




Parenting Platform Courses/Workshops 05/07/2018

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	TBC	TBC	EXTRA - Support for Families 01255 475001

	strategies.			
SWAN	<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>	TBC	TBC	EXTRA - Support for Families 01255 475001
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>	TBC	TBC	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;</p>	Thursday 13 th September 9.30-11.30am	White Hall Academy, Clacton	EXTRA - Support for Families 01255 475001

	<p>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>			
<p>CARE (Conflict/Abuse Resolutions Explored)</p>	<p>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.</p>	<p>Wednesday 12th September 12.30-2.30pm</p>	<p>Jaywick Community Resource Centre</p>	<p>EXTRA - Support for Families 01255 475001</p> <p>Working in Partnership with</p> <p>colchester & tendring  women's refuge</p>
<p>STOP</p>	<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 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>TBC</p>	<p>TBC</p>	<p>EXTRA - Support for Families 01255 475001</p>

IV Baby	<p>The Incredible Years Baby course is a 9 week course for expectant parents and parents with babies aged between 0—6 months.</p> <p>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...</p> <p>Baby 0-6 months attends with the parent</p>	Tuesday 11 th September 12.30-2.30pm	Harwich Library	EXTRA - Support for Families 01255 475001
Mindfulness	<p>This is a 5 week programme for parents/carers to help:</p> <p>build an understanding of the physical/emotional impact of anxiety and stress; explore concepts of mindfulness, relaxation and meditation; understand the benefits of mindfulness on health and emotional wellbeing; and offer ideas of mindfulness, relaxation and meditation to share with children.</p>	Thursday 8 th November 9.30-11.30am	Jaywick Community Resource Centre	EXTRA - Support for Families 01255 475001
Learning to Relax	<p>This course aims to help individuals:</p> <ul style="list-style-type: none"> • Discover how much time they spend relaxing , examine how leisure and relaxation time is used and explore different ways to relax • Understand the cause of physical tension, become aware of physical tension building and practice 	Wednesday 7 th November 9.30-11.30am	Coastal Community Centre	EXTRA - Support for Families 01255 475001

	<p>methods of relieving physical tension</p> <ul style="list-style-type: none"> • Understand the need for mental relaxation, raise awareness of mental and emotional tension and practice a method of relieving mental tension • Learn to use calming self-talk to avoid tension and anxiety building, combine calming self-talk with other tension relieving methods and work out individual plans to avoid tension and anxiety building in different situations 			
Staying Positive	<p>This course will:</p> <ul style="list-style-type: none"> • Explore whether individuals have positive or negative tendencies, demonstrate the benefits of focussing on the positive and practice focussing on the positive • Increase coping skills by developing positive attitude, explore how to change negative self-talk to positive self-talk and practice focusing on the positive • Explore methods to bolster resilience, remain resilient when the going gets tough and practice ways to strengthen resilience • Help individuals to write a statement to guide them through good and bad times, to encourage persistence and resilience and gain confidence 	<p>Wednesday 12th September 9.30-11.30am</p>	<p>Coastal Community Centre</p>	<p>EXTRA - Support for Families 01255 475001</p>

	from their strengths			
Managing Stress	<p>This course will:</p> <ul style="list-style-type: none"> • Examine stress, the different forms it takes and understanding the effect it has on individuals • Explore the use of self-talk to reduce anxiety • Acknowledge causes of personal stress, explore strategies to cope with stress and develop a personal action plan • Acknowledge the need for support, explore what support is needed and make a plan to use the support available 	Monday 5 th November 9.30-11.30am	Coastal Community Centre	EXTRA - Support for Families 01255 475001
Managing Worries/Anxiety	<p>This course will:</p> <ul style="list-style-type: none"> • Explore worry and anxiety and their sources • Explore a range of methods to manage worry and anxiety to find the most suitable one for each individual • Explore worries and anxiety about the future and assumptions we make and create action plans to deal with these worries and anxiety • Learn how to gain control of 	Monday 10 th September 9.30-11.30am	Coastal Community Centre	EXTRA - Support for Families 01255 475001

