

## Transition

### Transition from Primary to Secondary— Workshop for Parents/Carers

The workshop will cover the practical aspects of starting secondary school and the preparations you as a parent can make in advance to support your young person; the journey to school, homework diaries etc.

**When:** Tuesday 5th July

**Where:** De Havilland Primary School, Travellers Lane, Hatfield AL10 8TQ

**How to Book:** Please contact Peaches Soares: 01707 346624 or mob: 07940489470 or email [psouares@dehavilland.herts.sch.uk](mailto:psouares@dehavilland.herts.sch.uk)

### Transition from Primary to Secondary— Workshops for Parents/Carers

The workshop will cover the practical aspects of starting secondary school and the preparations you as a parent can make in advance to support your young person.

**When:** Monday 11th July

**Time:** 7-8:30pm

**When:** Tuesday 12th July

**Time:** 09:15—11:00

**Where:** The Orchard Room, Peartree Primary School, Peartree Lane, WGC AL7 3XW

**How to Book:** Please contact Sarah Cafferty: 01707 880382 or email: [Admin.wgc@hertsexextendedschools.org.uk](mailto:Admin.wgc@hertsexextendedschools.org.uk)

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Gill Dowling, Extended Schools Co-ordinator, Welwyn Garden City Extended Schools Consortium, Tel: 07985 383711 or email [g.dowling@peartreejmi.herts.sch.uk](mailto:g.dowling@peartreejmi.herts.sch.uk)

### Surviving Parenthood—face to face appointments in Welwyn Garden City

Are you at the end of your tether? Have things at home got out of control and you're having trouble handling your stress? Or is your family experiencing bereavement and you need someone to speak to? If so, then please call in and book an appointment with a specialist parenting counsellor. One-to-one appointments are available between 9:00 and 12:00 on the following days:

**When:** Wednesdays 11th & 25th May, 8th & 29th June and 20th July 2011

**Where:** The Orchard Room, Peartree Primary School, Peartree Lane, WGC AL7 3XW

**How to Book:** Please contact Sarah Cafferty: 01707 880382 or email: [Admin.wgc@hertsexextendedschools.org.uk](mailto:Admin.wgc@hertsexextendedschools.org.uk)

### Parent Surgeries—face to face appointments with Children & Parent Support Workers (Hatfield)

The support workers are offering 45 minute appointments to discuss issues which may be of concern to you such as: divorce and separation; benefits; behaviour issues with your children; transition to Secondary School; general school concerns

**When:** Fridays 1st & 8th April, 6th May (Lorraine)

**Time:** 09:00—13:00

**Where:** De Havilland Children's Centre, Travellers Lane, Hatfield AL10 8TQ

**How to Book:** Please contact Peaches Soares: 01707 346624 or mob: 07940489470 or email [psouares@dehavilland.herts.sch.uk](mailto:psouares@dehavilland.herts.sch.uk)

### SNIPS—Support for parents & carers of school age children with additional needs or disabilities

This is a friendly and informal group. Sessions are often topic based with a speaker. Just turn up for a coffee and a chat. SNIPS takes place on alternating Wednesdays (starting 27th April), 1:30pm—3:00pm in The Orchard Room, Peartree Primary School, Peartree Lane, WGC AL7 3XW.

Contact Jan for more information on 01707 332470.

## Support for Parents & Carers in Welwyn and Hatfield & Rural Extended Schools Consortia

**FREE  
Workshops and  
Courses  
April—July 2011**



The Welwyn Garden City and Hatfield & Rural Extended Schools Consortia have joined together to commission a programme of parenting support for the Summer Term that we think you will find both supportive and useful.

Support for parents via extended schools will cease after July 2011 but we hope to be able to signpost you to other means of support by end of the summer term.



### Boys Development Programme—4 wks

This course is for parents with at least one boy between the ages of 5-11 and is about understanding why boys do what they do, how to use effective discipline methods and what motivates boys. It will help you to parent and understand your boys!

**When:** Thursdays 5, 12, 19 and 26 May

**Time:** 7-9pm

**Where:** De Havilland Primary School, Travellers Lane, Hatfield AL10 8TQ

**How to Book:** Please contact Peaches Soares: 01707 346624 or mob: 07940489470 or email psoares@dehavilland.herts.sch.uk

### Handling Anger in Your Family—5 wks

Raises awareness of the causes & effects of anger in ourselves and our children. Looking at how we can recognise the early warning signs and what triggers our personal anger. Also how to manage anger and enables parents /carers to respond positively to their children's anger and to be more aware of why they feel angry.

