



Parenting Platform Courses/Workshops 14.07.2021

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
Managing Anxiety Online	This 7 week programme aims to help parents/carers manage their own and/or their child's anxiety. Within the course we examine what anxiety is and how it effects one's thoughts, feelings, body and behaviour. It explores how to interrupt the anxiety cycle by challenging negative thoughts and ways of managing the physical effects of anxiety.	Monday 10 th January 12:00 - 1:15pm	Limited spaces via Zoom	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk

<p>Emotional Wellbeing course (Content tbc following parent/carer consultation)</p>	<p>This 5 week course is for parents/carers who wish to improve their emotional health and wellbeing.</p>	<p>Tuesday 22nd February 11:45 - 1:45pm</p>	<p>Dual Delivery Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP & Via Zoom.</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>
<p>SWAN</p>	<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>Friday 14th January 11:30 - 1:30pm.</p>	<p>Dual Delivery Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP & Via Zoom.</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>
<p>Primary Step By Step.</p>	<p>Step by Step Primary is open to all parents of children aged 4-11 years. This 8 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. The topics covered are: being a parent; developing relationships through play; listening</p>	<p>Thursday 20th January 9:30 - 11:30am</p>	<p>White Hall Academy, Melbourne Road, Clacton-on-sea.</p>	<p>Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk</p>

	and talking; feelings; praise and rewards; routines, rules and limit setting; managing behaviour and problem solving.			
Hand in Hand	'Hand in Hand' is a 10 week programme for mothers with experiences of domestic and/or sexual abuse. It aims to empower and support survivors in furthering their understanding of their role as mothers and in addressing the needs of children and young people who have lived with domestic abuse.	Wednesday 19 th January 10 - 11:30am	Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, CO15 2JP & Via Zoom.	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk held in partnership with  A FUTURE WITHOUT DOMESTIC ABUSE
Mindfulness	This 6-week course is for parents/carers of young children and young teens. In the course we explore many aspects of parenting and how bringing mindfulness to our roles as parents not only enhances our own well-being and lives but also those of our children. Mindful parenting can help reduce parents' stress, boost confidence in all aspects of life, bringing calm, ease, kindness and fun into daily living. We introduce practices to use at home with your children, designed to complement the adult practices that you learn each week. These are fun and offer a rewarding new way to spend time with your child. The Course includes a Journal for Parents, booklet of children's practices & 6 mindfulness recordings.	Date & time t.b.c	Zoom	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
ADHD Workshop	This workshop will help parents/carers to understand Attention Deficit Hyperactivity Disorder (ADHD) and	Wednesday 9 th February 10 - 11:30am	Zoom	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk

	give tips on how to positively manage their children's behaviour			
Coping With Defiant Behaviour Workshop.	This workshop will explore why children can become defiant and look at strategies of coping with defiant behaviour while reducing the need for this behaviour.	Time & Date TBC.	TBC	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
Sing & Sign Workshop.	Classes teach baby signing through music, songs and lots of fun interaction with props! Signing helps reduce frustration & encourages early communication	Time & Date TBC.	TBC	Extra - Support for Families 01255475001 admin@extrasupportforfamilies.co.uk
<i>An introduction to specific learning difficulties</i> C2228587	<i>This is a short introductory course about specific learning difficulties (SpLDs). We will consider how SpLDs can affect learning and look at strategies to support the individual.</i> <i>In this short course, we will focus on a different specific learning difficulty (SpLD) each week. In week 1, we consider Attention Deficit Hyperactivity Disorder (ADHD) focusing on signs and symptoms of the condition, how learning may be affected, and strategies/ interventions that may be beneficial for the individual. The focus of the next couple of weeks is on dyslexia and dyspraxia. In the final session, we will look at co-occurring conditions, assessments and Education, Health and Care plans (EHCPs)</i>	06.01.2022, 10.01.2022, 13.01.2022, 17.01.2022 12.30 - 2.30	online	Sally Ridealgh sridealgh@wea.org.uk 07919 144232 <u>Enrol here</u>
FLASH	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 next set of face to face FLASH workshops will start in February 2022	Colchester Centre	Jeannie gordon 01206 562626 administration@theministryofparenting.com

	<p>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 young person's self-harming behaviours are impacting on the family as a whole.</p> <p>Approximately 13 adults are invited to each series of workshops.</p>			
STOP	<p>The STOP programme is a ten week step-by-step course for parents with pre-teen or teenagers (10-16 year old's). STOP aims to improve family communication through learning how to really listen and de-code what a pre-teen/teenager is really saying or needing. This course will increase a parent's knowledge on effective behaviour management skills and help them feel in control yet still be able to sensitively respond to their pre-teen/teenagers psychological, physical and emotional needs. The STOP Programme also gives information on key parental concerns for this age group such as drugs, drink, sexual</p>	TBC	Colchester Town centre.	<p>Debbi Barnes 01206 562626 Debbi.barnes@theministryofparenting.com</p>

