

Welcome Mike Short - Family Services Manager

Welcome to the eleventh edition of the Partnership newsletter. We all hope you enjoy the read.

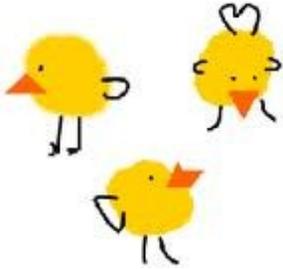
As ever, we have tried to include a range of articles to meet the needs and many interests of families across Berkhamsted, Hemel Hempstead and Tring.

On the front page, we have included two Easter recipes that you might like to make with your children. The Hot Cross Bun recipe is different from last year and serves 8+, so you might like to invite some friends and family around!

We have included an article from Family Lives that offers some very sensible and sound advice on family relationships. I personally think the paragraph on Spend Quality time with your Partner is especially useful, as we often forget each other in dealing with our children.

We have also included details of activities being run across Dacorum during the Easter holidays.

On behalf of all the various members of our team, I would like to wish you a very fruitful and relaxing Easter. Let's hope for some fair Spring weather. **Mike Short - Family Services Manager**



Happy Easter

Cooking with the children can be great fun - try these 2 tasty Easter treats



Inside Stories Include:-

Relationships - Top tips for a happier family p3

What's on over Easter - Keep the children amused P2 & 3

Parenting support p4

Help & Advice - p4

Your local School Family Worker Support Teams - p4

Edible Delights.....

Hot Cross Buns (serves 8+)

- 450g strong plain flour
- 1.5 tsp fast action dried yeast
- 200ml milk
- ½ tsp salt
- 1 tsp mixed spice (level)
- 75g caster sugar
- 50g butter, melted
- 1 medium egg
- 30g currants (more or less to taste)
- 30g mixed peel (or extra dried fruit), chopped
- The glaze:
40g caster sugar, 2 tbsp water (boiling)



Method

1. Put all the dry ingredients including the yeast into a bowl
2. Stir in the melted butter
3. Mix the egg and milk in a jug
4. Gradually mix in the dried ingredients a little at a time
5. Knead well until you have a smooth, but not sticky dough
6. Add a little more flour or water if needed
7. Knead the dough on a floured surface until perfectly smooth
8. Put back into the bowl and cover the bowl with cling film
9. Leave in a warm place to rise for an hour
10. Grease and flour two baking trays

Easter Recipes

11. Preheat oven to 200°C/Gas mark 6
12. Divide the dough into 12 pieces and shape into buns
13. Set the buns well apart on the prepared trays
14. Leave them in a warm place until doubled in size
15. Make two cuts on the top of each bun to form a cross
16. Bake just above the centre of the oven for 15-20 minutes
17. Leave the buns to cool on a wire rack; while still warm brush them with a glaze made from 40g caster sugar dissolved in 2 tablespoons boiling water

Easter Nests

Ingredients

- 150g shredded wheat
- 150g cooking chocolate
- 50g mini eggs



1. Melt the chocolate in a bowl over boiling water or in the microwave (make sure grown up does this bit)
2. Once its melted mix the cereal with the chocolate
3. Pour the mixture into bun cases
4. Make a nest shape by pressing in the middle with a spoon
5. Put in the fridge to set and then decorate with either little Easter chicks or little mini Easter eggs

How to make time together special

Try to organise some time together as a family a few times a week – perhaps three meals a week you could sit down to eat as a family. This will give you all a chance to connect and talk about the important issues, as well as the more fun topics. Ask your children to help you with the chores or to run errands. They may protest but they will feel included in your life rather than being an outsider.

Be flexible

More than anything, children just want to spend time with their parents/carers. It can be lots of fun to make time for an impromptu game or an unscheduled trip to the park, as well as being something that you and your children will remember fondly. It's good to have a routine, but it's not the end of the world if it's interrupted from time to time for spontaneous fun and games. For busy families, it can be useful to schedule in a few hours every now and then for a lazy afternoon together.



Relationships

Balancing work and home life

It's not easy balancing your work and home life, but how you manage it can make quite a difference to your relationship with your family.

Discipline

Rather than thinking of discipline as a punishment, you should use it as a way of teaching your children how to meet their needs without hurting or offending anyone. While you may be angry, it can help to keep calm and teach your child how he or she could have handled the situation differently, and how he or she can go about it differently next time. This way is both more positive and more constructive.

Setting Boundaries

We often use boundaries to protect children from harm or danger. But it is important that you try to explain why boundaries are there, rather than issuing orders. However, an explanation as to why the instructions are important will help your child understand, and therefore cooperate.

Communication

Communication is important – during both the good and the tough times. Children often find it hard to put their feelings into words and just knowing that their parents are listening can be enough. Talk about yourself – not just about your problems but about your daily life. If they feel included in the things you do they are more likely to see the value of including you in the things they do.

