



# Parenting Courses and Support in Broxbourne

## SPRING TERM 2010

Free Confidential Impartial



Free courses open to ALL parents in the district  
Booking is essential  
Contact the District Partnership Team on 01992 556369

# Spring Term 2010

## COURSES STARTING IN JANUARY 2010

### UNDERSTANDING TEENS; THE GROSS STUFF AND THE GROUND RULES

**For:** Parents and carers of children aged 11 to 19 years old

**Dates:** Thursday 28<sup>th</sup> January – 11<sup>th</sup> March (excluding half term)

**Time:** 7pm-9pm

**Venue:** Hailey Hall School, Hailey Lane, Hertford, Herts, SG13 7PB

**Summary:** A free 6 week course

- ◆ Why it's tough being a teenager
- ◆ Improve your parent/teenager relationship
- ◆ Boosting confidence and self-esteem
- ◆ Strategies to handle common teenage problems
- ◆ What to say about sex and sexuality

### RAISING 0 TO 5'S – WHAT EVERY PARENT SHOULD KNOW!

**For:** Parents and carers of children aged 0 -5 years old with a free crèche available

**Dates:** Thursday 28<sup>th</sup> January – 11<sup>th</sup> March (excluding half term)

**Time:** 9:30am – 11:30am

**Venue:** Hurst Drive Primary School, Hurst Drive, Waltham Cross, EN8 8DH

**Summary:** A free 6 week course

- ◆ Improve your confidence as a parent
- ◆ Promote positive behaviour
- ◆ Boost self esteem
- ◆ Enjoy being a parent

### TIME OUT FOR SPECIAL NEEDS

**For:** Parents and carers of children with special needs aged 5 to 12 years old

**Dates:** Tuesday 26<sup>th</sup> January – 16<sup>th</sup> March (excluding half term)

**Time:** 9:30am – 11:30am

**Venue:** Holy Trinity Primary School, Longland Close, Crossbrook Street, Cheshunt, EN8 8LU

**Summary:** A free 7-week support course

- ◆ Are you parenting a child with special needs?
- ◆ Do you sometimes feel frustrated and isolated?
- ◆ Do you feel others do not understand?
- ◆ Come and meet other parents and talk about the challenge in your lives

# Spring Term 2010

## COURSES STARTING IN JANUARY 2010

### RAISING 0 TO 5'S - WHAT EVERY PARENT SHOULD KNOW!

**For:** Parents and carers of children aged 0 to 5 years old

**Dates:** Friday 22nd January – 5<sup>th</sup> March (excluding half term)

**Time:** 10am – 12pm

**Venue:** Allsorts room at St. Mary's CE High School, Churchgate. Cheshunt, EN8 9ED

**Summary:** A free 6 week course

- ◆ Improve your confidence as a parent
- ◆ Promote positive behaviour
- ◆ Boost self esteem
- ◆ Enjoy being a parent!

### MANAGING ANGER IN THE FAMILY

**For:** Parents and carers of children of any age

**Dates:** Wednesday 13<sup>th</sup> January – 10<sup>th</sup> February

**Time:** 7pm – 9pm

**Venue:** Greenfield Children's Centre Annexe, Hurst Drive, Waltham Cross, EN8 8DH

**Summary:** A free 5-week course.

- ◆ Are you worried about losing your temper?
- ◆ Does your child get angry?
- ◆ Does conflict upset your family?
- ◆ This course will help you to explore, understand and manage anger and conflict in either yourself or your family

### THE FUN STARTS HERE!

**For:** Parents and carers of children aged 0 to 5 years old.

**Dates:** Tuesday 12<sup>th</sup> January – 9<sup>th</sup> February

**Time:** 7pm – 9pm

**Venue:** The Ark Children's Centre, St. Catherines VC CE Primary School, Haslewood Avenue, Hoddesdon, EN11 8HT

**Summary:** A free 5 week course

- ◆ Raise your confidence as a parent
- ◆ Build on your existing skills
- ◆ Promote positive behaviour
- ◆ Enjoy being a parent!

# Spring Term 2010

## COURSES STARTING IN FEBRUARY 2010

### RAISING CONFIDENT CHILDREN

**For:** Parents and carers of children aged 0 to 5 years old

**Dates:** Tuesday 23<sup>rd</sup> February – 23<sup>rd</sup> March

**Time:** 7pm – 9pm

**Venue:** Arlesdene Children's Centre, Blindman's Lane, Cheshunt, EN8 9DW

**Summary:** A free 5 week course

- ◆ Raise your confidence as a parent
- ◆ Build on your existing skills
- ◆ Promote positive behaviour
- ◆ Enjoy being a parent!

### UNDERSTANDING TEENS; THE GROSS STUFF AND THE GROUND RULES

**For:** Parents and carers of 11 – 19 years

**Dates:** Tuesday 23<sup>rd</sup> February – 30<sup>th</sup> March

**Time:** 7pm – 9pm

**Venue:** Turnford School, Mill Lane, Waltham Cross, EN8 0JU

**Summary:** A free 6 week course

- ◆ Why it's tough being a teenager
- ◆ Improve your parent/teenager relationship
- ◆ Boosting confidence and self-esteem
- ◆ Strategies to handle common teenage problems
- ◆ What to say about sex and sexuality

### MANAGING ANGER IN THE FAMILY

**For:** Parents and carers of children of any age

**Dates:** Wednesday 24<sup>th</sup> February – 24<sup>th</sup> March

**Time:** 7pm – 9pm

**Venue:** High Trees Children's Centre, Groom Road, Turnford, EN10 6BW

**Summary:** A free 5-week course

- ◆ Are you worried about losing your temper?
- ◆ Does your child get angry?
- ◆ Does conflict upset your family?
- ◆ This course will help you to explore, understand and manage anger and conflict in either yourself or your family

# Spring Term 2010

## COURSES STARTING IN FEBRUARY 2010

### RAISING 5 TO 11 YEAR OLDS - WHAT EVERY PARENT SHOULD KNOW

**For:** The parents and carers of children aged 5 to 11 years old

**Date:** Thursday 25<sup>th</sup> February to 1<sup>st</sup> April

**Time:** 12:30pm to 2:30pm

**Venue:** Goffs Oak Primary School, Millcrest Lane, EN8 5NS

**Summary:**

- ◆ What children need
- ◆ Developing Self Esteem and why it's important
- ◆ Developing a loving discipline style for your family
- ◆ How to enjoy being a Parent!

