

Other places you can improve your skills & have some me time:

Wide range of courses:

ASCEND

☎ 020 8420 1364
🌐 www.ascend.org.uk

Barnet College

☎ 020 8200 8300
🌐 www.barnet.ac.uk

Oaklands College

☎ 01727 737 000
🌐 www.oaklands.ac.uk

Stanmore College

☎ 020 8420 7700
🌐 www.stanmore.ac.uk

Watford Women's Centre

☎ 01923 816 229
🌐 www.watfordwomenscentre.org.uk

West Herts College

☎ 01923 812 000
🌐 www.westherts.ac.uk

Computer training:

Bluelight Office Supplies

☎ 01727 260 062
🌐 www.bluelightofficesupplies.co.uk

Boundary Way Community Centre

☎ 01923 209 183
🌐 communityempowerment@wcht.org.uk

Hertfordshire Libraries

☎ 0300 123 4049
🌐 www.hertsdirect.org.uk

Worknet

☎ 020 8236 7600
🌐 www.worknet.org.uk

Parmiter's School

☎ 01923 671 424
🌐 www.parmiters.herts.sch.uk

Community Shop

☎ 020 8386 4006
🌐 www.communityactionhertsmere.org.uk

Volunteering:

Do-it

🌐 www.do-it.org.uk

Home-Start Borehamwood & District

☎ 020 8953 5082
🌐 www.home-startbw.org.uk

Home-Start St Albans & District

☎ 01727 833 810
🌐 www.homestartstalbens.org.uk

Home-Start Watford & Three Rivers

☎ 01923 248 010
🌐 www.home-startwatford.org.uk

Thrive Homes

☎ 020 8428 4428
🌐 www.thrivehomes.org.uk

Volunteer Centre Hertsmere

☎ 020 8386 4006
🌐 www.communityactionhertsmere.org

Watford CVS

☎ 01923 216 950
🌐 mywatford.net

St Albans District Volunteer Centre

☎ 01727 852 657
🌐 www.cvsstalbens.org.uk

Beauty Training:

Finger Tips & Toes Beauty & Training Centre

☎ 01727 768 559
🌐 www.ftt-beautyandtraining.co.uk

Computer Session at your Local Library:

Informal one-to-one introduction to basic computing at your own pace. These hands-on sessions are aimed at adults with little or no experience of using a computer. Although there is usually a charge, it is FREE for members who have a disability, or who are on low incomes and receiving benefits.

Hertfordshire Libraries

☎ 0300 123 4049 🌐 www.hertsdirect.org.uk

Improve your skills... Have some me time...



FREE Courses & Opportunities for Parents & Carers

April to July 2012

Abbots Langley 🌟 Aldenham & Radlett
Borehamwood, Elstree & Shenley 🌟 Bushey & Bushey Heath
Park Street & St Stephen's 🌟 Potters Bar & South Mimms

April to July 2012

Back to Work

Get Confident

Bushey Mill Children's Centre
1.30 pm - 3.00 pm, Friday 11th May
Please book (Crèche may be available)

Practical Parent Helpers Course

St Paul's CE Primary School
1.00 pm - 3.00 pm, Fridays, 27th April - 25th May
Please book (Crèche available)

PB1 Children's Centre
1.00 pm - 3.00 pm, Tuesdays, 19th June - 17th July
Please book (Crèche available)

You Have More Skills Than You Think

Abbots Langley Children's Centre
1.00 pm - 3.00 pm, Friday 18th May
Please book (Crèche available)

Computer Skills

Parents' Room
PB1 Children's Centre
1.30 - 3.30 pm Mon 16th April - 16th July
Just drop in
Furzeffield Children's Centre
3.00 - 5.00 pm Weds weekly
Just drop in



Progression 2

Furzeffield Children's Centre
12.45 - 2.45 pm, Mon 16th April - 16th July (not 7th May or 4th June) Please book

Computer training at the BECC

Worknet @ The BECC
12.45 - 2.45 pm, Mon 16th April - 16th July (not 7th May or 4th June)
12.45 - 2.45 pm, Thurs 19th April - 19th July (not 7th June)
To book call Worknet on 020 8236 7600
Crèche available (please book)

Get Creative

Creative Faces

Furzeffield Children's Centre
1.00 pm - 3.00 pm, Tuesday 22nd May
Please book (Crèche available)
Radlett Link Children's Centre
10.00 am - 12 noon, Monday 28th May
Please book (Crèche available)

Can't find what you're looking for?
Please let us know if there are any courses or opportunities you are interested in. Fill in a form at one of our sessions or complete a form on our **Parents Advice (Improving Your Skills)** section of our website:
www.hertsmere-children.co.uk
If we can't provide it we will try to find someone who can.

