

## *Make a Memory*

Make a memory with your children,  
Spend some time to show you care;  
Toys and trinkets can't replace those  
Precious moments that you share.

Money doesn't buy real pleasure,  
It doesn't matter where you live;  
Children need your own attention,  
Something only you can give.

Childhood's days pass all too quickly,  
Happy memories all too few;  
Plan to do that special something,  
Take the time to go or do.

Make a memory with your children,  
Take the time in busy days;  
Have fun while they are growing,  
Show your love in gentle ways.

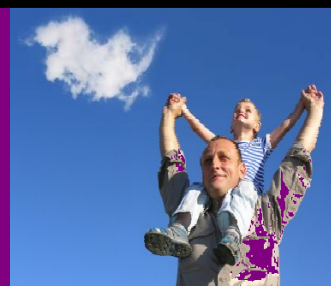
by Elaine Hardt ©1977

Created by The district Partnership Team on 07/2010

For further information contact:

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Watford

01442 453468 / 07920 234058



# **COURSES & GROUPS FOR PARENTS/CARERS IN WATFORD AUTUMN TERM 2010**

## UseFUL Contacts...

*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.*

*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.*

*Places are limited so to avoid disappointment book early using the contact details shown for the course you are interested in.*

*Alternatively call your local Children's Centre Manager or Extended Schools Co-ordinator to see what else they have on offer (contact list at the back of this leaflet)*

### Family Information Service

0300 123 4052 Mon-Fri 08:30-16:30  
Advice and information on services for families

### Parentline Plus

0808 800 2222 24hour helpline for parents  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

### 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

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

*"Small changes make a big difference..."*

# 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 5s

## ◆ **Mothers and Their Sons**

**An informal group to help Mums understand their sons and learn techniques for setting boundaries**

Dates: Wednesday 15th, 22nd, 29th September 2010 and  
6th, 13th October 2010

Time: 12:30 - 2:30pm

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

Contact: Leavesden Children's Centre on  
01923 484360

*Free Creche*

## ◆ **Going to be a Dad?**

**Workshop for being a new Dad**

Date: Saturday 16th October 2010

Time: 10am - 4pm

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

Contact: Leavesden Children's Centre on  
01923 484360

## ◆ **Behaviour - What do our Children Really Want?**

**Workshop for parents to explore how to manage our children's behaviour**

Date: Friday 24th September 2010

Time: 9.15 - 11.15 am

Venue: Sunshine Children's Centre,  
Oxhey Early Years Centre, Eastbury Road, Watford, WD19 4RL

Contact: Sunshine Children's Centre on  
01923 482842 Option 5

"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 11s

### ♦ The Parenting Puzzle

#### Exploring how to get the best out of family life

Date: Fridays 24th September 2010 for 10 weeks

Time: 9.30 - 11.30 am

Venue: Berrygrove Children's Centre  
Cow Lane, Watford, WD25 9PW

Contact: Berrygrove Children's Centre on  
01923 484312

### ♦ The Parenting Puzzle

#### Exploring how to get the best out of family life

Date: Wednesdays 15th September 2010 for 10 weeks

Time: 9.30 - 11.30 am

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

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

### ♦ 123 Magic at Gambado Watford

Help parents explore techniques to improve  
confidence in supporting your child and managing  
behaviours

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

Date: 22nd September 2010 for 5 weeks

6.30 - 8.00 pm

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

Contact: NWES Consortia on  
01923 665864

## EXTENDED SCHOOLS...

### ♦ Schools Plus Consortium

**Maureen Miller  
(ESCO)**

Contact: 01923 231560 ext 1724  
Mobile 0792 2222712

**Louise Theobald  
(Parent/Child/Young Person Support Worker)**  
Contact: 07545 69010

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



### ♦ North Watford Extended Schools Consortium

**Germaine Matthews  
(ESCO)**

Contact: 01923 665864

**Hazel Pegler  
(Family Support Worker)**  
Contact: 07876543491

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



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

## Other Services...

### ♦ **Let's Talk - Educational Psychologist Drop In sessions**

**Would you like to talk to an educational psychologist about your child? Shaun Clifford will be visiting on...**

Dates : Fridays 24th September, 22nd October, 26th November and 17th December 2010

Venue: Berrygrove Children's centre, Cow Lane, Garston, Watford, WD25 9PW

Contact: Berrygrove Children's Centre on 01923 484312

### ♦ **Roshni Group - Support For Asian Mothers With Children With Additional Needs**

**Asian mothers who have children with additional needs**

Dates: Meet on a monthly basis

Venue: Westfield Children's Centre, Tolpits Lane, Watford, WD18 6NS

Contact: Mateen Nadeem on 07899 995838

### ♦ **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

## 5-13 Years

### ♦ **123 Magic**

**Help parents explore techniques to improve confidence in supporting your child and managing behaviours**

Date: October 2010

Venue and Time: TBC

Contact: Louise Theobald on 07545 696010

### ♦ **123 Magic for Additional Needs**

**Help parents explore techniques to manage challenging behaviours**

Date: October 2010

Venue : Colnbrook School. Time: tbc

Contact: Susan Bugden on 07920 234058

## Parentline Plus are Offering the Following Free Courses in Watford

### ♦ **Bringing Up Confident Children**

**Exploring ideas on how parents and children can get what they need without falling out**

### ♦ **Preparing for Teenage Years**

**Explore the changes that parents may notice as their children move towards adolescence**

For further information or to register your interest please contact Parentline Plus on 0808 808 2222

"The group facilitators were really easy to talk to..."

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

## Any Age

### ♦ **RELATE Course at Presence Coffee Shop for Parents Separating/Divorcing**

A 3 week course for any parent concerned about how to manage the changes and keep focusing on the best outcomes for your children. Come along and explore issues in a relaxing environment, meet other parents and enjoy a complimentary hot drink

Date: Thursday 7th October 2010 for 3 weeks

Time: 7.00 - 9.00pm

Venue: Presence Coffee Shop, High Street, Watford

Contact: NWES Consortia for more details on 01923 665864

### ♦ **NLP and my family - Theatre Style Event**

A guest speaker gives a presentation about how we can be persuasive in our households using clever techniques to appeal to the mind

Date: Tuesday 16th November 2010

Time: 7.00 - 8:30pm

Venue: Nascot Wood Junior School,

Tickets £2 payable on the night but pre-booking places is essential

Contact: NWES Consortia for more details on 01923 665864

### ♦ **RELATE - Taking the Stress out of Families**

The course will focus on reducing stress in the family during the recession

Date: Wednesday 3rd November 2010 for 3 weeks

Time: 7.00 - 9.00 pm

Venue: Presence Coffee Shop, High Street, Watford

Contact: Call NWES Consortia for more details on 01923 665864

## Other Services...

### ♦ **Up On Downs Group**

Who: Parents who wish to meet other parents/carers of children with Down's 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  
1923 442230

### ♦ **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  
Call Vicky Attarzadeh, Manager, Berrygrove Children's Centre  
on 01923 484312

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

*"Wish the course could have been longer..."*