**When:** Thursdays 28 April, 5, 12, 19 and 26 May

**Time:** 7-9pm

**Where:** Holwell Primary School, Holwell Road, WGC AL7 3RP

**How to Book:** contact Sarah Cafferty 01707 880382 or Admin.wgc@hertsexterndedschools.org.uk

### Developing a Healthy Self Esteem & Body Image—Workshop

This workshop aims to explore the key areas of parenting a pre-teen girl. The workshop aims to:

- Understand the physical & emotional developmental stages
- Develop a healthy attitude to sex & sexuality
- Understand self-esteem and its importance
- Recognise & learn how to build self esteem in girls
- Understand what damages body image
- Understand how social networking sites (eg facebook) and the virtual world links to self esteem and body image

**When:** Monday 16th May **Time:** 7-9pm

**Where:** Green Lanes Primary School, Green Lanes, Hatfield AL10 9JY

**How to Book:** Please contact Peaches Soares: 01707 346624 or mob: 07940489470 or email psoares@dehavilland.herts.sch.uk

### The Challenging Years

Suitable for parents of children aged 9 to 12 years. Looking at understanding teens, listening and communication, parenting styles and problem solving.

**When:** Thursdays 19th & 26th May, 9th & 23rd June

**Time:** 7:30pm to 9:30pm

**Where:** Homerswood Primary School, Kirklands, WGC. AL8 7RF

**How to Book:** Sarah Cafferty 01707 880382or admin.wgc@hertsexterndedschools.org.uk

### Living with Self Harm—Workshop

This workshop aims to explore self harm and emotional wellbeing in young people. By attending the workshop parents/carers will gain an understanding of why people self harm; they will recognise and learn how to respond helpfully to self harm behaviour and manage feelings. They will also be given ways to support someone who is self harming and they will be given an opportunity to discuss self harm in a safe and supportive environment.

**When:** Monday 13th June

**Time:** 09:30—12:00 noon

**Where:** Orchard Room, Peartree Primary School, Peartree Lane, WGC AL7 3XW

**How to Book:** Sarah Cafferty:01707 880382 or Admin.wgc@hertsexterndedschools.org.uk

### Time out for ADHD

6 week course supporting parents of children 5-16 yrs with ADHD. It will focus on the emotions & challenges of having a child with ADHD and explores effects on relationships, siblings and wider family, finding solutions and strategies to lessen the stresses and isolation.

**When:** Mondays 13th June to 25th July 2011

**Time:** 7pm to 9pm

**Where:** venue to be confirmed

**How to Book:** Peaches Soares 01707 346624 or 07940489470 or psoares@dehavilland.herts.sch.uk

### Educational Psychologist Surgeries

Receive free information about issues relating to your child's development and education. The EP can help with concerns you have about your child within an educational setting, which may include learning difficulties, social or emotional problems.

**When:** Thursday 14th July 2011

**Time:** 9:15 to 11:15am

**Where:** The Orchard Room, Peartree Primary School, Peartree Lane. WGC. AL7 3XW

**How to Book:** Sarah Cafferty 01707 880382or admin.wgc@hertsexterndedschools.org.uk

### Helping Children to cope with Divorce and Separation—Workshop

This 2-hour practical, interactive workshop aims to explore the key issues including the 5 stages of grief, how thoughts & feelings fuel behaviour, how acknowledging feelings is essential to emotional wellbeing and how a parent can help. By attending the workshop parents will:

- Understand key issues are around divorce & separation
- Recognise what we do with difficult feelings & learn healthy, positive ways to cope including managing angry feelings
- Be able to help children develop a strong sense of self and positive self esteem
- Understand the importance of emotional intelligence and how to help children develop it
- Learn how to set firm, fair boundaries including how to solve problems not fight about them.

**When:** Tuesday 28th June

**Time:** 7-9pm

**Where:** Cuffley Primary School, Theobalds Road, Cuffley EN6 4HN

**How to Book:** contact Peaches Soares01707 346624 or 07940489470 or email psoares@dehavilland.herts.sch.uk

### Understanding Teens: The Gross Stuff & the Ground Rules—6 week course

6 separate workshops focusing on different areas of parenting teenagers. For example: the parent/young person relationship and why it is tough being a teenager; parenting styles and how we affect the way they are; developing house rules and family meetings; communication; what to say about sex and sexuality; tools for handling conflict; identifying strategies to raise aspirations and boost self esteem.

**When:** Wednesdays 8, 15, 22, 29 June & 6, 13 July

**Time:** 7-9pm

**Where:** Bishops Hatfield Girls School, Woods Avenue, Hatfield AL10 8NL

**How to Book:** Please contact Peaches Soares: 01707 346624 or mob: 07940489470 or email psoares@dehavilland.herts.sch.uk