

## 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](http://www.hertsdirect.org/parentingsupport)



# Parenting Courses and Support in Dacorum Summer Term 2019










FREE courses open to parents in Dacorum

This leaflet last amended 02.04.2019 by Ashley Fabray, Administrator,  
PoDS (Partnership of Dacorum Schools)

Email: [fabraya@kls.herts.sch.uk](mailto: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

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# Courses & Workshops

## DSPL Dacorum

## Dyslexia SUPPORT GROUP

Support group run by Lyndsey Hooper, Family Support Worker, who will be sharing personal experiences of having Dyslexia.

Guest Speakers | Advice | Support  
No need to book, just drop in!

\*Term Time only

Second Tuesday of every month\*

1.15-2.45pm

Myatt Room at  
Hobbs Hill Wood  
Primary School  
Peascroft Road  
Hemel Hempstead  
Hertfordshire HP3 8ER

DSPL Delivering Special  
Provision Locally  
Achieving quality outcomes

### Upcoming Support Group Dates:

11/12/2018	No April Group – Easter holidays
08/01/2019	14/05/2019
12/02/2019	11/06/2019
12/03/2019	09/07/2019

\*Please note\*

This group is only open to Dacorum Parents/carers.

As Parking is limited please park offsite.

Free mini drop-in consultations for parent/carers

Facilitated by ADHD/Autism Specialist Coaches from ADD-vance



Dacorum DSPL Area 8 are pleased to offer  
Mini Drop-in Consultations For Parent/Carers  
of children with Autism/ADHD

These mini consultations are designed to meet the needs of parent/carers to help them build on existing skills in supporting children with ADHD/Autism

Date	Day	Time	Venue	Area
12.09.18	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
11.10.18	Thursday	09:30-11:30	Dundale Primary School	Tring
12.11.18	Monday	19:00-21:00	Hobbs Hill Wood Primary School	Hemel Hempstead
12.12.18	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
10.01.19	Thursday	09:30-11:30	Dundale Primary School	Tring
11.02.19	Monday	19:00-21:00	Hobbs Hill Wood Primary School	Hemel Hempstead
13.03.19	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
04.04.19	Thursday	09:30-11:30	Dundale Primary School	Tring
13.05.19	Monday	19:00-21:00	Hobbs Hill Wood Primary School	Hemel Hempstead
12.06.19	Wednesday	09:30-11:30	Greenway Primary School	Berkhamsted
11.07.19	Thursday	09:30-11:30	Dundale Primary School	Tring

Please note that these mini consultations are only open to Dacorum parent/carers

DSPL Delivering Special  
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Achieving quality outcomes

### Who are the mini consultations for?

Parent/carers of children and young people up to 18 with a diagnosis, or suspected diagnosis of ADHD and/or Autism. The mini consultations will be a maximum of 30 minutes and will offer you the opportunity to discuss a specific issue of concern.

**You do not need to bring your child to the consultation**

### Do I need to book?

These are mini drop-in consultations so no booking is required, but they will be run on a first come first served basis. The sessions will be facilitated by two ADD-vance Specialist ADHD/Autism Coaches. If there are parent/carers waiting, one Coach will run the one to one mini consultations and the other will run a group discussion.

### Where will the mini consultations take place?

**Berkhamsted**  
Greenway Primary and Nursery School, Crossways HP4 3NH

**Tring**  
Dundale Primary School and Nursery, Silk Mill Way HP23 5DJ

**Hemel Hempstead**  
Hobbs Hill Wood Primary School, Peascroft Road HP3 8ER

### Who should I contact with enquiries?

Please contact Ashley Fabray on 07525 917125 or [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk)

DSPL Delivering Special  
Provision Locally  
Achieving quality outcomes

# Courses & Workshops

## DSPL Dacorum

To book DSPL8 events, please click on the link: <https://dspl8.eventbrite.co.uk/>

A free daytime workshop for parent/carers

Delivered by ADHD/Autism Specialist Trainers from ADD-vance



Dacorum DSPL Area 8 are pleased to present

### Understanding ADHD for Parent/Carers

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

The workshop will take place between 9:30 - 11:30 am on Wednesday 8th May 2019 at

Willow Room, Hobbs Hill Wood Primary School, Peascroft Road, Hemel Hempstead HP3 8ER

