








Parenting Platform Update 17/11/2010

Activity name	Activity details	Start Date	Venue	Who to contact
Incredible Years- Baby 0-6 months	Topics covered: <ul style="list-style-type: none"> • How to observe and read babies cues and signals • How to understand babies as intelligent learners • Ways to provide physical and tactile stimulation for babies and its importance for brain development • The importance of finding time for oneself to renew energy for parenting • Stages of baby development and more 	Saturday 15 th January 2011 10am-12noon 8 sessions	Sydney House 61a Langham Drive Clacton on Sea	EXTRA - Support for Families 01255 475001 REFERRALS BEING TAKEN NOW Babies attend with Parent/Carers Delivered in partnership with 
Weaning Workshop	Workshop run by experienced professionals to support the process of weaning babies onto solid foods.	Saturday 27 th November 10am-12noon Saturday 4 th December 10am-12noon	St Nicholas Hall Stour Road Harwich Willowtree Nursery & Children's Centre Chingford Avenue Great Clacton	EXTRA - Support for Families 01255 475001 REFERRALS BEING TAKEN NOW Babies attend with Parent/Carers Delivered in partnership with 

<p>Weaning Workshop (cont'd)</p>	<p>Workshop run by experienced professionals to support the process of weaning babies onto solid foods.</p>	<p>Saturday 12th March 2011 10am-12noon</p> <p>Saturday 26th March 2011 10am-12noon</p>	<p>Rainbow Children's Centres 13 Old Pier Street Walton on the Naze</p> <p>Harwich Windmill Centre</p>	<p>EXTRA - Support for Families 01255 475001</p> <p>REFERRALS BEING TAKEN NOW</p> <p>Babies attend with Parent/Carers</p> <p>Delivered in partnership with</p> 
<p>First Steps</p>	<p>First Steps is an 8 week course for parents/carers of children aged from 2 - 5 years. First Steps supports the establishment of loving positive relationships between parents and their children. The programme aims to:</p> <ul style="list-style-type: none"> • promote positive home/pre-school links • develop effective listening and communication skills • teach parents the importance of play, praise and raising 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 • promote effective, positive behaviour management strategies 	<p>Starting Tuesday 11th January 2011</p> <p>12.30pm-2.30pm</p>	<p>Willowtree Nursery & Children's Centre Chingford Avenue Great Clacton</p>	<p>EXTRA - Support for Families 01255 475001</p> <p>REFERRALS BEING TAKEN NOW</p> <p>Delivered in partnership with</p> 

<p>Step by Step Primary</p>	<p>Step by Step Primary is a programme developed in Essex by Behaviour Support. It is open to all parents of children aged 4-11 years. The programme helps parents to develop positive relationships with their child; increase confidence in handling their child's behaviour and form good links between home and school.</p>	<p>February 2011 9 weeks 2 hours per week</p> <p>January 2011 9 weeks 2 hours per week</p>	<p>Harwich Area Venue TBC</p> <p>Coppins Green Primary School, Melbourne Road, Clacton on Sea</p>	<p>EXTRA - Support for Families 01255 475001</p> <p>REFERRALS BEING TAKEN NOW</p> <p>Call EXTRA or Cheryl Clarke 01206 711188</p>
<p>Step by Step Secondary</p>	<p>The 9 week programme aims to support parents/carers living with young people between the ages of 11-14 years.</p> <p>Topics covered: The Road to Independence Avoiding the Hook/Bait Praise and Encouragement Effective Communication Problem solving Setting Limits and Boundaries What does it mean to be a Parent? CRÈCHE PROVIDED</p>	<p>Starting Tuesday 11th January 2011</p> <p>9.30am-11.30am</p>	<p>The Coastal Community Centre Pathfields Road Clacton</p>	<p>EXTRA- Support for Families 01255 475001</p>
<p>Xmas Craft Workshop</p>	<p>A craft event for parents with ideas for activities to share with their children at home to support their learning and development through play.</p> <p>Preschool aged children are welcome to accompany their parents/carers.</p>	<p>Tuesday 14th December 9.45am-11.45am</p>	<p>The Coastal Community Centre Pathfields Road Clacton</p>	<p>EXTRA- Support for Families 01255 475001</p>
<p>Practical Parenting Workshop</p>	<p>Two hour workshop to give parents top tips on positive parenting strategies to help their children feel safe, secure, loved and to help develop positive self esteem.</p> <p>CRÈCHE PROVIDED</p>	<p>Wednesday 19th January 2011 10am-12noon</p>	<p>SureStart Children's Centre Pier Drop-in Pier Avenue Clacton on Sea</p>	<p>EXTRA- Support for Families 01255 475001</p> <p>Delivered in partnership with</p> 

