



## Parenting Platform Courses/Workshops 16.07.2020

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

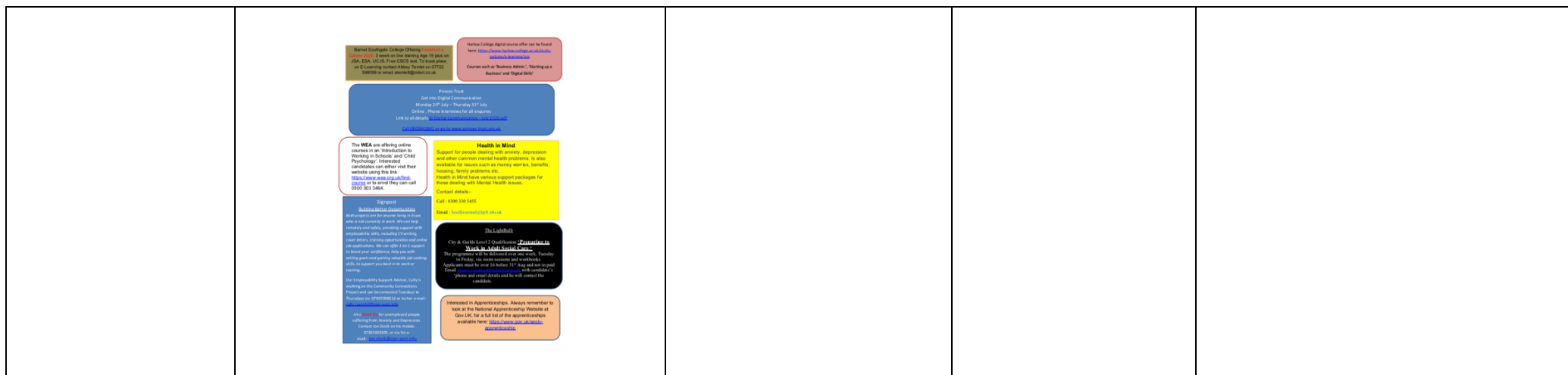
## COVID-19 update

Activity name	Activity details	Start Date	Venue	Who to contact
EXTRA Courses	Limited programme. Autumn term course list - to be confirmed	Week commencing 14 <sup>th</sup> September 2020	Jaywick Community Resource Centre	Extra - Support for Families 07794 991987 or 07794 992080 or 07507 335125 <a href="mailto:admin@extrasupportforfamilies.co.uk">admin@extrasupportforfamilies.co.uk</a>
TEEN FLASH	TEEN FLASH Teen FLASH is a project working with young people (aged between 11-16) who are coping with their daily lives by engaging in self-harming behaviours and their parents/or carers. Young people and parents/carers attend separate workshop groups which have linked themes. The young person's	TEEN FLASH runs over 5 dates; the first date is an introduction workshop. This allows young people to attend a single workshop before deciding whether they wish to attend the remaining 4 workshops.	Outhouse East - pending COVID 19 guidance on social distancing.	To apply for a place on the TEEN FLASH course please complete a referral form on-line at: <a href="http://www.theministryofparenting.com/parents">www.theministryofparenting.com/parents</a>  For further information or to talk to us to explore if this course is suitable for you please email us at:

