




Parenting Platform Courses/Workshops 10.07.2019

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
 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	Thursday 19 th September 9.30-11.30am	Dovercourt Central Church, 419 Main Rd, Harwich CO12 4EX	EXTRA - Support for Families 01255 475001

	strategies.			
Care (Conflicts/Abuse Resolutions Explored)	This 6 week programme is for parents/carers that have experienced domestic abuse (DA); covering what DA is, warning signs, safety planning, the impact of DA on children, understanding children's emotional needs and how to support and protect them.	Wednesday 11 th September 9.30-11.30am	Park Pavilion, Harwich	EXTRA - Support for Families 01255 475001 Run in partnership with  A FUTURE WITHOUT DOMESTIC ABUSE
SWAN	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.	Monday 16 th September 9.30-11.30am	Coastal Community Centre, Pathfields Road, Clacton on sea	EXTRA - Support for Families 01255 475001



Step by Step Primary	<p>Step by Step Primary is open to all parents of children aged 4-11 years. This 9 week programme aims to help parents develop positive relationships with their child; increase confidence in handling children's behaviour and help parents to make good links with their child's school.</p> <p>The topics covered are: being a parent; developing relationships through play; listening and talking; feelings; praise and rewards; routines, rules and limit setting; managing behaviour and problem solving.</p>	Thursday 12 th September 9.30-11.30am	White Hall Academy, Melbourne Road, Clacton on sea	EXTRA - Support for Families 01255 475001
Coping with loss	<p>This five week programme is for any parent/carer that has experienced themselves or are supporting a child who has experienced loss, be it a friend moving away, a separation or the death of a loved one.</p> <p>This course aims to develop an understanding of the stages of grief and loss and discover ways in which to cope with this process.</p>	Wednesday 18 th September 9.30-11.30am	Coastal Community Centre, Pathfields Road, Clacton on sea	EXTRA - Support for Families 01255 475001
STOP	<p>Stop is a 10 week programme which aims to support parents of children aged 11 - 16 in their relationship with their child and to help reduce family stress. STOP will help parents: to understand why their teenager behaves as they do; have a greater awareness of peer influences on their teenager; to develop effective listening skills; to find ways to praise and encourage their teenager; to set limits for their teenager and reduce confrontation; be</p>	Tuesday 24 th September 12.30-2.30pm	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick	EXTRA - Support for Families 01255 475001

	<p>aware of the drugs available to teenagers and their effects; to find ways to talk about relationships and sex with their teenager; and last but not least, look after themselves as parents</p>			
<p>Managing Anger</p>	<p>The course aims to help parents/carers to understand anger is a natural emotion that we feel when we are threatened, hurt or frustrated. Participants will examine their own individual triggers to anger and the effects this has on thoughts, physical reactions and behaviour. Participants will look at ways of reacting more positively when angry by changing their thoughts, reactions and behaviour. Participants will explore how to keep calm when faced with someone who is angry; look at ways of stopping the anger from escalating and how to keep safe. Finally the relationship between fear and anger will be identified and participants will explore methods of dealing with a variety of situations and develop a personal action plan for managing fear and anger.</p>	<p>Wednesday 6th November 9.30-11.30am</p>	<p>Coastal Community Centre, Pathfields Road, Clacton on sea</p>	<p>EXTRA - Support for Families 01255 475001</p>
<p>Improving your emotional wellbeing</p>	<p>This is a 5 week programme for parents/carers to help them and their children with their social, emotional and mental health. It covers understanding depression; recognising depression; what to do about depression and living with someone who is depressed</p>	<p>Friday 20th September 9.30-11.30am</p>	<p>Harwich TBC</p>	<p>EXTRA - Support for Families 01255 475001</p>
<p>Youth Mental Health First Aid</p>	<p>What you say, how you say it , and how well you listen can have a profound impact on someone who is emotionally distressed or</p>	<p>Thursday 12th September 10am - 2pm</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick</p>	<p>EXTRA - Support for Families 01255 475001</p>

	<p>having a difficult time. Everyone can learn and benefit from YMHFA skills.</p> <p>Youth Mental Health First Aid (MHFA) training is an interactive and practical training course to help you spot the early signs of a mental health problem. It will equip you with tools and techniques to help you, your family, friends and colleagues.</p>			
Building Confidence	<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 will help you to see yourself in a more positive light and increase your ability to ask for what you need or want.</p>	<p>Thursday 19th September 12.30-2.30pm</p>	<p>Home Start Harwich St Nicholas Hall, Stour Road, Harwich</p>	<p>EXTRA - Support for Families 01255 475001</p>
Resilience Workshop	<p>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.</p>	<p>Thursday 19th September 9.30-11.30am</p>	<p>Walton Community Centre, Standley Road, Walton on the Naze</p>	<p>EXTRA - Support for Families 01255 475001</p>
ADHD Workshop	<p>This workshop will help parents/carers to understand Attention Deficit</p>	<p>Monday 23rd September 9.30am-12.30pm</p>	<p>Walton Community Centre, Standley Road,</p>	<p>EXTRA - Support for Families 01255 475001</p>