	time spent worrying and find ways to let go of unimportant worries			
Messy Play Workshop	Messy fun for children aged 5 and under! All children must be accompanied by an adult. Spaces are limited.	Wednesday 22 nd August Wednesday 29 th August 10am - 12pm	Jaywick Community Resource Centre	EXTRA - Support for Families 01255 475001
RAP & FLASH FLASH is part of the new RAP project Risky Adolescents & Parents	4 workshops for young people who self-harm 4 workshops for parents of young people who self-harm Run on alternate Saturday's	Starting September.. 11.00 - 4.00pm young people workshops 10.00 - 3.00 parents workshops	3 sets of workshops to be delivered. 2 in Colchester (wellington House) and 1 in Tendring area. Venue TBC	Debbi Barnes @ The Ministry of Parenting. Email : info@theministryofparenting.com Phone no: 01206 562626
STOP group	10 week parenting programme for parents of teens 10 -16.	4th October - 13th December 6.15 - 20.15 10 weeks (does not run during half term)	MOP Wellington House Colchester CO3 3DA	Debbi Barnes 01206 562626 Debbi.barnes@theministryofparenting.com
Complementary Therapies	A 7 week course to explore and experience how to practise your choice of complementary therapies such as massage, reflexology and indian head massage and see how these therapies can make a positive contribution to your own health and well being	5th September - 17th October 12.30 - 2.30	Clacton Coastal Community Centre, Pathfields, Clacton on Sea, Essex	Sally Ridealgh sridealgh@wea.org.uk 07919 144232 Or to enrol 0300 303 3464 quote C2225877
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
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>	<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>
Baby Massage	<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> <i>Across areas</i>	<i>Sydney House Hub 01255679386</i> <i>St James Delivery Site 01255 222 503</i> <i>Rainbow Delivery Site 01255 850 475</i>
Chatterpillars	<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>
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>	<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>
<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.</i>	<i>Weekly for 6 weeks</i>	<i>Teen Talk Harwich, 17 Cliff</i>	<i>01255 504800 to be placed on</i>

	Course is split into two age groups, 12-16 and 17-25.	between 4-5.30pm	Road, Harwich, CO12 3PP	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.			<i>To register for a place email: office@homestartcolchester.org.uk or call 01206 854625</i>
School Readiness - Early Reading	School Readiness - Early Reading workshop	<i>Thursday 26th July 2018 10am- 12noon</i>	<i>ACL Family Learning ACL Clacton St Osyth Road Clacton, CO15 3BN</i>	<i>All workshops are free but numbers are strictly limited and must be booked in advance. To book please call Sarah on 03330 320903 or 0345 6037635</i>
Make your own playdough	Make your own playdough workshop	<i>Thursday 26th July 2018 1pm - 3pm</i>	<i>ACL Family Learning ACL Clacton St Osyth Road Clacton, CO15 3BN</i>	<i>All workshops are free but numbers are strictly limited and must be booked in advance. To book please call Sarah on 03330 320903 or 0345 6037635</i>
School Readiness - Early Maths workshop	School Readiness - Early Maths workshop	<i>Thursday 2nd August 10am -12noon</i>	<i>ACL Family Learning ACL Clacton St Osyth Road Clacton, CO15 3BN</i>	<i>All workshops are free but numbers are strictly limited and must be booked in advance. To book please call Sarah on 03330 320903 or 0345 6037635</i>
Very hungry caterpillar fun	Very hungry caterpillar fun workshop	<i>Thursday 2nd August 1pm- 3pm</i>	<i>ACL Family Learning ACL Clacton St Osyth Road Clacton, CO15 3BN</i>	<i>All workshops are free but numbers are strictly limited and must be booked in advance. To book please call Sarah on 03330 320903 or 0345 6037635</i>
Understanding	This course will help you with understanding			

Self Harm	<p>how to support your child/teenager.</p> <ul style="list-style-type: none"> • Understand Self-harm • Understand how to parent when you are 'walking on eggshells' • Find out what services/support is available locally/nationally <p>An opportunity to discuss concerns and worries you may have in this FREE workshop</p>	<p>Thursday 12th July 10am - 12noon</p>	<p><i>ACL Family Learning Coastal Community Centre Pathfields Road Clacton-on-sea CO15 3JL</i></p>	<p><i>To book your place please call 01255 420707</i></p>
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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



@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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