



## Parenting Platform Courses/Workshops 29.03.2019

For information on drop-ins, coffee mornings and peer support, groups for young people, additional needs support and agency support, please visit [www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)  
 Updates can be found on the Parents/Carers page.

### COURSES and WORKSHOPS

Activity name	Activity details	Start Date	Venue	Who to contact
Early Years Step by Step	Early Years Step by Step is a 9 week course for parents/carers of children aged from 2 -5 years. This course supports the establishment of loving positive relationships between parents and their children. The programme aims to: promote positive home/pre-school setting links, develop effective listening and communication skills, teach parents the importance of play, praise and self esteem, show parents how to recognise stress in themselves and their children, give parents strategies for managing difficult situations, give parents an understanding of their child's behaviour and promote effective positive behaviour management	Wednesday 22 <sup>nd</sup> May 9.30-11.30am (This particular course is running 8 weeks)	Holland Haven Primary School, Primrose Road, Holland on Sea	EXTRA - Support for Families 01255 475001

	strategies.			
Early Years Step by Step	<p>Early Years Step by Step is a 9 week course for parents/carers of children aged from 2 -5 years. This course supports the establishment of loving positive relationships between parents and their children. The programme aims to: promote positive home/pre-school setting links, develop effective listening and communication skills, teach parents the importance of play, praise and self esteem, show parents how to recognise stress in themselves and their children, give parents strategies for managing difficult situations, give parents an understanding of their child's behaviour and promote effective positive behaviour management strategies.</p>	<p>Wednesday 24<sup>th</sup> April 9.30-11.30am</p>	<p>Park Pavilion, Harwich</p>	<p>EXTRA - Support for Families 01255 475001</p>
SWAN	<p>This 11 week course is for parents of children who have additional needs. Within the course parent's individual challenges will be recognised and worked with to introduce positive parenting skills. The sessions will cover special time, developing social and emotional skills, effective praise, practical routines, coping with change, boundaries, natural and logical consequences and looking after yourself as a parent. There will also be sessions on keeping your child safe, avoiding peer pressure, building resilience and talking to your child about stranger danger.</p>	<p>Wednesday 1<sup>st</sup> May 9.30-11.30am</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick</p>	<p>EXTRA - Support for Families 01255 475001</p>

Mindfulness	This is a 5 week programme for parents/carers to help: build an understanding of the physical/emotional impact of anxiety and stress; explore concepts of mindfulness, relaxation and meditation; understand the benefits of mindfulness on health and emotional wellbeing; and offer ideas of mindfulness, relaxation and meditation to share with children.	Friday 5 <sup>th</sup> June 9.30-11.30am	Dovercourt Central Church, Harwich	EXTRA - Support for Families 01255 475001
Managing Worries/Anxiety	This 5 week course will: <ul style="list-style-type: none"> <li>· Explore worry and anxiety and their sources</li> <li>· Explore a range of methods to manage worry and anxiety to find the most suitable one for each individual</li> <li>· Explore worries and anxiety about the future and assumptions we make and create action plans to deal with these worries and anxiety</li> <li>· Learn how to gain control of time spent worrying and find ways to let go of unimportant worries</li> </ul>	Monday 13 <sup>th</sup> May 9.30-11.30am	Dovercourt Central Church, Harwich	EXTRA - Support for Families 01255 475001
Managing Stress	This 5 week course will: <ul style="list-style-type: none"> <li>· Examine stress, the different forms it takes and understanding the effect it has on individuals</li> <li>· Explore the use of self-talk to reduce anxiety</li> <li>· Acknowledge causes of personal stress, explore strategies to</li> </ul>	Monday 24 <sup>th</sup> June 9.30-11.30am	Dovercourt Central Church, Harwich	EXTRA - Support for Families 01255 475001

	<p>cope with stress and develop a personal action plan</p> <ul style="list-style-type: none"> <li>· Acknowledge the need for support, explore what support is needed and make a plan to use the support available</li> </ul>			
Staying Positive	<p>This course will:</p> <ul style="list-style-type: none"> <li>· Explore whether individuals have positive or negative tendencies, demonstrate the benefits of focussing on the positive and practice focussing on the positive</li> <li>· Increase coping skills by developing positive attitude, explore how to change negative self-talk to positive self-talk and practice focusing on the positive</li> <li>· Explore methods to bolster resilience, remain resilient when the going gets tough and practice ways to strengthen resilience</li> <li>· Help individuals to write a statement to guide them through good and bad times, to encourage persistence and resilience and gain confidence from their strengths</li> </ul>	Monday 13 <sup>th</sup> May 12.30-2.30pm	Dovercourt Central Church, Harwich	EXTRA - Support for Families 01255 475001
Improving your emotional wellbeing	<p>This is a 5 week programme for parents/carers to help them and their children with their social, emotional and mental health.</p>	Thursday 25 <sup>th</sup> April 9.30-11.30am	Whitehall Academy, Melbourne Road, Clacton on sea	EXTRA - Support for Families 01255 475001