<p>Surviving Toddler Tantrums Workshop</p>	<p>A practical, supportive workshop offering top tips for parents during this often challenging, yet rewarding time.</p> <p>CRÈCHE PROVIDED</p>	<p>Wednesday 26th January 2011 12.30pm-2.30pm</p> <p>Wednesday 9th February 2011 10am-12noon</p> <p>Wednesday 2nd February 2011 12.30pm-2.30pm</p>	<p>SureStart Children's Centre YMCA Hall High Street, Brightlingsea</p> <p>SureStart Children's Centre Sydney House 61a Langham Drive Clacton on Sea</p> <p>Mistley Clinic New Road Mistley</p>	<p>EXTRA- Support for Families 01255 475001</p> <p>Delivered in partnership with</p> 
<p>Routines Workshop</p>	<p>Mornings, bedtimes and mealtimes can be a real battle. This workshop will help parents of under fives with ways of setting up successful routines for calmer, happier households.</p> <p>CRÈCHE PROVIDED</p>	<p>Wednesday 16th February 2011 12.30pm-2.30pm</p> <p>Wednesday 9th March 2011 10am-12noon</p> <p>Wednesday 30th March 2011 12.30pm-2.30pm</p>	<p>Mistley Clinic New Road Mistley</p> <p>Chestnut Grove Children's Centre Nursery, Pathfields Road Clacton on Sea</p> <p>St Nicholas Hall Stour Road Harwich</p>	<p>EXTRA- Support for Families 01255 475001</p> <p>Delivered in partnership with</p> 
<p>Healthy Eating Workshop</p>	<p>Everyone worries about what their children eat and how it will affect them in later life. This healthy eating workshop will give facts and fun ideas to encourage children to eat a balanced healthy diet.</p>	<p>Tuesday 22nd March 2011 12.30pm-2.30pm</p>	<p>Willowtree Nursery & Children's Centre Chingford Avenue Great Clacton</p>	<p>EXTRA- Support for Families 01255 475001</p> <p>Delivered in partnership with</p> 
<p>Triple P</p>	<p>This Triple P course is targeting parents of children aged 2-5 years. Triple P will help you with effective parenting strategies; with ways of promoting your child's development; learn how to manage common child behaviour problems; and strategies to deal with almost any situation that might arise.</p> <p>CRÈCHE PROVIDED</p>	<p>Starting Friday 21st January 2011 - 18/03/2011</p> <p>9.30am-12.00noon</p>	<p>Windmill Children's Centre Mayes Lane Ramsey</p>	<p>EXTRA- Support for Families 01255 475001</p> <p>Delivered in partnership with</p> 

