



Parenting Platform Courses/Workshops 16.12.2020

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
 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. Spring term course list available online at: https://www.extrasupportforfamilies.co.uk/summer-2020-programme-2/	Week commencing 11 th January 2021	Online via Zoom	Extra - Support for Families 07794 991987 or 07794 992080 or 07507 335125 admin@extrasupportforfamilies.co.uk
Youth MHFA Funded through Essex learning Partnership Fund (ACL)	To become a qualified Youth Mental health First Aider this costs £35 per person for the materials (manual, workbook, certificate and action car including postage). Aims:	4 sessions 10:00 to 15:00 possible to finish at 13:30 on sessions 2,3,4 4 th 11 th 18 th 25 th March 2021	Online registration through Zoom	Lesley Bailey 07908616149 Lesley.bailey@interact.org.uk

	<ol style="list-style-type: none"> 1. Preserve life where a young person may be a danger to themselves or others 2. Provide help to prevent the mental health issue developing into a more serious state 3. Promote the recovery of good mental health 4. Provide comfort to a young person experiencing a mental health issue 5. Raise awareness of mental health issues in the community 6. Reduce the stigma and discrimination. 			
<p>Developing Self-care, resilience and Wellbeing Funded through Essex learning Partnership Fund (ACL)</p>	<p>The aim is to build parent's/carer's/foster carer's resilience so they are well placed to enjoy their journey bringing up their children with special needs. The course offers a structure which parents/carers can:</p> <ul style="list-style-type: none"> • Share and explore their travels so far • Take note of and celebrate the skills they have acquired along the way • Map their needs in preparation for the next adventure • Practice and rehearse possible strategies for building their skills and strengthening their resolve to journey on. <p>The cost is £20 per person for the materials posted out as a booklet.</p>	<p>4 sessions 10:00 to 13:00 5th 12th 19th 26th March 2021</p>	<p>Online registration through zoom</p>	<p>Lesley Bailey 07908616149 Lesley.bailey@interact.org.uk</p>
<p>TEEN FLASH</p>		<p>TEEN FLASH runs over 5 Saturday's ; the first date is</p>	<p>OUTHOUSE EAST</p>	<p>Debbi Barnes</p>

	<p>Is a group programme for young people aged 11 - 16 who use self harm as a way to manage their lives. This is not group therapy. The workshops aim to create better listening and communication in personal relationships between young people and their parent/carer and provide some ideas about dealing with the impulse of self-harming and self-harm itself. In doing this we hope to reduce the emotional stress within the family and create more positive changes in behaviour. We also hope to raise the young persons self-esteem and reduce some anxieties.</p>	<p>an introduction workshop. This allows the young person to come to the first session before deciding whether they want to continue with the other 4 workshops.</p> <p>Timings: 11:00 -16:00</p> <p>Introduction session Sat 30th Jan 2021</p> <p>Workshop One Sat 13/02/2021</p> <p>Workshop Two Sat 27/02/2021</p> <p>Workshop Three Sat 13/03/2021</p> <p>Workshop Four Sat 27/03/2021</p>	<p>East Hill Colchester</p>	<p>01206 562626 Debbi.barnes@theministryofparenting.com</p>
<p>FLASH</p>	<p>Adult programme that sits alongside TEEN FLASH.</p> <p>FLASH stands for 'Families Learning About Self-harm'. This programme was designed to address young person's mental health issues by supporting young people and their carers who self-harm, through offering a formal parent-based intervention in the format of a parenting programme to the parents/carers. This is to enable the parent/carer to integrate the role of a parent with how to manage and support young people who exhibit self-harming behaviours.</p> <p>Parents, carers and close family members with a young person aged 11- 16 years can be referred to the workshops when the</p>	<p>FLASH runs over four alternate Saturday's, with TEEN FLASH running alongside it.</p> <p>Please note all four workshops must be attended</p> <p>Saturday 13th February 2021: Exploring What is Self-harm, Reasons, Risks</p> <p>Saturday 27th February 2021: Understanding How to Listen and Raise Self-Esteem</p>	<p>Cardinal Bourne Hall (Next to St James the less Church Hall) Priory Street Colchester CO1 2QB</p> <p>Public car park opposite</p>	<p>Jeannie Gordon 01206 562626 administration@theministryofparenting.com</p>