To book, please click the following link: <https://www.eventbrite.co.uk/e/understanding-adhd-for-parent-carers-tickets-59758906498> OR

<https://dspl8.eventbrite.co.uk/>

Places are limited, so please do book early to avoid disappointment

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

**DSPL** Delivering Special Provision Locally  
Achieving quality outcomes

#### Who is this workshop for?

Parent/carers of children/young people aged 5-14 with Attention Deficit Hyperactivity Disorder (ADHD)

#### What are the Learning outcomes?

After completing the workshop, participants will improve their ability to:

- Understand what is ADHD
- Describe common myths and facts about ADHD
- Recognise the diagnostic criteria for ADHD
- Identify strengths and difficulties faced by a child with ADHD
- Discover top tips

#### What methods will be used at the workshop?

Presentation and small group work

#### What will be provided?

- Light refreshments
- Workshop learning pack

#### When and where will the workshops take place?

Willow Room  
Hobbs Hill Wood Primary School  
Peascroft Road  
Hemel Hempstead  
HP3 8ER

On Wednesday 8th May 2019, from 9:30-11:30 am

#### How do I book a place?

Please click the following link: <https://www.eventbrite.co.uk/e/understanding-adhd-for-parent-carers-tickets-59758906498> OR <https://dspl8.eventbrite.co.uk/>

**DSPL** Delivering Special Provision Locally  
Achieving quality outcomes

**DSPL** Delivering Special Provision Locally  
Achieving quality outcomes

### Autism with PDA Tendencies: A Three Day Course for Parents



with Jo Whitlock  
Autism Consultant

#### Who should attend this course?

Parents of children in Dacorum who are interested in exploring:

- features of PDA and the impact on family life;
- positive everyday strategies; and
- the support available.

The course will be interactive through discussion and participation.

#### When and where?

7:00 - 9:00 pm  
on 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> May 2019  
at The Willow Room  
Hobbs Hill Wood Primary School  
Hemel Hempstead HP3 8ER

#### How do you book a place on this course?

Please click the following link:

<https://www.eventbrite.co.uk/e/autism-with-pda-tendencies-a-three-day-course-for-parents-tickets-58759828255>

OR <https://dspl8.eventbrite.co.uk/>

Sponsored by DSPL 8

**DSPL** Delivering Special Provision Locally  
Achieving quality outcomes

**Dacorum**

[www.dacorumdspl.org.uk](http://www.dacorumdspl.org.uk)

Delivering Special Provision Locally is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25. Tel: Dacorum DSPL 07525 917125 Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

# COURSES & WORKSHOPS

Warners End, Gadebridge, Chaulden & Hemel Central



## Parenting Courses/Workshops April – July 2019

**Booking is essential**

### Housing 1:1 Advice Sessions

**Dates:** Thursday 9<sup>th</sup> May 2019

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25 minute appointment who will offer advice and guidance to any housing queries.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

### Debt Management – 1:1 Advice Sessions

**Date:** Tuesday 21<sup>st</sup> May 2019

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

### Autism Support – 1:1 Advice Sessions

**Date:** Thursday 23<sup>rd</sup> May 2019

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**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.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

Continued on pages 4 & 5



## Courses & Workshops

### Warners End, Gadebridge, Chaulden & Hemel Central

#### **Teen Brain – 4 week course**

**Dates:** Thursday 20th, 27th June, 4th July and 11th July

**Time:** 7.00pm – 9.00pm

**What's it about?** The workshops offer an opportunity to understand something of what's going on in the adolescent brain and provide strategies for supporting and communicating with young people. The following is covered:

- the foundations of positive parenting: providing warmth and structure
- messages from research: the teenage brain, sleeping habits and more
- handling difficult issues: drug & alcohol, social media, sex, sexuality and staying safe
- power, boundaries and problem solving

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

#### **Managing the Transition to Secondary School**

**Date:** Wednesday 26<sup>th</sup> June 2019

**Time** 9.30am – 11.30am *(if parents find daytime difficult please consult with us)*

**What's it about?** This covers how to boost confidence, self-esteem and develop responsibility, setting age appropriate expectations and developing character and resilience, how to improve communication and the parent/teen relationship, understanding working with Secondary Schools.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

#### **Housing 1:1 Advice Sessions**

**Dates:** Thursday 4<sup>th</sup> July 2019

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25 minute appointment who will offer advice and guidance to any housing queries.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, HP1 2JU

## Courses & Workshops

Parents can contact the project directly about the programme or be referred by a local agency.