STOP for parents of children aged 11-16 yrs	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.	March 2011 Exact date TBC	Mid Area Venue TBC	EXTRA- Support for Families 01255 475001
ACL Early Start Course	The aim of this free 12 week course is to increase the confidence and skills for parents with young children aged 0-3yrs to help them give their children a flying start by learning how they can support their literacy and language skills through playing games together. CRÈCHE AVAILABLE	Starting Wednesday 12 th January 2011 9.30am-12.00noon	Windmill Children's Centre Mayes Lane Ramsey	To book a place, contact The Windmill Children's Centre on 01255 887900
ACL Confident Children	Tendring Adult Community Learning invites mums, dads, grandparents and child carers to enrol for this free Family Learning Course. CRÈCHE AVAILABLE	Starting Thursday 13 th January 2011 9.30am-12noon	Brotherhood Community Hall, St Osyth Road, Clacton	To book a place, contact Ann Hebden or Pat Davis on 01255 556716
Prison Peer Support Group	Support group for families affected by imprisonment run in conjunction with Ormiston (one child in family must be under 5)	3 rd Friday each month 3.30pm-5pm	Surestart Children's Centre drop-in, Pier Ave, Clacton	South Tendring Children's Centre Aimee or Julie 01255 477176
Ormiston "Time for Children & Young People (Essex)"	One to one support for children who have a parent in prison. Also, offer assistance with children's visits to prisons.	Ongoing	Ormiston will travel to homes/schools and some Children's Centres across Essex	Kathy Joyce 01206 562033 Kathy.joyce@ormiston.org

Women's Support Group	Mutual support group for women	Start date 15 th October then every 3 rd Friday of the month 1pm-3pm	Coastal Community Centre, Pathfields Road, Clacton	Lee or Linda 01255 420707
Willow Tree Nursery and Children's Centre	A variety of activities and courses for parents and their children are ongoing at The Willow Tree Nursery and Children's Centre.	Various	Willow Tree Nursery and Children's Centre Chingford Ave Great Clacton	Willow Tree Nursery and Children's Centre 01255 221473
Clacton Library Services	Baby and Toddlertime sessions across the Tendring area Family storytime Essex Savers Credit Union	Contact the library for times Saturdays 11am-11.30am (Term time only) Every Thurs 3pm-5pm	Clacton Library, Station Road, Clacton Clacton Library, Station Road, Clacton	Phone the library for further details. Clacton Library 01255 421207
Bishops Park Library Services	NHS NE Essex Stop Smoking Clinic Essex Savers Credit Union	Every Tuesday 11am-12noon No appointment needed Every Friday 3pm-5pm	Bishops Park Library, Clacton Coastal Academy, Jaywick Lane	Phone the library for further details. Bishops Park Library 01255 687140
The Coastal Community Centre	Various Groups and activities for Parents including: Supporting Parents in Need (S.P.I.N) for parents of children with special needs Drop in for Men only, cuppa and a chat Craft Mornings	Mondays in term time 9.45am-11.45am Thursdays 1pm-2.30pm Every Mon, Wed, Thurs & Fri 9.45 - 11.45am	The Coastal Community Centre Pathfields Road Clacton	The Coastal Community Centre 01255 420707

Spectrum in Harwich	Spectrum is a parental support group for families with children with social communication difficulties, including autistic spectrum disabilities and Asperger's Syndrome. Spectrum specializes in practical solutions to everyday problems, in the process helping parents to feel more optimistic about their children and their abilities as parents.	9.15am-12.00noon includes coffee & social opportunity Main Meeting 10am-12noon 2010/2011 dates are: November 29 th , December 13 th , January 24 th , February 28 th and March 21 st	The Vibe Youth Centre Main Road Dovercourt Harwich CO12 4AH	Jon Large 07920 466840 Or Jenny Rawling 07906 010304 Or Jane Ogden 07806 875809
Spectrum-on-Sea	Parental support group for families with children with social & communication difficulties. (as above)	Ongoing - 2 mornings per month Tuesdays 10am-12noon Call Sadie, Paula or Michelle for dates	Willow Tree Nursery and Children's Centre Chingford Ave Great Clacton	Willow Tree Nursery and Children's Centre 01255 221473 Or Sadie, Paula or Michelle on 07807221052
The MAZE	The Maze is for parents of children aged between 5—12 years who have (or have sought) a diagnosis for an additional need. The 12 week course aims to help parents develop positive relationships with their child and to help them manage their child's behaviour. The topics covered are: play, sensory play, communication, social stories/managing your child's learning disability, lifestyle issues (sleep, continence, diet), praise and rewards, limit setting and consequences, behaviour management, wheel of child development, looking after yourself as a parent and plans for the future.	Referrals being taken now for Spring Term 2011	Elmstead Market Community Centre (next to Marketfield School)	Sue Anderton (via school website) www.marketfieldschool.com or EXTRA- Support for Families 01255 475001 REFERRALS BEING TAKEN NOW

