

Free Confidential Impartial

**Parents and Carers,
Coming on a Parenting course could help you to:-**

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

New Hertfordshire one stop parenting directory for parents

www.hertsdirect.org/parentingsupport



Parenting Courses and Support in Dacorum Spring Term 2018









FREE courses open to parents in Dacorum

This leaflet last amended 28.03.17 by Ashley Fabray, Administrator,
PoDS (Partnership of Dacorum Schools)

Email: fabraya@kls.herts.sch.uk M: 07525 917125

If you would like to be added to the email distribution list for future issues, please contact Ashley on the details above

CONTENTS

| | |
|--|--|
|  Warners End, Gadebridge, Chaulden, Hemel Central |  Berkhamsted & Villages |
|  Adeyfield, Highfield, Woodhall Farm, Grovehill |  Tring & Villages |
|  Bennetts End, Corner Hall, Leverstock Green |  Kings Langley & Villages |

Parenting Courses & Support

| | |
|---|--------|
| Time out for Dads | Page 3 |
| Families Feeling Safe | Page 4 |
| Preparing for SATS for Parents | Page 5 |
| Managing Anger and Conflict in the Family | Page 5 |

| | |
|---|--------|
|  New Parent Network - support for parents caring for children with any additional Needs of disabilities | Page 6 |
| A Complete Guide to Parenting Children with Additional Needs | Page 7 |
| Siblings First Project | page 8 |

| | |
|------------------------|---------|
| Parent Support Group | Page 13 |
| ADHD/ASD Support Group | Page 18 |

Workshops

| | |
|---|---------|
| Keeping Families Safe online | Page 5 |
| ADD-vance Understanding Sensory Needs | Page 16 |
| ADD-vance understanding Autism & Managing Anger & Anxiety | Page 16 |
| ADD-vance Writing Social Stories | Page 17 |

One to One Advice Sessions

| | |
|-------------------------|--------|
| Autism Support Sessions | Page 4 |
|-------------------------|--------|

Children's Centres (0-5 years)

| | |
|-------------------------------|---------|
| Baby Massage | Page 9 |
| E-Safety Walk Through | Page 9 |
| Families Feeling Safe | Page 10 |
| First Aid | Page 10 |
| Introduction to Childcare | Page 10 |
| Introduction to Solids | Page 11 |
| My Baby's Brain | Page 11 |
| Antenatal My Baby's Brain | Page 12 |
| My Toddlers Brain | Page 12 |
| The Nurturing Programme | Page 12 |
| Baby Massage | Page 14 |
| Baby Yoga | Page 14 |
| Common Childhood Illness Talk | Page 15 |
| Introduction to Solid foods | Page 15 |

Courses & Workshops



Every 20 minutes a property is repossessed. Debt devastates lives; it means parents struggle to feed their children, people feel suicidal, depressed and alone. CAP'S debt help service is one of the most in depth and holistic **FREE** services in the UK. We are uniquely placed to help vulnerable people, in particular low income, financially and socially disadvantaged people out of debt.

If you need help please ring our enquiries line on **0800 328 0006** to make an appointment. Or contact CAP Centre Manager in Hemel Hempstead, Owen Cooper on **01442 243 936** or email owencooper@capuk.org.

To find out more information about Christians Against Poverty visit our website www.capuk.org.

Hertfordshire Local Offer

Information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

directory.hertsdirect.org/kb5/hertfordshire/directory/localoffer.page



Courses & Workshops

Berkhamsted & Villages



Are you a parent of a child with ASD/Communication Disorder or with Sensory Processing needs?

A daytime support group has been set up for parents across Dacorum. The next two groups for Spring term 2018 will be held on the following dates:

Tuesday 30th January

Tuesday 13th March

Time 1:00-2:30pm

The group is facilitated by Lisa MacGovern (School Family Worker) with Autism Teacher Louise Howe

Location: Bridgewater School, Bridle Way
Berkhamsted, HP4 1ES

Coffee and tea will be available. Small children are welcome! No need to book!


