



Parenting Platform Courses/Workshops 06.12.2019

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
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.	Tuesday 14 th January 12.30-2.30pm	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick	EXTRA - Support for Families 01255 475001 Run in partnership with 

<p>SWAN</p>	<p>This 11 week course is for parents of children who have additional needs.</p> <p>Within the course parent's individual challenges will be recognised and worked with to introduce positive parenting skills.</p> <p>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.</p> <p>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 15th January 9.30-11.30am</p>	<p>Walton Community Centre, Standley Road, Walton-on-the-Naze</p>	<p>EXTRA - Support for Families 01255 475001</p>
<p>Coping with loss</p>	<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>	<p>Wednesday 18th September 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>Monday 13th January 9.30-11.30am Wednesday 26th February 6-8pm</p>	<p>Cann Hall Primary School, Clacton Sydney House, Maldon Way, Clacton</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 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 23rd January 9.30-11.30am</p>	<p>Jaywick Community Resource Centre, Brooklands Gardens, Jaywick</p>	<p>EXTRA - Support for Families 01255 475001</p>
<p>Resilience Workshop</p>	<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>Friday 24th January 9.30-11.30am</p>	<p>Venue in Clacton to be confirmed</p>	<p>EXTRA - Support for Families 01255 475001</p>

ADHD Workshop	This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and give tips on how to manage their children's behaviour	Monday 23 rd March 9.30-12.30pm	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick	EXTRA - Support for Families 01255 475001
Incredible Years Baby	The Incredible Years Baby course is a 9 week course for expectant parents and parents with babies aged between 0–6 months. 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... Baby 0-6 months attends with the parent	Tuesday 25 th February 10am - 12pm	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick	EXTRA - Support for Families 01255 475001
Coping with Stress and Anxiety	5 Week Course	Saturday 29 th February 10am - 12pm	Sydney House, Maldon Way, Clacton	EXTRA - Support for Families 01255 475001
FLASH Triple A	FLASH Triple A is a new pilot course based on the FLASH Families learning about self-harm programme. The content has been adapted to consider the issues facing parents of a young person with mild/moderate Autism and/or ADHD and/or additional needs and who are exhibiting self-harming behaviour. Who is it for? This is a course for parents and carers of	Flash Tripe A is delivered over 4 Saturday workshops. 10 am-3 pm. Parents/carers need to attend all 4 workshops. We will provide refreshments and a light lunch. Dates of workshops • Workshop1; 18th January 2020 • Workshop 2: 25th	Community 360, Winsley's House, High Street, Colchester	To apply for a place on the FLASH Triple A course please complete a parent's referral form on line see www.theministryofparenting.com/parents For further information or to talk to us to explore if this course is suitable for you please email us at administration@theministryofparenting.com or call us on 01206 562626

	<p>young people aged 11-19 years old who have mild/moderate with Autism and/or ADHD and/or additional needs and who are exhibiting self-harming behaviour. Any adult who has shared responsibility for bringing up a child can attend the group, including stepparents, grandparents and childminders. We welcome parents on their own or with their partners/adult family member.</p>	<p>January 2020</p> <ul style="list-style-type: none"> • Workshop 3: 1st February 2020 • Workshop 4: 8th February 2020: 		
<p>Incredible Years ADHD Programme</p>	<p>The Incredible Years Parenting Programme was developed by Carolyn Webster-Stratton within the University of Washington Parenting Clinic. This group will follow additional protocols for parents of children aged 4-10 years, with ADHD or ADHD traits. The group programme is 16 weeks long and is held for two hours 15 minutes, weekly (excluding school holidays).</p> <p>Who is it for?</p> <p>This is a group course for parents and carers of children aged 4-10 years old who have ADHD or ADHD traits. Any adult who has shared responsibility for bringing up a child can attend the group, including stepparents, grandparents and childminders. We welcome parents on their own or with their partners/adult family member.</p>	<p>The Incredible Years ADHD group is delivered over 16 evenings (we do not run in the school holidays)</p> <p>Start date</p> <p>The next Incredible Years ADHD Programme is starting on the 21st April 2020.</p> <p>Time</p> <p>9.15 am for coffee, 9.30 am start and finish at 11.45 am</p>	<p><i>St Anne's community centre Colchester</i></p>	<p>If you would like to attend this course please complete the parents referral form, see www.theministryofparenting.com/parents this will be on a first come first served basis.</p> <p>For further information or to talk to us to explore if this course is suitable for you please email us at administration@theministryofparenting.com or call us on 01206 562626</p>
<p>Resilience and wellbeing workshops</p>	<p>Learn how to survive and thrive Our course of four 2½ hour workshops will help you develop resilience - equipping you with the ability to face life's challenges and demands from a position of strength. Helping you to become a stronger person, with the ability to "bounce back" from</p>	<p>Various</p>	<p>Various</p>	<p>For more information or to book please contact: 01245 608307 training@interact.org.uk Or visit our website www.interact.org.uk</p>

	<p>life's setbacks. By the end of the course you will have learnt: □ why resilience is important to us as individuals □ how negative thinking can have both a physical and psychological impact □ useful tools to develop personal and workplace resilience □ how to challenge your thinking □ how to develop a personal action plan to help you build resilience Our course will equip you with coping strategies to improve your overall health and wellbeing</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 Pressure	<p>For parents who have a child under 2 and half and are on a drug or alcohol treatment programme 20 week programme</p>	 0851 PUP PROFESSIONALS DOU	Across Colchester and Tendring	<p>NSPCC Tel 01473 234850</p>  PUP referral form.doc
Chatterpillars	<p>A speech and language group for children aged from 2 years</p>	<p>Thursdays 10am-11.30am</p>	<p>Sydney House Family Hub 61a Langham Drive, Clacton CO16 7AG</p>	<p>Sydney House Family Hub Manager 01255 479386</p>
Confident Cooking	<p><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></p>	<p>Friday's 12:00-13:30 - 6 week course.</p>	<p>St James Children Centre, Unit 4, 30 Oxford Road, Clacton-On-Sea. CO15 3TB</p>	<p>St James Children's Centre 01255 222503</p>
Baby Massage	<p><i>A course for babies up to 6 months; Learn techniques promoting babies development.</i></p>	<p>4 week course</p>	<p>Essex Child and Family Wellbeing Service Across areas</p>	<p>Sydney House Hub 01255679386 St James Delivery Site 01255 222 503</p>

				<i>Rainbow Delivery Site 01255 850 475</i>
<i>Chatterpillars</i>	<i>Speech & Language Course for 2-5 year olds to help support speech & language delay.</i>	<i>09:30-10:30 Thursday's for 8 week course. Call to Book</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Michelle Whiteman & Sarah Metcalfe 01206 578978</i>
<i>Confident Cooking</i>	<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>	<i>Monday 10:30-11:30 - 6 week course.</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Lauren Bairstow 01206 578978</i>
<i>Baby Massage</i>	<i>Learn massage techniques and bond with your baby in a calm relaxed environment.</i>	<i>Times & Days vary. Call to book and for more information</i>	<i>Berechurch Childrens Centre, School Lane, Monkwick Avenue, Colchester, Essex, CO2 8NN</i>	<i>Berechurch Childrens Centre 01206 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>
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 Readiness, providing a safe learning environment and to make friends.			To register for a place email: office@homestartcolchester.org.uk or call 01206 854625



Waiting lists for parenting courses in Tendring are currently being held at EXTRA
Contact Marit, Shelly, Charlotte or Emma on 01255 475001
email us admin@extrasupportforfamilies.co.uk
or visit our website www.extrasupportforfamilies.co.uk



@Extra2009



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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