For further information please contact – Herts Strengthening Families Project on 01992 555246 or email enquiries to [SFSC.Referrals@hertsc.gov.uk](mailto:SFSC.Referrals@hertsc.gov.uk)

All courses are funded by Hertfordshire County Council Services for Children and Young People and are supported by the Race Equality Foundation.

### Herts Strengthening Families Project



Are you worried about your child's behaviour at home or in the community?

Are you feeling the pressures of being a parent?

Would you like some fresh ideas and the chance to develop your parenting skills?

Would you like the opportunity to share experiences and build solutions with other parents?

Hertfordshire County Council



For further information please contact:  
Herts Strengthening Families Project  
01992 555246  
[SFSC.Referrals@hertsc.gov.uk](mailto:SFSC.Referrals@hertsc.gov.uk)



Herts Strengthening Families Project offers a free 13 week programme to parents of children aged 8 to 16 years old.

The courses are delivered in local community venues across Hertfordshire every term, by trained facilitators.

The programme covers a range of topics including:

- Child development and the causes of behaviour.
- Role modelling.
- Building positive relationships.
- Setting boundaries and consequences.
- Using positive discipline strategies.
- Building self-esteem and self-discipline.
- Conflict and anger management.
- Solution-building.
- Developing support networks.
- Getting to know your local resources.

To help people attend the course, support with transport and childcare can be offered. Refreshments and a parenting manual are also provided.

A parenting manual is given to all parents attending the course. (These are available in Braille and a wide range of languages if needed.)

#### What Hertfordshire parents have said about the programme in 2012.

"I felt nervous and apprehensive about starting the group but it proved me wrong. I enjoyed being part of the group and have learnt a lot about myself and developed skills I never thought possible."

"I can see how my actions affect my child's behaviour."

"I have more patience and more confidence in my parenting abilities."

"I thoroughly enjoyed the course, it has given me hope that things can change."

"Thank you all very much for taking me on a life journey in just a few weeks. You have given me the skills to enjoy a happy functional family and I'm eternally grateful."

"My confidence is back and my relationship with my daughter is great now!"

## 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 following dates for Spring and Summer 2019 Terms:

- Wednesday 27<sup>th</sup> February
- Wednesday 24<sup>th</sup> April
- Wednesday 26<sup>th</sup> June

**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

Small children are welcome! No need to book!

If you would like further information please contact Lisa MacGovern at  
07780 114079

## Courses & Workshops

### Warners End, Gadebridge, Chaulden & Hemel Central

#### Autism Support – 1:1 Advice Sessions

**Date:** Tuesday 9<sup>th</sup> July 2019

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am  
and 11.15am – 11.45am

**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.

**Where:** Gade Community Room, Gade Schools Family Support, c/o Chaulden Junior School, 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](mailto:christiee.gadesfs@kls.herts.sch.uk)

Please be aware that if we don't get a minimum amount of people on the above courses unfortunately we will not be able to run them.

*Gade Schools Family Support are now a Foodbank collector, if you would like to make a contribution donations would be gratefully received. Please bring any items into our office.*



**ADD-vance**  
The ADD-vance ADHD and Autism Trust

[www.add-vance.org](http://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 and families can reach ADD-vance for information or support via: Telephone Helpdesk: 01727 833963

Open Monday: Friday 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

### Warners End, Gadebridge, Chaulden & Hemel Central



Parent Network support & information 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 Hemel Hempstead Parent Network support & information drop in sessions for parents/adoptive parents/grandparents caring for children with any additional needs, learning/physical disabilities including Autism, ADHD, Down's Syndrome, Cerebral Palsy, PDA, Diabetes, Crohn's and Colitis etc.

For parents by parents so come and join others living in families similar to yours; share your experiences and knowledge gained along the way in a supportive and non-judgemental, warm and welcoming 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  
9.30am to 11.30am**

#### 2019 Dates

##### March 4<sup>th</sup>

Helena Marks-Dwyer Independent SEND Advisor all you need to know to start an EHCP

##### April 29<sup>th</sup>

Teenagers – what's going on during puberty?