## COURSES STARTING IN MARCH 2010

### UNDERSTANDING GIRL TEENS

**For:** The parents and carers of teenage girls

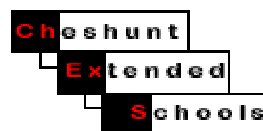
**Date:** 17<sup>th</sup> March 2010

**Time:** 7pm – 9pm

**Venue:** Goffs School, Goffs Lane, Cheshunt. EN7 5QW

**Summary:**

- ◆ To identify parents feelings
- ◆ To understand a teenagers world
- ◆ How to boost confidence and develop responsibility
- ◆ How to handle common teenage problems



# Spring Term 2010

## ONGOING SUPPORT GROUPS

### SATURDADS

**Who is it for?** Dads, Granddads, Uncles and other Male Carers

**Venue:** St Catherine's Hoddesdon Primary School, Haslewood Avenue, Hoddesdon, EN11 8HT

**How to book:** Please contact High Trees Children's Centre on 01992 411904 for more information on dates and times.

**Summary:** Come along and join us for a whole range of activities for all age groups, including:

- ◆ Messy Play
- ◆ Baby Base
- ◆ Snuggle Zone
- ◆ Arts & Crafts
- ◆ Breakfast

### TIME OUT FOR DADS – SATURDAY WORKSHOP

**Who is it for?** Dads, Granddads, Step dads, etc with children aged 0-8

**Venue:** Greenfield Children's Centre, Hurst Drive, Waltham Cross, EN8 8DH

**How to book:** No need to book – just turn up.

**Summary:** This relaxed group enables fathers to meet up, discuss current topics with other fathers and spend time playing with their children. Topics are tailored to the group. There is a £1 donation for a snack!

### FUDGE

**Who is it for?** Fathers, Uncles, Dads, Grand-dads, Etc.

**Venue:** Arlesdene Nursery School & Children's Centre, 10.00– 12.00 am

**How to book:** For information or to book please phone Julie & Shelly on 01992 626879

**Summary:** Saturday Club for Children 0-5 years & Fathers, Uncles, Dads, Grand-dads Etc. Come along and enjoy the use of our HUGE play garden, toys, games, books and lots more. Meet other FUDGE members and enjoy coffee and pastries, all for £1 per family.

# Children's Centres in Broxbourne

**Allsorts Children's Centre**  
(Bury Green, Hammond Street, Goffs Oak,  
Rosedale & West Cheshunt Areas)  
Contact Sue Potter on 01992 629124 Ex 644

**The Ark Children's Centre**  
(Hoddesdon & Broxbourne Area)  
Contact Jo Goldsmith on 01992 463214

**Greenfield Nursery School and Children's Centre**  
(Waltham Cross Area)  
Hurst Drive  
Waltham Cross  
EN8 8DH  
Telephone 01992 760779



**Arlesdene Nursery School and Children's Centre**  
(Cheshunt Central Area)  
Blindman's Lane  
Cheshunt  
EN8 9DW  
Telephone 01992 626879

**Three Parks Children's Centre Services**  
(Rye Park Area)  
Rye Park Nursery School Centre  
Walton Road  
Hoddesdon  
EN11 0NL  
Telephone 07780 527555



**Longfield Children's Centre**  
(Flamstead End Area)  
Flamstead End Primary School  
Longfield Lane  
Waltham Cross  
Cheshunt  
EN7 6AG  
Telephone 01992 901610

**High Trees Children's Centre**  
(Turnford and Wormley Area)  
Hertford Regional College  
Broxbourne Centre  
Broxbourne  
EN10 6AE  
Telephone 01992 411904

# Extended Schools Consortia in Broxbourne

**1 – Churchgate Consortium**  
Hub School: St Mary's C of E High School  
Churchgate  
Cheshunt  
EN8 9ED

Extended Schools Co-Ordinator:  
Ben Wallis  
Telephone 01992 629124 Ext 33  
[ben.wallis@st-maryshigh.herts.sch.uk](mailto:ben.wallis@st-maryshigh.herts.sch.uk)



**2 – 'ChExS' Consortium**  
Hub School: Turnford School  
Mill Lane  
Cheshunt  
EN8 0JU

Extended Schools Co-Ordinator:  
Pete Maiden  
Telephone 01992 308333 Ext 239  
[peter.maiden@turnford.herts.sch.uk](mailto:peter.maiden@turnford.herts.sch.uk)

**3 – Hoddesdon & Broxbourne Consortium**  
Hub School: The John Warner School  
Stanstead Road  
Hoddesdon  
EN11 0QF

Extended Schools Co-ordinator:  
Jenna Parker  
Telephone 01992 462889 Ext 168  
[jep@johnwarner.herts.sch.uk](mailto:jep@johnwarner.herts.sch.uk)



**This information has been compiled by:  
Parenting and Information Officer – Broxbourne  
District Partnership Team Broxbourne and East Herts**

**Please contact Nicola Judd with comments or  
questions on:  
01992 556316**