To book a place on a course or in the crèche (if available) please call the Children's Centre in the area where it is being held:

Abbots Langley
☎ 01923 268 105
Abbots Langley Children's Centre
School Mead, Abbots Langley, WD5 0LB
Abbots Langley Scout Hut
Langley Road, Abbots Langley, WD5 0EH
All Saints Church Hall
All Saints Crescent, Garston, Watford, WD25 0LU
Evergreen Football Club
South Way, Abbots Langley, WD5 0JL
Hillside Baptist Church
School Mead, Abbots Langley, WD5 0LB
Phillimore Community Centre
Phillimore Place, Radlett, WD7 8NN
St Saviours Church Hall
96 The Crescent, Abbots Langley, WD5 0DS
St Paul's CE Primary School
Langleybury Lane, Kings Langley, WD4 8RJ

Tanners Wood School
Hazelwood Lane, Abbots Langley, WD5 0LG
Borehamwood & Shenley
☎ 020 8386 4038 / 020 8236 7550
The BECC Children's Centre
Shakespeare Drive, off Furzeffield Road
Borehamwood, WD6 2FD
Meryfield School
Theobald Street, Borehamwood, WD6 4PA
Shenley Village Children's Centre
London Road, Shenley WD7 4JG
St Teresa's Church Hall
Shenley Road Borehamwood, WD6 1TG
The Venue
Elstree Way, Borehamwood, WD6 1JY

Bricket Wood, Park Street
☎ 01923 673 698
Park Street & St Stephen's Children Centre
Mount Pleasant Lane, Bricket Wood, St Albans AL2 3QR
Greenwood Park Community Centre
Tippendell Lane, Chiswell Green, St Albans, AL2 3HW
Park Street Baptist Church
Penn Road, Park Street, St Albans, AL2 2QF
Bushey Heath
☎ 0208 950 1112
The Reddings Children's Centre
Harcourt Road, Bushey, WD23 3PE
Bushey
☎ 020 8950 1112
Bushey Mill Children's Centre
@ Highwood School, Bushey Mill Lane
Bushey WD23 2AW



Parenting

About Boys

PB1 Children's Centre*
10.00 - 12 noon, Mon 23rd April - 21st May
(Not 7th May)
Please book (Crèche available)

The BECC Children's Centre*
12.45 - 2.45 pm, Mon 23rd April - 21st May (Not 7th May)
Please book (Crèche available)

Park Street Baptist Church*

10.00 am - 12.00 noon,
Weds 25th April - 16th May
Please book (Crèche available)

The Redding Children's Centre*
9.30 am - 11.30 am, Tuesdays 1st May - 22nd May
Please book (Crèche available)

Bushey Mill Children's Centre*
7.00 pm - 9.00 pm, Tuesdays 9th May - 30th May
Please book

Tanners Wood School*
9.30 am - 11.30 am, Mondays 11th June - 2nd July
Please book (Crèche available)

The Radlett Centre*
10.00 am - 12.00 noon, Tuesdays 12th June - 3rd July
Please book (Crèche available)

The Venue*
12.45 - 2.45 pm, Wednesdays 13th June - 4th July
Please book (Crèche available)

Furzeffield Children's Centre*
7.00 pm - 9.00 pm, Thursdays 28th June - 19th July
Please book

Jump Start

The BECC Children's Centre
1.00 - 2.30 pm, Mon 23rd April - 21st May (not 7th May)
Please book

Parenting Puzzle

The BECC Children's Centre*
9.45 - 11.45 am, 11th May - 6th July (not 8th June)
Please book (Crèche available)

Furzeffield Children's Centre*
12.45 - 2.45 pm, Mon, 14th May - 16th July (not 4th June)
Please book (Crèche available)

First Place Nursery*
7.00 - 9.00 pm, Thurs, 10th May - 5th July (not 7th June)
Please book

Tanners Wood School*
10.00 - 12 noon, Fri 11th May - 6th July (not 8th June)
Please book (Crèche available)