	<p>It covers understanding depression; recognising depression; what to do about depression and living with someone who is depressed</p>			
<p>Learning to Relax</p>	<p>This course 5 week aims to help individuals:</p> <ul style="list-style-type: none"> <li>· Discover how much time they spend relaxing , examine how leisure and relaxation time is used and explore different ways to relax</li> <li>· Understand the cause of physical tension, become aware of physical tension building and practice methods of relieving physical tension</li> <li>· Understand the need for mental relaxation, raise awareness of mental and emotional tension and practice a method of relieving mental tension</li> <li>· Learn to use calming self-talk to avoid tension and anxiety building, combine calming self-talk with other tension relieving methods and work out individual plans to avoid tension and anxiety building in different situations</li> </ul>	<p>Monday 24<sup>th</sup> June 12.30-2.30pm</p>	<p>Dovercourt Central Church, Harwich</p>	<p>EXTRA - Support for Families 01255 475001</p>
<p>Building Confidence</p>	<p>This 9 week course is for parents/carers who wish to improve their emotional health and wellbeing. The course will help parents/carers to understand what it is to be confident, discover what makes people feel confident and will help and encourage you to build your own confidence. It will also cover 'self-esteem' and show that perfection is not possible or necessary. It</p>	<p>Tuesday 30<sup>th</sup> April 12.30-2.30pm</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick</p>	<p>EXTRA - Support for Families 01255 475001</p>

	will help you to see yourself in a more positive light and increase your ability to ask for what you need or want.			
IY Baby	<p>The Incredible Years Baby course is a 9 week course for expectant parents and parents with babies aged between 0–6 months.</p> <p>Parents will be given practical tips on: coping with a crying baby, burping and feeding babies, what to do when babies have a fever, how play can help their baby's development, keeping babies safe, setting up bedtime routines, looking after themselves as parents and more...</p> <p>Baby 0-6 months attends with the parent</p>	Friday 26 <sup>th</sup> April 10am - 12pm	Wivenhoe Methodist Church Hall, Wivenhoe	EXTRA - Support for Families 01255 475001
Resilience Workshop	The aim of this workshop is to explore practical ways for parents/carers to help build their own and their children's resilience - the mechanisms needed to deal with the challenges of everyday life and 'bounce back' again ready for the next challenge. We will look at a range of different skills and a variety of sources of help, including physical and emotional health, rational thinking skills and the relationships with people around you.	Monday 13 <sup>th</sup> May 9.30-11.30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick	EXTRA - Support for Families 01255 475001
The Ministry of Parenting	The Ministry of Parenting will not be offering any groups as from 1 <sup>st</sup> April - 1 <sup>st</sup> July as we will be busy planning, developing and extending our programmes.		The Ministry of Parenting CIC Wellington House 90-92 Butt Road	<a href="mailto:Info@theministryofparenting.com">Info@theministryofparenting.com</a> 01206 562626

	<p>We will be using our time to</p> <ul style="list-style-type: none"> <li>• Further develop our TEEN FLASH &amp; FLASH group programmes - (as soon as dates are confirmed they will be posted on our website). <a href="http://www.theministryofparenting.com">www.theministryofparenting.com</a></li> <li>• Plan our Colchester based training menu from July 2019</li> <li>• Develop and pilot the Teen FLASH training manual</li> <li>• Develop our online resources</li> <li>• Develop our "MoP international" opportunities</li> </ul> <p><b>Please Note during our planning time</b>  <b>Trainings and Supervision:</b> We will still be delivering <b>ALL</b> of our external trainings PLUS we will be offering a wider supervision package. In addition, our focus will be in developing our "train the trainer" pathways.</p> <p><b>One to One coaching</b>  We will still be open to delivering our one to one coaching session (this is a paid for only service)  <i>Exciting times!</i>  Thank you Jeannie Gordon &amp; Debbi Barnes</p>		Colchester Co3 3DA	
Moving Parents and Children Together (M-PACT)	Structured 10 session program devised to address parental substance misuse. Parents and children (aged 10-17 years)	Rolling	Various	Sue Peachey 01255 434186 <a href="mailto:sue.peachey@openroad.org.uk">sue.peachey@openroad.org.uk</a>
Parents Under Pressure	For parents who have a child under 2 and half and are on a drug or alcohol treatment programme 20 week programme	 0851 PUP PROFESSIONALS DOU	Across Colchester and Tendring	NSPCC Tel 01473 234850  PUP referral form.doc