	Hyperactivity Disorder (ADHD) and give tips on how to manage their children's behaviour		Walton on the Naze	
The Ministry of Parenting - Baby Parent Group Leader Training	This 2-day training is designed for group leaders who plan to implement the Incredible Years® Parents and Babies Program. This 8-10 session program focuses on teaching parents how to provide nurturing parenting to babies including: offering physical, tactile, verbal and visual stimulation, coping with crying babies, safety proofing one's house, and understanding the developmental needs of babies. Group therapy process issues such as empowering parents, collaborating, dealing with resistance, confronting and teaching, supporting and advocating for parents will be discussed. It is recommended (but not required) that group leaders have previously attended the 3-day BASIC Incredible Years® Parent Group Leader Training.	<p>24th & 25th September 9am to 4.30pm £330 p/p (includes a copy of 'Incredible Babies, a Guide and Journal of Your Baby's First Year') Price also includes registration with Incredible Years, refreshments and a light finger buffet lunch.</p> <p>Please note that this training will give you all that you need to know to run an Incredible Years Parent and Baby programme. However, a copy of the Baby Manual will have to be purchased separately, please visit www.incredibleyears.com for an up-to-date price list</p>	Community 360, Winsley's House, High Street, Colchester	<p>Info@theministryofparenting.com 01206 562626</p> <p>Please complete our on line registration form at www.theministryofparenting.com/training-application-form</p>
The Ministry of Parenting - Group Facilitations Skills Training	This course addresses many aspects of the complex activity know as facilitation. From getting groups started and finished, to dealing with conflict. We look at the practicalities of session design and underlying ethical issues. This experiential course is structured to include theoretical inputs, group work and reflections on the experience generated within the group. Participants are expected to attend all sessions as full commitment will be vital for the success of the course. You can expect to come out of the course with greater levels of confidence, skills,	<p>5th, 6th, 12th & 13th November 2019 (4 days) 9am to 4.30pm</p> <p>£440.00 p/p (Price include DVD of facilitation) Refreshments and a light finger buffet are provided on the training</p>	Community 360, Winsley's House, High Street, Colchester	For more information, or to request an Application Form please contact administration@theministryofparenting.com , or call 01206 562626

	knowledge of how groups and their members work and ideas for working practically with groups.			
The Ministry of Parenting - IY School-Aged Trainin	<p>This series focuses on the importance of promoting positive behaviours, interpersonal issues such as building social skills and effective praise.</p> <p>The programme comprises of the following components:</p> <ul style="list-style-type: none"> • Promoting Positive Behaviours in School-Aged Children • Reducing Inappropriate Behaviours in School-Aged Children • Supporting your Child's Education 	<p>17th, 18th & 19th September 2019 (3 days) 9am to 4.30pm £440 p/p (price includes one copy of IY 'Trouble Shooting Guide for Parents of Children Aged 2 - 8 Years'. Price also refreshments, light lunch and registration with Incredible Years)</p> <p>Please note that this training can be done without prior Incredible Years training, this three-day course will give you all that you need to know to run an Incredible Years Parent and Child programme. A copy of the Incredible Years School-Aged manual will have to be purchased separately, please visit www.incredibleyears.com for an up-to-date price list.</p>	<p>Community 360, Winsley's House, High Street, Colchester</p>	<p>For more information and details please contact The Ministry of Parenting e: administration@theministryofparenting.com t: 01206 562626</p>
Moving Parents and Children Together (M-PACT)	<p>Structured 10 session program devised to address parental substance misuse. Parents and children (aged 10-17 years)</p>	Rolling	Various	<p>Sue Peachey 01255 434186 sue.peachey@openroad.org.uk</p>
Parents Under	<p>For parents who have a child under 2 and half and are on a drug or alcohol treatment programme</p>		Across Colchester and	<p>NSPCC Tel 01473 234850</p>

Pressure	20 week programme	 0851 PUP PROFESSIONALS DOU	Tendring	 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	A course for babies up to 6 months; Learn techniques promoting babies development.	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	Speech & Language Course for 2-5 year olds to help support speech & language delay.	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	Learn massage techniques and bond with	Times & Days vary. Call to	Berechurch Childrens	Berechurch Childrens Centre 01206

	<i>your baby in a calm relaxed environment.</i>	<i>book and for more information</i>	<i>Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>578978</i>
<i>Sensory Room</i>	<i>Come and enjoy a calm relaxing sensory experience with your child.</i>	<i>Call to book sensory session between 08:00 & 17:00</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Berechurch Childrens Centre 01206 578978</i>
<i>Sensory Group</i>	<i>For 0-5 year olds to come along and explore the multi-sensory room.</i>	<i>Last Thursday of each month 11:00-12:00</i>	<i>Shorefields School 114 Holland Road, Clacton- On-Sea, CO15 6HF</i>	<i>St James Children's Centre/ Natalie Pannell 01255 222503</i>
<i>Lifestyle Coaches</i>	<i>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.</i>	<i>6 sessions - 1-1 - available at times to suit the client</i>	<i>Various venues across the whole of Essex</i>	<i>Provide Essex Lifestyles Service 0300 303 9988</i>
<i>Nursery provision - 2-5s</i>	<i>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).</i>	<i>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</i>	<i>Sparkles and Little Stars Nursery</i>	
<i>Family learning courses</i>	<i>See White Hall Academy website for current courses</i>		<i>Food tech room or training room</i>	
<i>Cookery</i>	<i>6 week cookery course for YP's aged 12-25. Course is split into two age groups, 12-16 and 17-25.</i>	<i>Weekly for 6 weeks between 4-5.30pm on a Tuesday.</i>	<i>Teen Talk Harwich, 17 Cliff Road, Harwich, CO12 3PP</i>	<i>01255 504800 to be placed on waiting list for cookery</i>
<i>Play and Learn Group</i>	<i>A 10 week play and learn group suitable</i>			

	for pre-school children 1-4 years. The 10 week programme will offer support on Early Years development and School Readiness, providing a safe learning environment and to make friends.			To register for a place email: office@homestartcolchester.org.uk or call 01206 854625
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
or visit our website 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 and click on the Parents/Carers page.



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