##### May 20<sup>th</sup>

Managing everyday stress & anxiety

##### June 17<sup>th</sup>

Speaker to be confirmed

##### July 15<sup>th</sup>

Tips for surviving the summer holidays



The Lottery funded Parent Network support & information groups also in Hemel Hempstead (x2 groups) Watford, Stevenage, Harpenden & Biggleswade.

[www.familiesinfoocus.co.uk](http://www.familiesinfoocus.co.uk) [info@familiesinfoocus.co.uk](mailto:info@familiesinfoocus.co.uk)

Join Families in Focus on



## Courses & Workshops

### Berkhamsted & Villages

#### Parenting Puzzle

10 week course

Learn to enjoy bringing up your children and how to get the very best out of family life. This course will enable you to understand how our emotions can influence our actions and offers many practical ways of guiding children so that they learn to handle their feelings and control their behaviour.

A bookable crèche is available.

Child Age range: 2 – 11 years

Thursday 9th, 16th 23rd May, 6th, 13th, 20th, 27th June, 4th, 11th , 18th July (excludes 30th May)

09:30am – 11:30am

This course is facilitated by the Dacorum Family Centre Service

Venue: Little Hands & Little Feet Family Centre, Douglas Gardens, Berkhamsted, HP4 3PE

To book, please call and speak to a member of the family support team on 0300 123 7572



## 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](mailto:vanessa.gregory@woodfield.herts.sch.uk)  
01442 253476

Do you have a child  
with additional needs?  
Need somebody to  
talk to?



Come and meet  
other parents for a  
coffee and a chat.  
Young children  
welcome

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

Warners End, Gadebridge, Chaulden & Hemel Central



Parent Network



Parent Network support & information sessions for parents caring for children and young people with Autism, Pathological Demand Avoidance (PDA) & Anxiety

Danielle, Clare and Siobhann are trained Families in Focus CIC facilitators and are running Parent Network support & information drop in sessions in Hemel Hempstead for parents/adoptive parents and grandparents caring for children and young people with either a diagnosis or awaiting diagnosis of Autism, PDA and/or Anxiety. Non-judgemental, caring support groups for parents by parents caring for a child with any additional needs – No need to book just turn up. Delivered by experienced and qualified facilitators who are also parents.

Come and join other parents living in families similar to yours and receive emotional and practical support; 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:

\*\*\*NEW VENUE\*\*\*

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

Mondays  
9.30 am to 11.30am  
(dates opposite >>>>)

**2019 Dates: Mondays**

**11<sup>th</sup> March** Communicating with anxious children

**May 13<sup>th</sup>** You can teach your child to eat and have fun while doing it - A parents Experience

**June 10<sup>th</sup>** tbc

**July 8<sup>th</sup>** tbc

The Lottery funded Parent Network support & information groups also in Hemel Hempstead (x2 groups) Watford, Stevenage, Harpenden & Biggleswade.

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk) [info@familiesinfocus.co.uk](mailto:info@familiesinfocus.co.uk)

Join Families in Focus on

## Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



### Families in Focus CIC Handling Anger in Your Family

A CANparent quality mark course providing practical & proven techniques to reduce anger in your family



This very popular, effective and award winning anger management course offers:

- ✓ Increase your understanding of triggers that cause angry outbursts
- ✓ Learn healthy anger management strategies for children & parents
- ✓ Discover creative ways to support children to 'let go' of anger safely
- ✓ Gain effective communication techniques to reduce angry outbursts
- ✓ A personal/family toolkit to support healthy anger management

"I now understand that the way I reacted didn't help my children's anger! I now have the right techniques for me and my children and our whole house in much calmer and even if we occasionally do get angry we now know what to do."



Where:

**Central Hemel Hempstead  
venue to be confirmed**

When:

**Tuesdays  
9.30am to 11.30am  
June 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup>  
July 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup>**



**Places are limited and must be booked:  
Email: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**

## Courses & Workshops

Bennetts End, Corner Hall, Leverstock Green



### Are you a parent of a child with Autism, Communication issues or with Sensory Processing needs?

A daytime support group is held for parents across Dacorum and at The Coffee Shop at Woodfield School, Leverstock Green. Forthcoming dates are below:

- Wednesday, 20<sup>th</sup> March
- Wednesday, 15<sup>th</sup> May
- Wednesday, 10<sup>th</sup> July

**Time 9:30 - 11:00 a.m.**

The group is facilitated by

*Cathy Agnihotri, SEND Family Support Worker*

*Louise Howe, Communication and Autism Specialist Advisory Teacher*

*and Woodfield School Outreach Team*

**Location:** Woodfield School, Malmes Croft, Hemel Hempstead HP3 8RL (please park on the roads outside the school)

Coffee and tea will be available. No need to book!