If you would like further information and advice on ways to get support for your child please contact -

Vicky McKirgan, DSPL Dacorum Area Send Lead @ 07809240858

COURSES & WORKSHOPS

Warners End, Gadebridge, Chaulden & Hemel Central

Time out for Dads

| What does it cover? | Time and Date |
|---|--|
| <p>This popular course will give dads the opportunity to meet other dads and will help them to:</p> <ul style="list-style-type: none">• Increase confidence in their parenting• Learn how to develop the dad/child relationship, now and for the future• Develop strategies for dealing with anger and conflict• Learn how to enforce boundaries | <p>Date & Times: Wednesdays: 21st & 28th February 7th, 14th, 21st & 28th March 2018 7pm to 9pm</p> <p>Provider: Supporting Links</p>  |
| <p>Child Age Range: 0-19 years</p> | |
| <p>Venue: Warners End Community Centre, Stoney Croft off Northridge Way, Hemel Hempstead. Herts. HP1 3QG.</p> <p>Priority will be given to families from Dacorum</p> | <p>To book please call: Pre-booking is essential. Please contact Supporting Links on 01442 300185/ 07512 709556 or email info@supportinglinks.co.uk</p> |

Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



Gade Schools Family Support Parenting Courses/Workshops

Families Feeling Safe (for Mum's, Dad's and carers of children 9 years to teens)

Dates: Monday 22nd January – Monday 19th March 2018 (excluding Monday 12th February – half term)

Time: 9.30am – 11.30am

What's it about? A free 8 week course to enable families to keep themselves feeling safe by: raising self-esteem and personal confidence, recognising and trusting feelings, staying in control and making safe choices, building networks of support and lots more.

This course is open to parents/carers in the Hertfordshire area

To book please contact Vicky at Families Feeling Safe on vicky@familiesfeelingsafe.co.uk or 07561 845825



Autism Support – 1:1 Advice Sessions (Deadline to book is Wednesday 31st January 2018)

Date: Wednesday 7th February 2018

Time 9.30am–10.00am, 10.05am–10.35am, 10.40am–11.10am and 11.15am–11.45am, 11.50am – 12.20pm

What's it about? Louise Howe, Specialist Teacher for Autism will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Family Craft Event

Date: Tuesday 13th February 2018

Time: 10.00am – 12.30pm

Where: Galley Hill Primary School, Galley Hill, Hemel Hempstead, HP1 3JY

What's it all about? Activities aimed at families with children aged 3-12 (younger siblings are welcome).

Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green

A free workshop for parent/carers of Children aged 5-14

Run by specialist ADHD/Autism Trainers from ADD-vance

Daconum DSPL Area 8 are pleased to present

Writing Social Stories

This 2-hour workshop is designed to meet the needs of parent/carers to help them build on existing skills in supporting children with ADHD/Autism

The workshop will take place between 7pm - 9pm on

Wednesday 7th March 2018

at

Willem Room
Hobbs Hill Wood Primary School
Peascroft Road
Hemel Hempstead
HP3 8RH

To book, please call Sally Ealey on 01292 917223 or email sally@add-vance.org or info@add-vance.org

Please note that this course is only open to Daconum residents

DSPL | Learning Specialist
Peasden Lodge
Achieving quality outcomes

DSPL | Learning Specialist
Peasden Lodge
Achieving quality outcomes

Who is this workshop for?
Involvement of children, young people with a diagnosis or suspected diagnosis of autism and/or Attention Deficit Hyperactivity Disorder (ADHD)

What are the learning outcomes?

The workshop is designed to help parent/carers:

- To understand the concept of social stories
- To explore the types of situations where social stories can be useful
- To look at how traditional social stories can be adapted to suit the needs of different children
- To have sign or drawing our own social story

What methods will be used at the workshop?

Presentation and small group work

What will be provided?

- Light refreshments
- Workshop learning pack

What and where will the workshops take place?

Willem Room
Hobbs Hill Wood
Peascroft Road
Hemel Hempstead
HP3 8RH

On Wednesday 7th March 2018, from 7pm to 9pm

How do I book a place?

Please book via Sally Ealey on 01292 917223 or sally@add-vance.org
We will then confirm your booking



ADD-vance
The ADD-vance ADHD and Autism Trust

www.add-vance.org

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

Information and Support Professionals, children, adults and families can reach ADD-vance for information or support via: Telephone Helpline: 01727 833963 Open Monday: Thursday 9am - 1pm Answer phone service at other times. For more information on courses running in the area, see the website for more details.

Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green

A free workshop for parent/careers of children aged 5-14

Run by specialist ADHD/Autism Trainers from ASD-Watch



Dacorum DSPL Area 8 are pleased to present

Understanding Sensory Needs

This 4-hour workshop is designed to meet the needs of parents/careers to help them build on existing skills in supporting children with ASD/ADHD.

The workshop will take place between 9:30am - 2pm
on
Tuesday 9th January 2018
At
Willow Room
Hobbs Hill Wood Primary School
Peascroft Road
Hemel Hempstead
HP1 2JL

To book, please call Ashley Farnley on 01292 812128 or email info@dspl.co.uk. Places are limited, so please do book early to avoid disappointment.

Please note that this course is only open to Dacorum parents/careers.



Who is this workshop for?

Parents/careers of children/young people with a diagnosis or suspected diagnosis of Autism and/or Attention Deficit Hyperactivity Disorder (ADHD) who would like to develop their understanding of sensory needs.

What are the Learning Outcomes?

The workshop will help parents/careers to:

- Consider the effects of sensory systems and how they work together
- Develop their sensory information may be processed differently
- Discuss how children with Autism/ADHD may have different sensory experiences
- Develop strategies and approaches to help with sensory needs

What methods will be used at the workshop?

Presentations and small group work.

What will be provided?

- Light refreshments
- Bookings opening pack
- 30 minute lunch break included - please bring your own food

When and where will the workshop take place?

Willow Room
Hobbs Hill Wood Primary School
Peascroft Road
Hemel Hempstead
HP1 2JL

On Tuesday 9th January 2018, 9:30am - 2pm

How do I book a place?

Please book via Ashley Farnley on 01292 812128 or [email: info@dspl.co.uk](mailto:info@dspl.co.uk). We will then confirm your booking.



A free workshop for parent/careers of children aged 5-14

Run by specialist ADHD/Autism Trainers from ASD-Watch



Dacorum DSPL Area 8 are pleased to present

Understanding Autism & Managing Anger & Anxiety

This 4-hour workshop is designed to meet the needs of parents/careers to help them build on existing skills in supporting children with Autism.

The workshop will take place between 9:30am - 2pm
on
Thursday 8th February 2018
At
Willow Room
Hobbs Hill Wood Primary School
Peascroft Road
Hemel Hempstead
HP1 2JL

To book, please call Ashley Farnley on 01292 812128 or email info@dspl.co.uk. Places are limited, so please do book early to avoid disappointment.

Please note that this course is only open to Dacorum parents/careers.



Who is this workshop for?

Parents/careers of children/young people with a diagnosis or suspected diagnosis of Autism.

What are the Learning Outcomes?

The workshop will help parents/careers to:

- Understand what is Autism
- Recognise the diagnostic criteria for Autism
- Identify strengths and difficulties faced by a child with Autism
- Have a better understanding of what is anger and the rage cycle
- Have a better understanding of why children and young people with Autism are more likely to experience anger, worry and distressed behaviour
- Develop strategies and tools to help your child

What methods will be used at the workshop?

Presentations and small group work.

What will be provided?

- Light refreshments
- Bookings opening pack
- 30 minute lunch break included - please bring your own food

When and where will the workshop take place?

Willow Room
Hobbs Hill Wood Primary School
Peascroft Road
Hemel Hempstead
HP1 2JL

On Thursday 8th February 2018, from 9:30am to 2pm

How do I book a place?

Please book via Ashley Farnley on 01292 812128 or [email: info@dspl.co.uk](mailto:info@dspl.co.uk). We will then confirm your booking.



Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central

Preparing for SATS for Parents (run by HAFLS)

Dates: Tuesday 20th February – Tuesday 20th March 2018

Time: 9.30am – 11.30am

What's it all about? The aim of the course is to make parents familiar with test format and content by teaching parents how to answer SATs questions and how to support children preparing for SATs. The course will cover methods used in schools to teach topics such as problem solving, multiplication, division, fraction, percentages and decimals. All topics will be linked to SATs past papers.



Managing Anger and Conflict in the Family

Dates: Wednesday 21st February – Wednesday 28th March 2018

Time: 10.00am – 12.00pm

What's it all about? This course focuses on managing and understanding anger generally and also to help children manage theirs. Topics covered: Understanding Anger, Coping with Anger, Managing Anger in the Family, Helping Children Manage Anger, developing tools for a calmer family life.



