EN8 8DH

Summary: A free 5-week course.

- ◆ Are you worried about losing your temper?
- ◆ Does your child get angry?
- ◆ Does conflict upset your family?
- ◆ This course will help you to explore, understand and manage anger and conflict in either yourself or your family

THE FUN STARTS HERE!

For: Parents and carers of children aged 0 to 5 years old.

Dates: Tuesday 12th January – 9th February

Time: 7pm – 9pm

Venue: The Ark Children's Centre, St. Catherines VC CE Primary School, Haslewood Avenue, Hoddesdon, EN11 8HT

Summary: A free 5 week course

- ◆ Raise your confidence as a parent
- ◆ Build on your existing skills
- ◆ Promote positive behaviour
- ◆ Enjoy being a parent!

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COURSES STARTING IN FEBRUARY 2010

RAISING CONFIDENT CHILDREN

For: Parents and carers of children aged 0 to 5 years old

Dates: Tuesday 23rd February – 23rd March

Time: 7pm – 9pm

Venue: Arlesdene Children's Centre, Blindman's Lane, Cheshunt, EN8 9DW

Summary: A free 5 week course

- ◆ Raise your confidence as a parent
- ◆ Build on your existing skills
- ◆ Promote positive behaviour
- ◆ Enjoy being a parent!

UNDERSTANDING TEENS; THE GROSS STUFF AND THE GROUND RULES

For: Parents and carers of 11 – 19 years

Dates: Tuesday 23rd February – 30th March

Time: 7pm – 9pm

Venue: Turnford School, Mill Lane, Waltham Cross, EN8 0JU

Summary: A free 6 week course

- ◆ Why it's tough being a teenager
- ◆ Improve your parent/teenager relationship
- ◆ Boosting confidence and self-esteem
- ◆ Strategies to handle common teenage problems
- ◆ What to say about sex and sexuality

MANAGING ANGER IN THE FAMILY

For: Parents and carers of children of any age

Dates: Wednesday 24th February – 24th March

Time: 7pm – 9pm

Venue: High Trees Children's Centre, Groom Road, Turnford, EN10 6BW

Summary: A free 5-week course

- ◆ Are you worried about losing your temper?
- ◆ Does your child get angry?
- ◆ Does conflict upset your family?
- ◆ This course will help you to explore, understand and manage anger and conflict in either yourself or your family

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COURSES STARTING IN FEBRUARY 2010

RAISING 5 TO 11 YEAR OLDS – WHAT EVERY PARENT SHOULD KNOW

For: The parents and carers of children aged 5 to 11 years old

Date: Thursday 25th February to 1st April

Time: 12:30pm to 2:30pm

Venue: Goffs Oak Primary School, Millcrest Lane, EN8 5NS

Summary:

- ◆ What children need
- ◆ Developing Self Esteem and why it's important
- ◆ Developing a loving discipline style for your family
- ◆ How to enjoy being a Parent!

COURSES STARTING IN MARCH 2010

UNDERSTANDING GIRL TEENS

For: The parents and carers of teenage girls

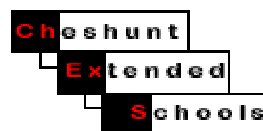
Date: 17th March 2010

Time: 7pm – 9pm

Venue: Goffs School, Goffs Lane, Cheshunt. EN7 5QW

Summary:

- ◆ To identify parents feelings
- ◆ To understand a teenagers world
- ◆ How to boost confidence and develop responsibility
- ◆ How to handle common teenage problems



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ONGOING SUPPORT GROUPS

SATURDADS

Who is it for? Dads, Granddads, Uncles and other Male Carers

Venue: St Catherine's Hoddesdon Primary School, Haslewood Avenue, Hoddesdon, EN11 8HT

How to book: Please contact High Trees Children's Centre on 01992 411904 for more information on dates and times.

Summary: Come along and join us for a whole range of activities for all age groups, including:

- ◆ Messy Play
- ◆ Baby Base
- ◆ Snuggle Zone
- ◆ Arts & Crafts
- ◆ Breakfast

TIME OUT FOR DADS – SATURDAY WORKSHOP

Who is it for? Dads, Granddads, Step dads, etc with children aged 0-8

Venue: Greenfield Children's Centre, Hurst Drive, Waltham Cross, EN8 8DH

How to book: No need to book – just turn up.

Summary: This relaxed group enables fathers to meet up, discuss current topics with other fathers and spend time playing with their children. Topics are tailored to the group. There is a £1 donation for a snack!

FUDGE

Who is it for? Fathers, Uncles, Dads, Grand-dads, Etc.

Venue: Arlesdene Nursery School & Children's Centre, 10.00– 12.00 am

How to book: For information or to book please phone Julie & Shelly on 01992 626879

Summary: Saturday Club for Children 0-5 years & Fathers, Uncles, Dads, Grand-dads Etc. Come along and enjoy the use of our HUGE play garden, toys, games, books and lots more. Meet other FUDGE members and enjoy coffee and pastries, all for £1 per family.

Children's Centres in Broxbourne

Allsorts Children's Centre
(Bury Green, Hammond Street, Goffs Oak,
Rosedale & West Cheshunt Areas)
Contact Sue Potter on 01992 629124 Ex 644

The Ark Children's Centre
(Hoddesdon & Broxbourne Area)
Contact Jo Goldsmith on 01992 463214

Greenfield Nursery School and Children's Centre
(Waltham Cross Area)
Hurst Drive
Waltham Cross
EN8 8DH
Telephone 01992 760779



Arlesdene Nursery School and Children's Centre
(Cheshunt Central Area)
Blindman's Lane
Cheshunt
EN8 9DW
Telephone 01992 626879

Three Parks Children's Centre Services
(Rye Park Area)
Rye Park Nursery School Centre
Walton Road
Hoddesdon
EN11 0NL
Telephone 07780 527555



Longfield Children's Centre
(Flamstead End Area)
Flamstead End Primary School
Longfield Lane
Waltham Cross
Cheshunt
EN7 6AG
Telephone 01992 901610

High Trees Children's Centre
(Turnford and Wormley Area)
Hertford Regional College
Broxbourne Centre
Broxbourne
EN10 6AE
Telephone 01992 411904

Extended Schools Consortia in Broxbourne

1 – Churchgate Consortium
Hub School: St Mary's C of E High School
Churchgate
Cheshunt
EN8 9ED

Extended Schools Co-Ordinator:
Ben Wallis
Telephone 01992 629124 Ext 33
ben.wallis@st-maryshigh.herts.sch.uk



2 – 'ChExS' Consortium
Hub School: Turnford School
Mill Lane
Cheshunt
EN8 0JU

Extended Schools Co-Ordinator:
Pete Maiden
Telephone 01992 308333 Ext 239
peter.maiden@turnford.herts.sch.uk

3 – Hoddesdon & Broxbourne Consortium
Hub School: The John Warner School
Stanstead Road
Hoddesdon
EN11 0QF

Extended Schools Co-ordinator:
Jenna Parker
Telephone 01992 462889 Ext 168
jep@johnwarner.herts.sch.uk



**This information has been compiled by:
Parenting and Information Officer – Broxbourne
District Partnership Team Broxbourne and East Herts**

**Please contact Nicola Judd with comments or
questions on:
01992 556316**