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

Cathy Agnihotri, SEND FSW, [catherine.agnihotri@hobbshillwood.herts.sch.uk](mailto:catherine.agnihotri@hobbshillwood.herts.sch.uk), 07825 248279





## Courses & Workshops

### Adeyfield, Highfield, Woodhall Farm & Grovehill

#### Families Feeling Safe

8 week course

This course enables parents and carers to recognise and build on their own strengths in managing and understanding their children's behaviour, communicating with others, expressing feelings and making safe choices.

A bookable crèche is available.

Child Age range: 0- 11

Tuesday 30<sup>th</sup> April, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> May, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> June (excludes 28<sup>th</sup> May)

09:30am – 11:30am

This course is facilitated by the Dacorum Family Centre Service

Venue: Adeyfield Community Centre, Queens Square, Hemel Hempstead, HP2 4EW

To book, please call and speak to a member of the family support team on  
0300 123 7572



#### 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).

[www.hertfordshire.gov.uk/sendlocaloffer](http://www.hertfordshire.gov.uk/sendlocaloffer)



## Courses & Workshops

### Warners End, Gadebridge, Chaulden & Hemel Central



**\*\*Free for parents living in Hertfordshire and caring for a child up to 11 years old and awaiting a diagnosis and those who already have an Autism diagnosis.\*\***

When a child doesn't sleep well it can impact the whole family. Sleep plays a vital role in physical, emotional and mental well-being and impacts learning and behaviour. Our kind, gentle, holistic approach gives you and your child the skills needed to maintain a life time of healthy sleep.

Trained by The Children's Sleep Charity we offer a behavioural approach and effective sleep support that is safe and based on the latest research.

- Understanding the stages of sleep and the impact of sleep deprivation on children's behaviour, learning, health & mood of whole family.
- Identifying & understanding the causes of children's sleep difficulties including sensory hypo/hyper sensitivities.
- Understanding and managing sleep disturbances including nightmares and night terrors
- Strategies to manage common sleep issues
- Positive Parenting: establishing a positive, sleep inducing bedroom environment and routine to aid self-settling and healthy sleep.



When:

**Tuesdays**

**6.30pm to 8.30pm**

**June 11<sup>th</sup> 18<sup>th</sup> 25<sup>th</sup>**

**July 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup>**

Where:

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



**Places are limited and must be pre-booked by contacting Families in Focus CIC**

**Email [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or  
Visit our website [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)**

## Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central



**For brothers, sisters and parents  
of children with additional needs**

**WEDNESDAY'S 4.00-5.30PM**

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

September 18<sup>th</sup> 25<sup>th</sup>  
October 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup>

Limited  
**free** places available.

To find out more and book your  
places:

Email:  
[Francine@familiesinfocus.co.uk](mailto:Francine@familiesinfocus.co.uk)  
or  
Call:  
07867510027

### For siblings:

For siblings aged 5-10 years, of brothers and sisters of children with additional needs and their parents. 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 other children who live in family similar to yours.

### The important bit

- Siblings must be accompanied by parent/s to all sessions.
- Parent will need to arrange alternative care and accommodation for the child with SEND.
- There will be simple fun family tasks to take home to support learning (taking about 10 minutes per week)



## Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill

### Welcome to the World

8 week course

This is for parents expecting a baby who are 22+ weeks into pregnancy. What does it mean to become a parent? Prepare for a new life with a baby. Meet other parents-to-be. You can come on your own or bring a friend or partner if you prefer.

Thursday 25<sup>th</sup> April, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> May, 6<sup>th</sup>, 13<sup>th</sup> June

7:00pm – 9:00pm

This course is facilitated by the Dacorum Family Centre Service

Venue: Windmill Family Centre, c/o Broadfield Primary School,  
Broadfield Road, Adeyfield, HP2 4DW

To book, please call and speak to a member of the family support team on  
0300 123 7572



CALL FREE ON **0800 328 0006**

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FREE debt counselling in your community  
from an award winning charity.  
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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](mailto:owencooper@capuk.org).