To book please contact Natural Flair on 01992 446051 and bookings@natural-flair.co.uk

Keeping Families Safe Online

Date: Tuesday 6th March 2018

Time: 7.00pm – 9.00pm

What's it all about? This workshop will cover your concerns and needs, keeping you updated with key issues incl. mental health, cyberbullying, social media, gaming, apps, setting parental controls and top resources.

All of the workshops/courses will be held at:

The Gade Community Room, Gade Schools Family Support, off of Chaulden Junior School, School Row, Hemel Hempstead, Herts, HP1 2JU

Please note - If you would like to book onto our courses or to find out more information please contact

Emma Christie on 01442 278793 or email: christiee.gadesfs@kls.herts.sch.uk

There is a deadline for booking so please contact us as soon as possible to get a space!



Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central

FREE



FREE

Parent Network support, learning & learning drop in sessions for parents caring for children and young people with any additional needs, chronic health condition and/or disability

Lesley and Francine at Families in Focus will be running Parent Network support, guidance & learning drop in sessions for parents/adoptive parents/grandparents caring for children with any additional need/disability/chronic health condition including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc. in Hemel Hempstead.

No matter where you live, come and join other parents living in families similar to yours; share your experiences and knowledge gained along the way in a supportive and non-judgemental environment. Each session will also have Families in Focus Guide to... learning topics

Where:

South Hill Centre,
Cemetery Hill, Hemel
Hempstead HP1 1JF

When:

Mondays anytime between
9.30 am to 12pm

2018 Dates

January 6th Seeking sleep 1 – helping children with SEND get to asleep

January 29th Seeking sleep 2 – helping children with SEND stay asleep

February 19th Phone safety with Maria Field

March 12th Louise Howe SEND Specialist Advisory Service Teacher (Specialism: Communication & Autism)

April 23rd Becoming a professional parent

May 14th Carers assessment speaker

June 11th EHCP speaker

July 2nd Strategies to manage behaviours that challenge

September 17th Open forum



Website: www.familiesinfocus.co.uk Email: info@familiesinfocus.co.uk Tel: 01442 219 720

Families in Focus Parent Network also in Watford, St Albans, Stevenage, Houghton Regis & Biggleswade

Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green



Hemel Hempstead East Children's Centres Parenting Courses/Workshops

Common Childhood Illness Talk

"Would you like to know more about common childhood illnesses and how to recognise symptoms? Would you like to know how to treat at home and when to seek medical help? Come along and talk with a health visitor to find out more information and ask any questions you may have" Non mobile babies welcome to attend, priority given to families in Hemel Hempstead East area.

Green Lane Children's Centre, Guide Hut HP2 4SA

Monday 8th January 1pm - 2pm.

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area. Please note there is no parking available on site and buggies need to be left in the buggy park provided.

Introduction to Solid Foods

"Individual workshops for parents/carers of children aged 3-6 months, who are planning to start weaning or who have already started and would like some advice"

Green Lane Children's Centre, Guide Hut, HP2 4SA

Thursday 22nd March at 1pm to 2.15pm.

Cedar Tree Children's Centre, Datchett Close HP2 7JX— see page 11

Windmill Children's Centre, Broadfield Road, HP2 4DW— see page 11

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green



Hemel Hempstead East Children's Centres Parenting Courses/Workshops

Baby Massage

For non mobile babies from birth
"an enjoyable opportunity to spend one-to-one time with your baby and learn massage techniques. The cost of the course is £2.50 per session"

Green Lane Children's Centre, Guide Hut, HP2 4SA
Friday 23rd Feb, 2nd 9th, 16th and 23rd March 10am - 11am

Windmill Children's Centre, Broadfield Road, HP2 4DW — see page 9

Cedar Tree Children's Centre, Datchett Close HP2 7JX — see page 9

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area. Please note there is no parking available on site at Green Lane Children's Centre and buggies need to be left in the buggy park provided.

Baby Yoga

For non mobile babies from 12 weeks
"A five week course with opportunities to do- Gentle stretching and movements to rhymes for babies, Gentle yoga for you to do together, Relax, bond deeper, connect and have fun with you baby.
"The cost of the course is £2.50 per session"

Green Lane Children's Centre, Guide Hut, HP2 4SA.
Friday 12th, 19th, 26th Jan, 2nd, and 9th Feb 10am - 11am

Green Lane Children's Centre, Guide Hut HP2 4SA.
Wednesday 21st, 28th Feb, 7th 14th and 21st March at TBC

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area. Please note there is no parking available on site at Green Lane Children's Centre and buggies need to be left in the buggy park provided.

Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



Families in Focus CIC

Pan-disability organisation supporting parents caring for children with any SEND

A Complete Guide to Parenting Children with Additional Needs



This popular, award winning parenting course is facilitated by Francine & Lesley who are experienced and qualified trainers, one of whom has a son with Autism and challenging behaviour. Ten sessions of two hours sharing tried and tested techniques and strategies to parent children with a range of additional needs and/or disabilities effectively in the 21st Century.

Topics included:

- ✓ Exploring the challenges and stresses of parenting children with additional needs
- ✓ Gain understanding and build resilient family relationships by sharing the emotional journey of parenting children with SEND.
- ✓ Strategies, solutions, tips and ideas on managing behaviours that challenge.
- ✓ Issues siblings may experience as a result of living with a sister/brother with additional needs/challenging behaviours.
- ✓ Tried and tested communication techniques to reduce angry outbursts
- ✓ Techniques to manage conflict and so much more....

"We learned so much on this course from managing behaviour to coping with stress and even how to support our child in becoming more independent! Learning one of the facilitators has an older son with Autism made such a difference."

When: **Tuesdays 7pm to 9pm**

January 16th, 23rd, 30th

February 6th, 20th, 27th

March 6th, 13th, 20th, 27th
(Not Feb 13th half term)

Where:
Collett School
Lockers Park Lane
Hemel Hempstead
HP1 1TQ

To book your free place on our award winning parenting course contact Francine & Lesley:

Book direct: www.familiesinfofocus.co.uk or

Email: info@familiesinfofocus.co.uk or

Tel: 01442 219 720



Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



For brothers, sisters and parents of children with additional needs

Thank you for your interest in our Siblings First project, funded by Children in Need. We provide 5 weekly sessions:

WEDNESDAY'S 4.00-5.30PM

For siblings aged 4-10 years, of brothers and sisters of children with additional needs and their parents.

Families in Focus Siblings First project will improve the emotional well-being of siblings who have brothers or sisters with additional needs and benefit the whole family. Children will learn how to have a voice so they can understand and express their feelings and concerns. This will build more positive, stronger more connected relationships with their parents, brothers and sisters.

Two small groups one for siblings and one for parents in the same building at the same time.

For siblings:

Therapeutic play, fun and games with discussions, sharing and expressing feelings, understanding more about your brother or sister and why they do what they do. Find new ways of coping with difficult things and meeting other children who live in family similar to yours.

For parents:

Parents will meet in their own group with Francine and Lesley to understand the needs of siblings and how to best support them, share concerns and learn effective communication techniques to build strong supportive positive family relationships with other parents of children with additional needs.

The important bit

- Siblings must be accompanied by a parent to all sessions
- There will be simple fun family homework tasks (taking about 10 minutes)
- Children with additional needs will need to be accommodated elsewhere and parents will need to find alternative care

COMING TO:

ST ALBANS

June 2017

NORTH WATFORD

September 2017

STEVENAGE

November 2017

HEMEL HEMPSTEAD

January 2018

WELWYN GARDEN CITY

February 2018



For more information

Email Lesley or Francine at info@familiesinfocus.co.uk



Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green

Parent Support Group

**Every Wednesday
10.30 am to 12 noon
(Term time only)**

@ The Lodge, Woodfield School

Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: vanessa.gregory@woodfield.herts.sch.uk
01442 253476



Whether your child is at mainstream school or a special school, You are welcome to meet other parents, talk to professionals, or simply drop in for a coffee and meet new friends who also have a child with special educational needs.

ALL WELCOME - JUST COME ALONG

Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill



Hemel Hempstead East Children's Centres Parenting Courses/Workshops

Antenatal My Baby's Brain

"the way a parent behaves around their baby in the first three years of life has a huge impact on baby's growing brain. This four week course gives expectant parents information about babies learning and development, understanding of five ways they can help baby build a strong healthy brain for life and ideas for play, calm time, promoting speech and language and a healthy bond"

Windmill Children's Centre, Broadfield Road HP2 4DW

Wednesday 10th, 17th, 24th and 31st January 6.30pm - 7.30pm

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

My Toddler's Brain

"This four week course gives parents information about their child's learning and development, understanding ways they can help their toddler build a strong healthy brain for life and ideas for play calm time, promoting speech and language and a healthy bond".