Top tips for a happier family

Joint Decisions

With older children, it is normal for them to test the limits of boundaries to see what they can get away with. You may need to adapt boundaries as children grow into teens – it can even help to involve your child in the negotiation of new boundaries.

Comforting

It is important for a family to be there for each other through the hard times, as well as the good times. If there is a family tragedy, or a family member has a problem, pulling together can really help.

Spend Quality time with your Partner

It can be difficult to find time for you and your partner once you have children, but it is important to make time for each other. After all, children learn about relationships from their parents. Make sure you communicate with them frequently about all the day to day matters, as well as just things you enjoy talking about. Try to organise time that you can spend with each other, whether it's going out for a meal, or just relaxing in front of the TV together.

Content taken from Family Lives
www.familylives.org.uk

Family Lives Helpline: 0808 800 2222



Get Set, go Dacorum

Get set, go Dacorum is bringing fun activities to your doorstep so you can get fit, healthy and active throughout 2015.



Individual and family sports and activities in local neighbourhoods will be run across Dacorum at a reduced cost. To see what's going on in your area visit the Get Set, go Dacorum website or contact Gemma Roake :

Contact Details: www.getsetgodacorum.co.uk

Email: getsetgo@dacorum.gov.uk

Mobile: 07900137679

Facebook page and Twitter for all the latest updates Facebook:

<https://www.facebook.com/getsetgodacorum>

Twitter: @getsetgodacorum



Get Active, Get Involved, Get Healthy



Kidspace Holiday Activities at SportSpace, Little Hay Golf Complex and XC 01442 507100

www.sportspace.co.uk www.thexc.co.uk

There are lots of fun activities running at SportSpace throughout Dacorum during the Easter holidays - please either ring for more details or visit the sportSpace website.



What's on this Easter?

**DON'T MISS OUT
GET OUT!**

**7th - 17th APRIL 2015
26th - 29th MAY 2015**

GO 4 IT - Multisports 5-15 yrs - 8:30am - 5pm, £25 - Sibling rate £20
5-15 yrs - 9am - 4pm, £18 - Sibling rate £15

GO 4 IT - Multi Activity 4-7yrs, 9am-1pm, £10 Per Session

Longdean Sport Space - Hemel Hempstead

***BOOK 4 DAYS GET 5TH FREE BOOKABLE BY 31ST MARCH**



The kids said the leaders were brilliant and they loved the fact that it was a full day. There were a variety of activities including arts and crafts, and some games which were just fun, and all age groups.

I'd like to say a huge thank you for making my daughter a very excited and happy girl yesterday. She had a ball and wants to go everyday to you guys.

Thank you once again for organizing the club, my 2 kids were looking forward to it before and then came home beaming and happy each day.

The leaders and activities are far better than anything others offer. I love the fact the children are safe, busy and happy.

GO 4 IT ACTIVITY CAMP
Football, Basketball, Netball, Hockey, Cricket, Trampoline, Street Dance, Rounders, Table Tennis, Badminton, Team Games, Dodgeball, Arts & Crafts, Speed Stacking, Sumo Suits, Gladiator Duel, Tag Rugby, Ultimate Frisbee plus much more...

For updates follow us on facebook at coachingme.com

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FOR MORE INFORMATION & BOOKING FORM CONTACT
coachingme@gmail.com or Tel 07572 650576
or visit our website www.coachingme.org

Coachingme.com@gmail.com

Tel: 07572 660676

www.coachingme.org

Fun Activities

Easter at Ashridge

Whatever the weather come along to our annual Easter egg trail sponsored by Cadburys.



Eggsplore the secrets of the woodland at Ashridge, answer questions along the way and collect your delicious Cadbury Easter egg at the end.

- April 3 - 6 www.nationaltrust.org.uk/ashridge-estate/
- 10 am - 5 pm

No need to book, just come along £3 per child

Ashridge spring trail

Come for a stroll through the woods to look for signs of spring. Follow your map, answer the questions and collect your sticker reward.

- Feb 16 - May 30
- 10 am - 5 pm
- £1 per child



Amazing Eggs, Ponderific Dipping, Eggtastic Egg Hunt, Big-Mouth Frogs and



lots more going on at the Natural Museum at Tring.

To book a workshop contact: 020 7942 6163, Monday to Friday 10.00 - 16.00. Workshop costs vary from £2-£4.

www.nhm.ac.uk/tring/whats-on/index.html

Learn to play the Arsenal Way!