Chatterpillars	A speech and language group for children aged from 2 years	Thursdays 10am-11.30am	Sydney House Family Hub 61a Langham Drive, Clacton CO16 7AG	Sydney House Family Hub Manager 01255 479386
Confident Cooking	<i>For 2-5 year olds. Learn new healthy recipe ideas and make simple tasty snacks on this Healthy Eating Cooking Course for families.</i>	Friday's 12:00-13:30 - 6 week course.	St James Children Centre, Unit 4, 30 Oxford Road, Clacton-On-Sea. CO15 3TB	St James Children's Centre 01255 222503
Baby Massage	<i>A course for babies up to 6 months; Learn techniques promoting babies development.</i>	4 week course	Essex Child and Family Wellbeing Service  Across areas	Sydney House Hub 01255679386 St James Delivery Site 01255 222 503 Rainbow Delivery Site 01255 850 475
Chatterpillars	<i>Speech &amp; Language Course for 2-5 year olds to help support speech &amp; language delay.</i>	09:30-10:30 Thursday's for 8 week course. Call to Book	Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN	Michelle Whiteman & Sarah Metcalfe 01206 578978
Confident Cooking	<i>For 2-5 year olds. Learn new healthy recipe ideas and make simple tasty snacks on this Healthy Eating Cooking Course for families.</i>	Monday 10:30-11:30 - 6 week course.	Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN	Lauren Bairstow 01206 578978
Baby Massage	<i>Learn massage techniques and bond with your baby in a calm relaxed environment.</i>	Times & Days vary. Call to book and for more information	Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN	Berechurch Childrens Centre 01206 578978

Sensory Room	Come and enjoy a calm relaxing sensory experience with your child.	Call to book sensory session between 08:00 & 17:00	Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN	Berechurch Childrens Centre 01206 578978
Sensory Group	For 0-5 year olds to come along and explore the multi-sensory room.	Last Thursday of each month 11:00-12:00	Shorefields School 114 Holland Road, Clacton-On-Sea, CO15 6HF	St James Children's Centre/ Natalie Pannell 01255 222503
Lifestyle Coaches	Sign up free for support to make any lifestyle change whether that is Increasing physical activity (special gym prices or just motivational help) Quit smoking Healthy eating etc.	6 sessions - 1-1 - available at times to suit the client	Various venues across the whole of Essex	Provide Essex Lifestyles Service 0300 303 9988
Nursery provision - 2-5s	Free places for eligible 2 year olds and fee-paying places for 2-5s. Free places for 3-5s (15 - 30hrs depending on financial circumstances).	Every day - term-time. Core provision from 8.30-3.15pm with lunch club. £2.50 per hour additional hours. Flexible hours considered .Breakfast and after school clubs if sufficient demand	Sparkles and Little Stars Nursery	
Family learning courses	See White Hall Academy website for current courses		Food tech room or training room	
Cookery	6 week cookery course for YP's aged 12-25. Course is split into two age groups, 12-16 and 17-25.	Weekly for 6 weeks between 4-5.30pm on a Tuesday.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 to be placed on waiting list for cookery
Play and Learn Group	A 10 week play and learn group suitable for pre-school children 1-4 years. The 10 week programme will offer support on Early Years development and School			To register for a place email: <a href="mailto:office@homestartcolchester.org.uk">office@homestartcolchester.org.uk</a> or call 01206 854625

	Readiness, providing a safe learning environment and to make friends.			
HIYA	Harwich Inspired Youth Action - youth forum for YP's aged 11-18 years old. HIYA tackle negative stereotypes of youths by organising and carrying out projects, events and campaigns within the local community.	Sign up is for 10 sessions and we are currently recruiting for the group to start in April 2019.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504 800 to sign up
Wildlife Group	Young people aged 11-25 years old working together to carry out wildlife projects. They can carry out scientific studies, expand knowledge of wildlife and gain valuable experience. There are also various activities that go on through the school holidays such as animal handling etc. Launching in January 2019 is the new badge scheme - young people will complete badges and be presented with a badge and a certificate at the end of the 6 weeks.	Wednesday 3.30-5pm - Badge scheme. 11-14 year olds. Thursday 3.30-5pm - Badge scheme. 11-14 year olds. Thursday 5.30-7pm - badge scheme - 15-25 year olds. Badge are 6 week programmes and people can sign up to as many badges as they want to. 5 will run across the year.	Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP	01255 504800 or teentalkfern@hotmail.com

Waiting lists for parenting courses in Tendring are currently being held at EXTRA  
Contact Marit, Shelly, Charlotte, Emma or Hannah on 01255 475001  
email us [admin@extrasupportforfamilies.co.uk](mailto:admin@extrasupportforfamilies.co.uk)  
or visit our website [www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk)



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Extra Support for Families

**Platform updates on the following areas are available on our website:**

- Drop-ins/coffee mornings**
- Groups for young people**
- Additional Needs support**
- Agency Support & Training**

Please visit [www.extrasupportforfamilies.co.uk](http://www.extrasupportforfamilies.co.uk) and click on the Parents/Carers page.



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