Families in Focus drop in	Drop in or individual support available for parents of children with disabilities particularly with regard to educational issues and disability living allowance claims.	1 st and 3 rd Tuesday of the month 3.30pm-5pm	Windmill Children's Centre, Mayes Lane, Ramsey, Harwich, CO12 5EL	North Tendring Children's Centre 01255 887900 Families In Focus 01245 353575
PASS Group	PASS is a free group for parents and carers whose children (0-19) are affected by a diagnosed or undiagnosed medical condition, disability, special educational or additional need. CRÈCHE PROVIDED	3 rd Friday of the month 10am-12pm (Term time only) 2010 - last session 19 th November 2011 - first session 21 st January 1 st Friday of the month 10am-12pm (Term time only) 2010 - last session 3 rd December 2011 - first session 7 th January	Walton Youth Centre Standley Road Walton Brightlingsea Children's Centre	Mid Tendring Children's Centre 01255 679811 Mid Tendring Children's Centre 01255 679811
Maternity Services Liaison Committee	The MSLC is the voice for parents, carers and anyone with an interest in maternity services in North East Essex. They welcome attendance from anyone who would like to be involved in shaping maternity services for the future. They are running a series of talks for parents and carers on recognising and managing common illnesses and conditions associated with parenthood and childhood.	Wednesday 26 th January 2011 - Doors open 6.30pm 7pm start Wednesday 23 rd February 2011 - Doors open 6.30pm 7pm start	Ormiston Children's Centre, Berechurch, School Road, Monkwick, Colchester CO2 8NN Windmill Children's Centre, Mayes Lane, Ramsey, Harwich, CO12 5EL	For further information, call 01206 286888
SureStart Children's Centres "Sign with Cuddles"	Baby signing is a fun way of interacting with babies; they will amaze you how fast they learn. It is a 6-week course and sessions are an hour long. Course cost is £6 and is payable at the first session.	Sessions will take place across the Mid Tendring area at various locations including Brightlingsea, Weeley and Walton	Various	To find out more, call Rainbow Children's Centre, Walton on 01255 850859

<p>SureStart Children's Centres "Just for Grandparents"</p>	<p>A 6 week course for Grandparent carers CRÈCHE AVAILABLE</p>	<p>Starting Tuesday 1st March 2011 9.45am-11.45am</p>	<p>SureStart Children's Centre Sydney House 61a Langham Drive Clacton on Sea</p>	<p>For further information, please contact SureStart on 01255 479386</p>
<p>SureStart Children's Centre "Windmill SAIL"</p>	<p>Supporting families* with undiagnosed/diagnosed children with SEN/ additional needs. Free play, support and advice. Families in Focus attend every time. *Family must have an under 5 in the home.</p>	<p>Ongoing 1st and 3rd Tuesday in the month 3.30pm-5.00pm</p>	<p>Windmill Children's Centre, Mayes Lane, Ramsey, Harwich, CO12 5EL</p>	<p>Dianne at The Windmill Children's Centre On 01255 887900</p>
<p>SureStart Children's Centre "Butterflies Group"</p>	<p>Bereavement and loss group, play and peer support, information and signposting.</p>	<p>2nd Tuesday of each month 1pm-2.30pm</p>	<p>Chestnut Grove Kindergarten (formerly Nannas Nursery) Pathfields Road Clacton</p>	<p>Tracy Davis 01255 688427</p>
<p>SureStart Children's Centre "Feeling Better about being a Mother"</p>	<p>Low level postnatal depression group. This group is being run by an appropriately trained facilitator.</p>	<p>Mondays 10am-11am</p>	<p>Chestnut Grove Kindergarten (formerly Nannas Nursery) Pathfields Road Clacton</p>	<p>Aimee Connell 01255 479386</p>
<p>Playing Matters</p>	<p>8 week therapeutic group for parents Taster sessions: 3rd Dec 1pm-2.30pm (volunteers) 10th Dec 1pm-2.30pm (parents)</p>	<p>Starts Friday 28th January 2011 1pm-2.30pm</p>	<p>The Coastal Community Centre Pathfields Road Clacton</p>	<p>For further information, please contact Loretta Taylor or Corinne Clairborne on 01206 711164</p>