Easter Courses

www.playthearsenalway.com

A typical day includes:

- Warm-up and reaction games
- Technique training sessions
- Small-sided matches and tournaments

Courses taking place at **Sportspace Longdean** (Mon 13th April to Wed 15th April) and **Sportspace Berkhamsted** (Wed 7 April)

10.00-3.00 pm for 5-11 year olds

Cost: £20 -1 day/£38 -2 days/£52 - 3 days

Email: hertfordshire@playthearsenalway.com/hertfordshire

Mums in the Know - a small, local company has set up a website to support parents to find out what's going on in Hemel Hempstead, Berkhamsted and Tring with details of clubs, classes, local articles, an events diary, details of local holiday clubs and school holiday guides.
www.mumsintheknow.co.uk/hemel Hempstead



Take a look at the new Hertfordshire Directory - A wealth of information for families. Search for activities, places to visit, child care and much more. You can also search by area.
<http://directory.hertsdirect.org/kb5/hertfordshire/directory/home.page>

Parenting Support

New one-stop parenting directory for parents - to find a parenting course in your local area visit www.hertsdirect.org/parentingsupport

For more information on what courses are available, please speak to your School Family Worker or contact Jan Nethercoat on the numbers at the bottom of the page.



11 week rolling programme that runs in Hemel Hempstead which you can join at any time. Open to all women - who wish to learn more about the reality of domestic abuse in a confidential and safe environment. For more information please call Windmill Children's Centre 01442 426 303



For parents/carers of children and young people with additional needs <http://handnews.hertscc.gov.uk>

STOP PRESS! Look out for the next Summer edition of the Dacorum Family Services Newsletter - out with schools by 29th June 2015:

- Activities to do over the Summer holidays
- The latest research on the Teenage Brain

Dacorum Family Services

Berkhamsted Family Services
Hemel Hempstead Family Services
Tring Family Services
c/o Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead HP3 8ER. Tel: 01442 401222
Family Services Manager: Mike Short
mshort@hobbshillwood.herts.sch.uk M:07780008651
Administrator: jan.nethercoat@hobbshillwood.herts.sch.uk

Help and Advice Lines

We know that for some families school holidays can be a difficult time. If you are in need of some extra help and support please contact the following:

- Family Lives** - 0808 800 2222
- Childline** - 0800 1111
www.childline.co.uk
- Christians Against Poverty** - 0800 328 0006
Free Debt counselling for everyone.
- Dacorum District Citizens Advice Bureau** - 08444 111 444
Free, confidential, independent and impartial advice.
- DENS Hemel** - 01442 262274
Night Shelter
- Frank** - 0800 77 66 00
Confidential Drugs information and advice 24 hours a day
www.talktofrank.com
- Samaritans**
08457 909090
www.samaritans.org
- Herts Domestic Violence/ Abuse**
08 088 088 088 Mon-Fri 10-8pm (no. will not show on bill)
- Gingerbread (lone parents)**
0808 802 0925
www.gingerbread.org.uk
- HAND News** - for parents /carers of children and young people with additional needs
<http://handnews.hertscc.gov.uk>
- NSPCC** - 0808 800 500 Help for children and young people and help for adults concerned about a child
- NHS 111** - Urgent health advice
- National Debt Line** - 0808 808 4000 Free phone advice on financial problems
- SANE** - 0845 767 8000 Mental Health Support and Advice
www.sane.org.uk
- The Salvation Army** - 01442 253607
- Relate** - 0300 100 1234 Relationship advice and counselling
www.relate.org.uk
- Young Minds** - 0808 802 5544 (parent helpline) Young people's mental health and wellbeing
- ADD-vance** - 01727 833963 Understanding ASD/ADHD
www.add-vance.org.uk
- DENS Hemel** - 01442 262274
Night Shelter
- Families Need Fathers** - 0300 0300 363
- Herts Mental Health Helpline** - 01438 843322
- Free School Meals** - 0300 123 4048 www.hertsdirect.org/freeschoolmeals

Contact us Term time only  

Your local School Family Workers are:

- Berkhamsted Family Services**
Lisa MacGovern
Tel: 0778011 4079
lisamacgovern@hobbshillwood.herts.sch.uk
- Hemel Hempstead Family Services**
Vicky McKirgan Tel: 07780111862
vmckirgan@hobbshillwood.herts.sch.uk
Jacqui Ellis Tel: 07780115136
jacqui.ellis@hobbshillwood.herts.sch.uk
- Tring Family Services**
Sam Lindars
Tel: 07598 329823
s.lindars@hobbshillwood.herts.sch.uk

Covering Schools in Bennetts End, Leverstock Green, Corner Hall, Flamstead and Gaddesden Row, Tring and surrounding villages and Berkhamsted and surrounding villages

Disclaimer: The information provided in this newsletter is for general guidance only. Dacorum Family Services (DFS) does not endorse or recommend any of the organisations, services or information listed in this booklet. While DFS aims to provide accurate and up to date information we cannot guarantee at any time that all the information is up to date and accurate.