

COURSES AND GROUPS FOR PARENTS/CARERS IN THREE RIVERS

**AUTUMN TERM
2010**

**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.

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

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

"Small changes make a big difference..."

Extended schools

Adrian Consortium

Kathy Buchanan (ESCO)
01923 673760 or 07596 117403
Buchanan.K@stmichaelscatholichighschool.co.uk

Amanda Woods
Family Support Practitioner
07849 233369
woods.a@stmichaelscatholichighschool.co.uk
www.hertsextendedschools.org.uk/abbotslangley

Riversmeet Consortium

Helen Taunt (ESCO)
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 (ESCO)
07969 212944

Kerry O'Connor (Parent Support Adviser)
07969 212940

www.hertsextendedschools.org.uk/southoxhey

“Change is possible...”

Under 5's

◆ 123 Magic

A course to help parents explore techniques to improve confidence in supporting their children and encourage positive behaviour

Dates and Time: October 2010 to be confirmed
Venue: Croxley Green area

Contact: Vicky Greig, Croxley Green Children's Centre on
01923 805110 or 07775 437518

◆ 123 Magic

A course to help parents explore techniques to improve confidence in supporting their children and encourage positive behaviour

Dates and Time: To be confirmed
Venue: South Oxhey Children's Centre, Northwick Road,
South Oxhey, Watford, WD19 6NL

Contact: South Oxhey Children's Centre on
0208 700 2203

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

Under 11's

◆ 123 Magic at Gambado Watford

A course to help parents explore techniques to improve confidence in supporting their children and encourage positive behaviour

Free fully supervised play session for your children whilst you are participating

Date: 22nd September 2010 for 5 weeks
Time: 6.30 - 8.00pm

Venue: Gambado Watford, Woodside Leisure Park, North Orbital Road, Garston, Watford, WD25 7JZ

Contact: Jill Clark on 01923 673760
or Amanda Woods on 07849 233369

◆ The Parenting Puzzle

Explores how to get the best out of family life and enjoy bringing up children

Date: Wednesdays 15th September 2010 for 10 weeks
(No half-term session)
Time: 9.30 - 11.30 am

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

Contact: South Oxhey children Centre on
0208 700 2203

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

Children's Centres

Abbots Langley Children's Centre
0208 386 4038

Chorleywood & Loudwater Children's Centre
01923 287305

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

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

Other Services

◆ Up On Downs Group

For parents who wish to meet other parents/carers of children with Downs Syndrome

Date: Meets monthly on the last Wednesday of every month

Time: 09:45 - 11:45 am

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

Contact: Claire Tinsley on 01923 442230

◆ WATSUP - Support group for Parents and Carers of Children with Additional Needs

Parents who wish to meet other parents and carers of children with additional needs

Dates and Time: Contact Sue for dates and times

Venue: Lemarie Centre, 524 St Albans Road,
Watford, WD24 7WF (near Asda)

Contact: Sue on 01923 252316

"More aware of how my example influences my children..."

5-13 Years

◆ 123 Magic for Additional Needs

A four week course for parents with an additional needs child - to look at the challenges involved, the impact on the wider family, coping with difficult feelings, dealing with professionals etc.

Dates and Time : October 2010 to be confirmed

Venue: Colnbrook School, Hayling Road, Watford, WD19 7UY
Contact: Deborah Bettis on 07920 234117 or 01442 453467

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

11-19 Years

◆ Escape

A six-week course to help parents of teenagers explore issues in adolescence and look at ways of keeping communication lines open with your teenager

Date: Wednesdays 15th September 2010 for 6 weeks
Time: 7.00 - 9.00pm

Venue: The Learning Resource Centre, Parmiter's School, High Elms Lane, Garston, WD25 0UU

Contact: Jill Clark on 01923 673760
or Amanda Woods on 07849 233369

◆ Strengthening Families, Strengthening Communities

3 week parenting programme aimed at preventing anti-social behaviour and supporting parents

Dates and Time: Courses are run throughout Hertfordshire at different times

Contact: Emma Allen for Three Rivers dates and times
on 01992 555909

Spring Term

◆ The Parenting Puzzle

A 10 week course to explore how to get the best out of family life and enjoy bringing up children

Date and time: To be confirmed

Venue: Chorleywood area
Contact: Sandra Wood, Children's Centre Manager on
01923 233369

Other Services

◆ Specialist Parent and Toddler Group

For parents/carers of a young child with autism or delayed language and communication Development. Lots of activities including use of Rainbow Toy Library

Date: Friday 17th September 2010
Time: 1.00 - 3.00pm

Venue: Lemarie Centre, 524 St Albans Road, Watford, WD24 7WF
Contact: If you would like to join this group

Contact: Vicky Attarzadeh, Manager, Berrygrove Children's Centre on 01923 484312

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

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