Windmill Children's Centre, Broadfield Road, HP2 4DW

Tuesday 20th, 27th February, 6th and 13th March 2018 1pm - 2pm

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

The Nurturing Programme

"This 10 week course aims to help adults understand and manage feelings and behaviour and become more positive and nurturing in their relationships with their children and each other. It builds on the skills parents have already and suggests lots of ways to improve family life and manage the behaviour of children.

at Windmill Children's Centre, Broadfield Road, HP2 4DW

Monday 15th, 22nd, 29th Jan, 5th, 19th, 26th Feb, 5th, 12th, 19th and 26th March 9.30am - 11.30am (excludes February half term)

Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill



Hemel Hempstead East Children's Centres Parenting Courses/Workshops

Baby Massage

For non mobile babies from birth

"an enjoyable opportunity to spend one-to-one time with your baby and learn massage techniques. The cost of the course is £2.50 per session"

Windmill Children's Centre, Broadfield Road, HP2 4DW

Wednesday 10th, 17th, 24th, 31st Jan, 7th February 1.30pm-2.30pm

Cedar Tree Children's Centre, Datchett Close HP2 7JX

Thursday 11th, 18th, 25th Jan, 1st and 8th February 10am - 11am

Thursday 22nd Feb, 1st, 8th, 15th and 22nd March 10am - 11am

Green Lane Children's Centre, Guide Hut, HP2 4SA—see page 14

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

E-Safety Walk Through

"An informative workshop to support parents of under 5's to introduce their children safely and confidently to technology whilst understanding the pitfalls and what to avoid. Learn how to continue to keep children safe and help them to learn.

Windmill Children's Centre, Broadfield Road, HP2 4DW

Wednesday 31st January 2018 9.30am - 11.30am

Grovehill Community Centre

Monday 19th March 2018 9.30am - 11.30am

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill



Hemel Hempstead East Children's Centres Parenting Courses/Workshops

Families Feeling Safe

"Offering anyone parenting an under 5 ideas and strategies to support everyone in the family to build confidence and self-esteem. Manage difficult feelings, know who to go to for help and to feel in control and be able to make safe choices".

Grovehill Community Centre

Tuesday 23rd, 30th Jan, 6th, 20th, 27th February, 6th, 13th and 20th March 9.30am - 11.30am (excludes February half term)

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

First Aid

"This course is suitable for parents who are expecting and those with children under 5. You will gain basic first aid skills and gain confidence to attend to emergencies with your child. £7 per learner for HHE families, £10 per learner for out of area families.

Dates, times and locations tbc.

Introduction to Childcare

"This course is suitable for those interested in pursuing a career in childcare. You will gain an insight into what skills are required for childcare, the entry requirements and Ofsted regulations and legislations relating to childcare £10 per learner.

Adeyfield Community Centre, Hemel Hempstead, HP2 4EW

11th, 18th 25th January, 1st, 8th, 22nd February, 1st 8th, 15th, 22nd March 9.30am - 11.30am

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill



Hemel Hempstead East Children's Centres Parenting Courses/Workshops

Introduction to Solid Foods

"Individual workshops for parents/carers of children aged 3-6 months, who are planning to start weaning or who have already started and would like some advice"

Cedar Tree Children's Centre, Datchett Close HP2 7JX

Thursday 25th January at 1pm to 2.15pm.

Windmill Children's Centre, Broadfield Road, HP2 4DW

Wednesday 21st February at 10am to 11.15am WMCC.

Green Lane Children's Centre, Guide Hut, HP2 4SA—see page 15

To book call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.

My Baby's Brain

"The way a parent behaves around their baby in the first three years of life has a huge impact on baby's growing brain. This four week course gives parents information about babies learning and development, understanding of five ways they can help baby build a strong healthy brain for life and ideas for play, calm time, promoting speech and language and a healthy bond"

Cedar Tree Children's Centre HP2 7JX

Thursday 8th, 15th, 22nd and 29th February 1pm - 2pm

To be contacted by text when dates are available for this course please call 01442 505921, 01442 505916 or 01442 505910 priority given to families in the Hemel Hempstead East area.