Bushey Mill Children's Centre*
1.30 - 3.00 pm, Fri 18th May - 13th July (not 8th June)
Please book (Crèche available)

Meryfield School*
10.00 - 12 noon, Mon 14th May - 9th July (not 4th June)
Please book (Crèche available)



Flower Arranging

Bushey Mill Children's Centre
1.30 pm - 3.00 pm, Wednesday 16th May
Please book (Crèche may be available)

Picture Perfect

Radlett Link Children's Centre
10.00 am - 12 noon, Monday 16th July
Please book (Crèche available)

Fitness & Health for You

Because You're Worth It

Furzeffield Children's Centre
10.00 - 11.30 am, Thursday 19th April - 24th May
Please book (Crèche available)

Phillimore Community Centre
10.00 - 11.30 am, Friday 27th April - 1st June
Please book

First Aid

Emergency First Aid

Radlett Link Children's Centre
10.00 am - 12 noon, Monday 16th April

All Saints Church Hall
9.30 am - 1.30 pm, Saturday 14th July
Please book

The Reddings Children's Centre
9.30 am - 1.30 pm, Saturday 26th May
Please book

The BECC Children's Centre
9.30 am - 1.30 pm, Saturday 23rd June
Please book

Family First Aid

PB1 Children's Centre
9.30 am - 1.30 pm, Saturday 21st April & 21st July
Please book

Save a Life First Aid Course

All Saints Church Hall
7.00 pm - 9.00 pm, Tuesday 3rd July
Please book

The BECC Children's Centre
7.00 pm - 9.00 pm, Tuesday 12th June
Please book

Bushey Mill Children's Centre
10.00 am - 12.00 noon, Saturday 5th May
Please book

Shenley Village Children's Centre
7.00 pm - 9.00 pm,
Tuesday 1st May
Please book

Parenting Support*

The BECC Children's Centre
9.45 am - 11.45 am Weds, 25th April - 18th July
(Not 2nd, 23rd May or 6th June)
Please book (Crèche available)

Top Tips for Young Parents*

St Teresa's Church Hall
10.00 - 12.00 noon, Thursdays, 19th April - 19th July
Please book (Crèche available)

24/7 Tools for Young Parents*

Abbots Langley Scout Hut
10.00 - 12 noon, Tues, 1st May - 10th July (not 5th June)
Please book (Crèche available)

Managing Your Money

Managing Your Money

Furzeffield Children's Centre
Dates to be arranged. If you are interested in attending please call the Centre.



The BECC Children's Centre
Dates to be arranged. If you are interested in attending please call the Centre.

Wellbeing

Domestic Abuse Drop-in

The BECC Children's Centre
9.45 - 11.45 am second Friday every month
Crèche available (please book a place)



You & Your Baby

Baby Massage*

For details of courses please contact your local Children's Centre or visit www.hertsmere-children.co.uk

Health Visitors' Weaning Talk/Clinic

Furzeffield Children's Centre
11.00 am, 1st Thursday of every month
Just drop in

The Reddings Children's Centre
10.30 - 12 noon, 1st Wednesday of every month
Just drop in

Post Natal Group*

For details of courses please contact your local Children's Centre or visit www.hertsmere-children.co.uk



Small Talk

The Reddings Children's Centre
1.30 pm - 2.30 pm, Monday 11th June
Just drop in

Bushey Mill Children's Centre
1:30 pm - 2:30 pm
25th June

Welcome to the World - New Mums Group

Greenwood Park Community Centre*
10:00 - 11:30 am Fri, 22nd June - 13th July
Please book

Hillside Baptist Church*
1.00 pm - 2.30 pm, Fridays, 20th April - 11th May
Please book

Radlett Library*
10.00 - 11.30 am, Mon, 23rd April - 21st May (not 7th May)
Please book

Citizens Advice Bureau Advice Sessions



The BECC Children's Centre
9.00 - 12.00 noon, every Monday
Ring 0844 826 9703 for appointment

Furzeffield Children's Centre
12.00 - 2.30 pm, every Tuesday during term time
Just Drop in

Park Street Children's Centre
9.00 am - 12.00 noon, every Wednesday from 25th April
Just Drop In

For further details please call 01727 811 118 (admin line only answered during Bureau opening times)

You are welcome to attend these courses if you live in one of our Children's Centre areas:

Abbots Langley, Borehamwood, Bricket Wood, Bushey, Bushey Heath, Chiswell Green, Elstree, Park Street, Potters Bar, Radlett, Shenley, South Mimms

However if you don't please call one of our centres and we will do our best to find out what is available for you.