	<p>health and aggression in young people. This course is mindful of parents/carers needs and emotions as well as the teenagers.</p> <p>Who is it for? This is a group course for parents and carers of children aged 10-16 years old. Any adult who has sole (or shares care with a partner who is not the child's biological parent) responsibility for bringing up a child can attend the group.</p>			
<p>The Incredible Years ADHD Group</p>	<p>This group will follow additional protocols for parents of children aged 4-10 years, with ADHD or ADHD traits. The group programme is 13 weeks long and is held for two hours, weekly (excluding school holidays).</p> <p>Please be aware, the group is popular and is often oversubscribed therefore, we operate a waiting list (based on date referred into our service). This year we have the added limitation of social distancing which has limited the number of places we can offer.</p> <p>Who is it for? This is a group course for parents and</p>	<p>The Incredible Years ADHD group will be delivered over 13 sessions (we do not run in the school holidays)</p> <p>Start date</p> <p>10th January 2022 (Monday evenings)</p> <p>15th March 2022 (Tuesday Mornings)</p>	<p>At St Anne's Community Centre , Colchester</p>	<p>Jeannie gordon</p> <p>administration@theministryofparenting.com or call us on 01206 562626</p>

	carers of children aged 4-10 years old who have ADHD or ADHD traits. Any adult who has sole (or shared care with a partner who is not the child's biological parent) responsibility for bringing up a child can attend the group.			
<i>Singing sessions Virtual</i>	<i>Come and have fun talking and singing with your child while building their confidence and developing language skills. (please note that your sound will be turned off so we won't hear your singing!)</i>	Tuesdays <i>Toddlers 9.30am - 10am Babies 10.30am - 11am Please call to book your space</i>	Virtual	<i>Essex Child and Family Wellbeing Service 0300 247 0015</i>
<i>First Time parents virtual session</i>	<i>Our three 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</i>	Mondays 12.30pm - 1.30pm or Fridays 11.15am - 12.15pm <i>Please call to book your space</i>	Virtual	<i>Essex Child and Family Wellbeing Service 0300 247 0015</i>
<i>Butterflies Virtual and Face to Face</i>	<i>A peer support group for parents and carers affected by any mental health issues and or substance and alcohol misuse. Delivered in partnership with futures in mind</i>	First Wednesday of the month 1pm - 2pm <i>Please call to book your space</i>	Virtual	<i>Essex Child and Family Wellbeing Service 0300 247 0015</i>
<i>Weeley Barnardo's Family Big Toddle, Nature hunt and family picnic</i>	<i>Help us find the Safari animals and tick them off your list as you toddle around the park at our family event. Then have fun hunting for the natural items in our nature hunt and bring along a picnic and a blanket along with your favourite animal toy as we get together for a picnic in the park.</i>	Thursday 12th August 11am - 12.30pm	Weeley Playing Field Clacton Road. Weeley. Essex. CO16 9DN	<i>Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk</i>

<i>Big Toddle, Nature hunt and family picnic</i>	<i>Help us find the Safari animals and tick them off your list as you toddle around the park at our family event. Then have fun hunting for the natural items in our nature hunt and bring along a picnic and a blanket along with your favourite animal toy as we get together for a picnic in the park.</i>	Thursday 19th August 11am – 12.30pm	Welfare Park Garland Road, Parkeston, Harwich, CO12 4PA	<i>Emma Stewart</i> 0300 247 0015 <i>Emma.stewart@barnardos.org.uk</i>
<i>Baby Beginnings</i>	<i>A 10week face to face programme to support you and your babies development in a fun way.</i>	Wednesdays 10am – 11.30am Please call to book your space	Sydney House Family Hub 61a Langham Drive Clacton-on-sea Essex CO16 7AG	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015
<i>Bookable Baby Self Weigh session</i>	<i>An opportunity to weigh your baby/toddler and speak to one of our Healthy Family Support Practitioners/Assistants about your child's growth and development</i>	<i>Days and Times available may vary please call to book your space</i>	Sydney House Family Hub 61a Langham Drive Clacton-on-sea Essex CO16 7AG	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015
<i>Talk together Virtual sessions</i>	<i>Talk together - Our Workshop for parents and children focusing on speech and language support for children aged 18mths - 3yrs</i>	<i>Mondays 11am - 12noon</i> <i>Or</i> <i>Thursdays 1pm - 2pm</i> <i>please call to book your space</i>	Virtual	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015
<i>Bursting bubbles SEND support group Virtual session</i>	<i>An informal support for families who have a child with social, emotional or communication delay.</i>	<i>Last Monday of the month 1.30pm - 2.30pm</i> <i>Please call to be added to the session</i>	Virtual	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015
<i>Preparing for Baby Virtual session</i>	<i>Our interactive workshop supports managing expectations and the reality of becoming a new parent.</i>	<i>Wednesdays 10am - 11.30am</i> <i>Please call to book your space</i>	Virtual	<i>Essex Child and Family Wellbeing Service</i> 0300 247 0015