<p>Essex County Council Behaviour Support CMLD Team - Facilitation Skills Training</p>	<p>This course is offered to staff and colleagues who are committed to developing group work within their own agency. Facilitation skills are the essential element in establishing effective groups. This course models participative learning and provides an environment that acknowledges all types of learning styles and experiences. Participants will gain confidence to deal with the many issues that may arise during the facilitation of groups.</p> <p>In addition, course participants will be offered the opportunity to have this programme of training accredited through the Open College Network, which provides credits at Level 3.</p>	<p>January & February 2011</p> <p>March 2011</p>	<p>Training for all the dates mentioned will take place at:</p> <p>Newport House, Great Baddow, Chelmsford, CM2 7TL</p>	<p>For further information and costings, please contact:</p> <p>01206 711188</p> <p>Or email the team at any of these addresses:</p> <p>cheryl.clarke@essex.gov.uk</p> <p>liz.burgess@essex.gov.uk</p> <p>sharon.hopkins@essex.gov.uk</p>
<p>BEST Coffee Mornings</p>	<p>Coffee morning & chat</p>	<p>Every Monday 9.15-11.00am</p> <p>Every Wednesday 9.15-10.30am</p> <p>Every Thursday 9.15-11.00am</p>	<p>The School House, Spring Meadow Primary School, Pound Farm Drive, Harwich</p> <p>The Beacon, Harwich School, Hall lane, Harwich</p> <p>Park Pavillion, Barrack Lane, Harwich</p>	<p>For further information, contact BEST 01255 554268</p>

Waiting lists for parenting courses in Tendring are currently being held at EXTRA

Contact Marit, Tracy, Gill or Charlotte on 01255 475001
extrasupportforfamilies@btconnect.com
 or visit our website
www.extrasupportforfamilies.co.uk

For information on Children's Centre activities or for a Programme of Events, please contact your local

Children's Centres

North Tendring 01255 887900

(Harwich, Manningtree and surrounding areas)

Mid Tendring 01255 850859 or 01255 679862

(Little/Great Clacton, Walton, Brightlingsea, Thorrington, Frating, Weeley, Elmstead, Alresford and surrounding areas)

South Tendring 01255 688427 or 01255 479386

(Clacton, Jaywick, Holland-on-Sea, Great Clacton and St. Osyth)

www.tendring.childrenscentres.org

For information on the Colchester & Braintree/Witham Parenting Platforms please contact:

North-East Essex Parenting Co-ordinator, Georgina Williams-Wright 01206 797421

Georgina.Williams-Wright@essex.gov.uk

For further information on Adult Community Learning-Family Learning
please contact Ann Hebden or Pat Davis

On 01255 556716

See also www.essexparents.org.uk for information.

The next Parenting Platform for Tendring area will be held at
The Jaywick Community Resource Centre, Brooklands Gardens, Jaywick, Essex CO15 2JP
On Wednesday 19th January 2011 from 10am-12noon