	<p>young person's self-harming behaviours are impacting on the family as a whole. Approximately 13 adults are invited to each series of workshops.</p>	<p>Saturday 13th March 2021: Managing the Behaviour Within the Family Environment</p> <p>Saturday 21st March 2021: Coping Strategies for Parents</p> <p>Timings: 11:00 - 16:00</p>		
Essex Child & Family Wellbeing Service	<p>Talk Together Our workshop for parents and children focusing on speech and language support for children aged 18mth-3yrs</p>	<p>Mondays 11:00am - 12noon</p> <p>Thursdays 1:00pm - 2:00pm</p>	Virtual support	<p>0300 247 0015</p> <p>Facebook: Sydney House Family Hub - Tendring District</p> <p>Keep updated with our events by regularly visiting our Facebook page</p>
Essex Child & Family Wellbeing Service	<p>First Time Parents Our 3-week course for first time parents with a baby from 6 weeks old. Covering a range of topics and offering you the opportunities to share experiences and meet other new parents.</p>	<p>Mondays 12:30 - 1:30pm</p> <p>Fridays 11:15am - 12:15pm</p>	Virtual support	<p>0300 247 0015</p> <p>Facebook: Sydney House Family Hub - Tendring District</p> <p>Keep updated with our events by regularly visiting our Facebook page</p>
Essex Child & Family Wellbeing Service	<p>Ready Steady A supportive 3-week child development course. By referral only.</p>	<p>Tuesdays 11:30am - 12:30pm</p>	Virtual support	<p>0300 247 0015</p> <p>Facebook: Sydney House Family Hub - Tendring District</p>

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Essex Child & Family Wellbeing Service	I Can Do It Our 2-week course supporting your child's development to be school ready.	Tuesdays 11:30am - 12:30pm	Virtual support	0300 247 0015 Facebook: Sydney House Family Hub - Tendring District Keep updated with our events by regularly visiting our Facebook page
Essex Child & Family Wellbeing Service	Typical Toddler Behaviour Our NEW 2-week workshop to look at what is typical toddler behaviour. This covers tantrums, boundaries and routines, biting, bedtime routine, fussy eating, dummy uses and sharing.	Tuesdays 1:30-2:30pm	Virtual support	0300 247 0015 Facebook: Sydney House Family Hub - Tendring District Keep updated with our events by regularly visiting our Facebook page
Essex Child & Family Wellbeing Service	Preparing for Baby Our interactive workshop supports managing expectations and the reality of becoming a new parent.	Wednesdays 10:00am - 11:30am	Virtual support	0300 247 0015 Facebook: Sydney House Family Hub - Tendring District Keep updated with our events by regularly visiting our Facebook page
Essex Child & Family Wellbeing Service	Baby Beginnings A 10-week rolling programme to support you and your baby's learning and development in a fun way.	Thursdays 10:00am - 11:0am	Virtual support	0300 247 0015 Facebook:

				Sydney House Family Hub - Tendring District Keep updated with our events by regularly visiting our Facebook page
Essex Child & Family Wellbeing Service	Introducing Solids Learn how you begin introducing solid foods to your baby.	Fridays 10:00am - 11:00am	Virtual support	0300 247 0015 Facebook: Sydney House Family Hub - Tendring District Keep updated with our events by regularly visiting our Facebook page
Essex Child & Family Wellbeing Service	Toilet training support One-off workshop to support you with toilet training your child. For children aged 18 months - 2½ years	Fridays 1:00pm - 2:00pm	Virtual support	0300 247 0015 Facebook: Sydney House Family Hub - Tendring District Keep updated with our events by regularly visiting our Facebook page

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
Job Centre Plus	Various training opportunities available within the Tendring/Essex area	n/a	n/a	Alternative training providers available:

				<p>Learn My Way has free courses for you to learn digital skills to stay safe and connected. https://www.learnmyway.com/</p> <p>The Skills Tool Kit has free digital and numeracy courses to build your skills, https://theskillstoolkit.campaign.gov.uk/</p> <p>ACL https://aclessex.com/online-courses/</p>
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	<p>Sue Peachey 01255 434186 sue.peachey@openroad.org.uk</p>
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	<p>NSPCC Tel 01473 234850  PUP referral form.doc</p>
<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	
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: office@homestartcolchester.org.uk 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
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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