<p>'Say Hi' Family walks</p>	<p><i>Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</i></p> <p><i>No need to book - Just turn up</i></p>	<p>Clacton: 1st Wednesday of each month at 11am, meet us outside the lifeboat station CO15 1BW. 7th July & 4th August - (Inc. Teddy Bears Picnic afterwards- bring your own picnic) & 1st September.</p> <p>Please wear a mask to ensure everyone's safety</p>	<p>Clacton</p>	<p><i>Emma Stewart</i> <i>0300 247 0015</i> <i>Emma.stewart@barnardos.org.uk</i></p>
<p>'Say Hi' Family walks</p>	<p><i>Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</i></p> <p><i>No need to book - Just turn up</i></p>	<p>Harwich: 2nd Wednesday of each month at 11am, meet us outside Harwich Library CO12 3JT. 14th July & 11th August - (Inc. Teddy Bears Picnic afterwards, bring your own picnic) & 8th September.</p> <p>Please wear a mask to ensure everyone's safety</p>	<p>Harwich</p>	<p><i>Emma Stewart</i> <i>0300 247 0015</i> <i>Emma.stewart@barnardos.org.uk</i></p>
<p>'Say Hi' Family walks</p>	<p><i>Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families</i></p>	<p>Wivenhoe:</p>	<p>Wivenhoe</p>	<p><i>Emma Stewart</i> <i>0300 247 0015</i></p>

	<p>are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</p> <p>No need to book - Just turn up</p>	<p>3rd Monday of each month at 1.30pm, meet us at near the train station CO7 9DJ. 19th July, 16th August & 23rd September. Please wear a mask to ensure everyone's safety</p>		<p>Emma.stewart@barnardos.org.uk</p>
<p>'Say Hi' Family walks</p>	<p>Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</p> <p>No need to book - Just turn up</p>	<p>Walton: 3rd Wednesday of each month at 11am, meet us outside Walton Pier CO14 8ES. 21st July & 18th August - (Inc. Teddy Bears Picnic afterwards, bring your own picnic) & 15th September.</p> <p>Please wear a mask to ensure everyone's safety</p>	<p>Walton</p>	<p>Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk</p>
<p>'Say Hi' Family walks</p>	<p>Meet other families for a gentle family walk and talk, walks are Monthly in each area but take place weekly across Tendring. Families are welcome to join us monthly for their local walk (and encouraged to meet up for unled walks in the weeks in between) or if able to travel can attend any of the led walks. We try to include the opportunity for a group chat. For August walks please bring along a picnic and blanket (Teddy bears welcome too) for after the walk.</p> <p>No need to book - Just turn up</p>	<p>Manningtree: 4th Wednesday of each month at 11am, meet us at the beach in Quay Street CO11 1AU. 28th July & 25th August- (Inc. Teddy Bears Picnic afterwards- bring your own picnic) & 22nd September.</p> <p>Please wear a mask to ensure everyone's safety</p>	<p>Manningtree</p>	<p>Emma Stewart 0300 247 0015 Emma.stewart@barnardos.org.uk</p>

<i>Toilet training support</i> <i>Virtual Session</i>	<i>One off workshop to support you with toilet training your child. For children aged 18months - 2 ½ years</i>	<i>Wednesdays</i> <i>10am - 11.30am</i> <i>Please call to book your space</i>	Virtual	<i>Essex Child and Family Wellbeing Service</i> <i>0300 247 0015</i>
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<p>'Ready for Employment Buddy' project</p>	<p>Are you autistic, unemployed and over the age of 25? Autism Anglia invites you to apply for a 7-week programme to help & guide you to prepare for work.</p> <p>7-week programme to build confidence, increases personal skills, CV writing, completing application forms and preparing for interviews. During the programme you will be matched to a 'buddy' who will support you throughout the duration of the course. There will be weekly sessions to attend. The programme will also cover how to prepare for the first day at work, apprenticeships or volunteering placement as well as money management.</p> <p>The information for participants gives an age range of 25+, the programme can be accessed by younger autistic people, 18 - 24 years, if it is suitable for them. The participants do not need to have a diagnosis of autism.</p> <p>In conjunction with:</p> 	<p><i>For more information contact your work coach.</i></p>		<p><i>Contact your work coach at the Job Centre.</i></p>
<p>'Ready for Employment Buddy' project - Volunteer Mentoring</p>	<p>Are you over 25 and unemployed? Do you have an interest in Support Work or Social Care, helping people and providing autistic people with opportunities?</p> <p>7-week mentoring volunteer programme supporting autistic adults through a series of workshops (one per week), which will help them to prepare for employment. The sessions will teach them how to build</p>	<p><i>For more information contact your work coach.</i></p>		<p><i>Contact your work coach at the Job Centre.</i></p>

	<p>confidence, personal skills and strengths, CV writing, complete application forms and preparing for interviews. The programme will also cover how to prepare for the first day at work, apprenticeships or volunteering placement as well as money management.</p> <p>As a volunteer you will receive Autism Awareness Training and you will learn the vital skills you need to become a support worker.</p> <p>In conjunction with:</p> 			
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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	<p>Alternative training providers available:</p> <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>

				ACL https://aclessex.com/online-courses/
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 sue.peachey@openroad.org.uk
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
<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>
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<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.			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



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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