	<p>workshops are called TEEN FLASH and the parents workshops are called FLASH (FLASH stands for Families Learning About Self Harm) .</p> <p>Our hope would be for parents/carers to attend FLASH and for the young person to attend TEEN FLASH, but if this isn't possible one may attend 'their' appropriate group without the other person attending. The non-attender may attend the next group after their adult/young person has completed their series of workshops if they wish.</p> <p>Who is it for?</p> <p>TEEN FLASH is for young people aged 11 - 16 who are coping with their daily lives by using self-harm. .</p> <p>Please be aware places are limited to accommodate social distancing and dates and venue may be changed depending on Covid-19 guidelines</p>	<p>Refreshments and a light lunch are provided.</p> <p>Dates of Colchester workshops</p> <p>Introduction workshop: 17/10/2020</p> <p>Workshop 1 24/10/2020</p> <p>Workshop 2 07/11/2020</p> <p>Workshop 3 21/11/2020</p> <p>Workshop 4 05/12/2020</p> <p>Dates of Clacton workshops</p> <p>Introduction workshop: 30/01/2021</p> <p>Workshop 1 13/02/2021</p> <p>Workshop 2 27/02/2021</p> <p>Workshop 3 13/03/2021</p> <p>Workshop 4 27/03/2021</p>	<p>Venue in Clacton to be confirmed</p>	<p>administration@theministryofparenting.com or call us on 01206 562626</p>
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<p>FLASH</p>	<p>FLASH (Families learning about self-harm programme.)</p> <p>Who is it for? This is a course for parents and carers of young people aged 11-16 years old 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/or an adult family member.</p> <p>Please be aware places are limited to accommodate social distancing and dates and venue may be changed depending on Covid-19 guidelines</p>	<p>FLASH is delivered over 4 Saturday workshops. 11.00 - 16.00</p> <p>Parents/carers need to attend all 4 workshops. Refreshments and a light lunch are provided.</p> <p>Dates of Colchester workshops</p> <p>Workshop 1 24/10/2020</p> <p>Workshop 2 07/11/2020</p> <p>Workshop 3 21/11/2020</p> <p>Workshop 4 05/12/2020</p> <p>Dates of Clacton workshops</p> <p>Workshop 1 13/02/2021</p> <p>Workshop 2 27/02/2021</p> <p>Workshop 3 13/03/2021</p> <p>Workshop 4 27/03/2021</p>	<p>Community 360, Winsley's House, High Street, Colchester - pending COVID 19 social distancing guidance</p> <p>Clacton- to be confirmed</p>	<p>To apply for a place on the FLASH course please complete a parent's referral form on-line at: <a href="http://www.theministryofparenting.com/parents">www.theministryofparenting.com/parents</a></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>
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<p><b>Incredible Years ADHD Programme</b></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><b>Who is it for?</b></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/or an 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 The next Incredible Years ADHD Programme starts on Tuesday 08/09/2020</p> <p>Timings: 9.15 for coffee, 9.30 start and 11.45 finish.</p>	<p>The Oak Tree Centre 252 Harwich Road Colchester CO4 3DH</p>	<p>There are limited places left on the September course. Referrals for the course in 2021 (funding dependant) please complete the parents referral form:</p> <p><a href="http://www.theministryofparenting.com/parents">www.theministryofparenting.com/parents</a> 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 <a href="mailto:administration@theministryofparenting.com">administration@theministryofparenting.com</a> or call us on 01206 562626</p>
<p><b>Job Centre Plus</b></p>	<p>Various training opportunities available within the Tendring/Essex area:</p> 	<p>n/a</p>	<p>n/a</p>	<p>Alternative training providers available:</p> <p>Learn My Way has free courses for you to learn digital skills to stay safe and connected. <a href="https://www.learnmyway.com/">https://www.learnmyway.com/</a></p> <p>The Skills Tool Kit has free digital and numeracy courses to build your skills, <a href="https://theskillstoolkit.campaign.gov.uk/">https://theskillstoolkit.campaign.gov.uk/</a></p> <p>ACL <a href="https://aclessex.com/online-courses/">https://aclessex.com/online-courses/</a></p>



# Pre COVID-19 update

(EXTRA cannot confirm these are still running, please contact relevant organisation)

Activity name	Activity details	Start Date	Venue	Who to contact
Resilience and wellbeing workshops	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 life's setbacks. By the end of the course you will have learnt: <ul style="list-style-type: none"> <li>why resilience is important to us as individuals</li> <li>how negative thinking can have both a physical and psychological impact</li> <li>useful tools to develop personal and workplace resilience</li> <li>how to challenge your thinking</li> <li>how to develop a personal action plan to help you build resilience</li> </ul> Our course will equip you	Various	Various	For more information or to book please contact: 01245 608307 training@interact.org.uk Or visit our website www.interact.org.uk

	with coping strategies to improve your overall health and wellbeing			
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
<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>Friday's 12:00-13:30 - 6 week course.</i>	<i>St James Children Centre, Unit 4, 30 Oxford Road, Clacton-On-Sea. CO15 3TB</i>	<i>St James Children's Centre 01255 222503</i>
<i>Baby Massage</i>	<i>A course for babies up to 6 months; Learn techniques promoting babies development.</i>	<i>4 week course</i>	<i>Essex Child and Family Wellbeing Service</i>  Across areas	<i>Sydney House Hub 01255679386 St James Delivery Site 01255 222 503 Rainbow Delivery Site 01255 850 475</i>
<i>Chatterpillars</i>	<i>Speech &amp; Language Course for 2-5 year olds to help support speech &amp; 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 &amp; 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 &amp; 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 &amp; 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	
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.			<i>To register for a place email: <a href="mailto:office@homestartcolchester.org.uk">office@homestartcolchester.org.uk</a> or call 01206 854625</i>





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](mailto:admin@extrasupportforfamilies.co.uk)  
or visit our website [www.extrasupportforfamilies.co.uk](http://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](http://www.extrasupportforfamilies.co.uk) and click on the Parents/Carers page.



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