***We encourage parents and carers to attend these courses in their own Children's Centre area. If you are unable to please speak to the Children's Centre running the course.**



Description of courses & opportunities

Back to Work

Get Confident Adults

Come along to this 2 hour taster session and discover how to build your confidence, set goals and achieve them



Practical Parent Helpers Adults

This course will give parents/carers background information on how to become an effective parent helper within a school setting. This course will give you up to date information on how Schools work & the role of a parent helper. An excellent opportunity to those of you who would like to get back to work within an educational setting.

You Have More Skills Than you Think Adults

Do you know what your skills are and how valuable they may be? Take a couple of hours out. Come along and have fun finding out what skills you have and how you can use them to get on in life. This is a interactive workshop followed by an individual advice session

Computer Skills

Parents' Room Adult

Parents & Carers of children under 5 are welcome to access our new parents' rooms. There is a wide range of resources including books on child development and parenting. With FREE internet access. Talk to a member of staff for more information.

Progression 2 Adults

Want to improve your skills? Want to return to work or get that first job? Then why not learn with Progression 2. You can work at your own pace & even have one-to-one support if you need it. Learn on-line at home or at the Furze field Centre. Topics include: Using the internet safely, Job searching online, Buying online, Understanding Facebook, Word processing, spreadsheets, email, presentations, desktop publishing as well as English, maths and ICT qualifications.



Worknet Adults

Worknet offers a range of courses & workshops in a friendly environment. FREE advice on education, training & employment.



Wide range of computer courses including: Learn Direct English level 1 and 2, Maths Entry level 3, level 1 and level 2. IT courses available include Basic skills, plus level 1 and level 2 ITQ.

Get Creative

Creative Faces Adults

This two hour session of face painting fun will teach you the basics when it comes to painting children's faces, be it for painting faces at your child's birthday party, taking part in the school fete or just wanting to learn this new creative skill for some old fashioned fun. From tigers to butterflies, princesses to pirates we will outline the simple techniques in colours, blending, brushes and for you to be able to produce 5 minute faces. We aim to build your confidence along the way whilst working in a very relaxed, friendly environment.

Flower Arranging Adults

Take one bunch of summer flowers and produce a fabulous hand tied posy which you can take home to impress your friends and family!

Picture Perfect Adults

Learn how to take better pictures of your family. This 2 hour session will be led by an experienced children's photographer.



Fitness and Health for You

Because Your Worth It Adults

A six week course aimed at Children Centre staff and parents. It gives some easy ideas to make exercise fit into our busy lives. The course is practical, it is suitable for ALL people and will help put the case for exercise simply, cutting through all the nonsense and fuss that we all read about. Staff will find ideas to shape their centre's programmes and parents will experience ways to improve their fitness.

First Aid

First Aid Courses Adults

All course are led by an experienced First Aid trainer.

Emergency First Aid: family first aid, resuscitation & how to manage an emergency situation. Complete this 4 hour course to receive a certificate.

Family First Aid: focusing on family first aid this course covers the same information as above but is a 2 hour session.

Save a Life: Learn how to save a child or baby's life. Practice Baby & Child Recovery, Baby & Child CPR and Baby & Child Choking plus lots of relevant and important information regarding burns, cuts, head injuries etc.



Parenting

About Boys Course Adults

A four session programme for mothers with sons under the age of five. An opportunity for mothers to learn about their sons & to be able to recognise behaviours that may be as a result of being a boy, why boys do what they do & what motivates them. The course aims to give mothers increased understanding, techniques & confidence to support their sons through difficulties.

Jump Start 2 yrs plus

A practical 4 week parenting programme for parents & children. Parents/carers & are encouraged to view their home as a positive learning environment for their children. Get ideas of how we can use everyday resources at home to extend children's learning & development whilst having fun with no expense what so ever.

Parenting Puzzle Adults

The Parenting Puzzle is an 8 week course. It encourages parents/carers to enjoy bringing up their children & how to get the very best out of family life. It will enable parents/carer's to understand how emotions can influence actions & many practical ways of guiding children are given so they learn to handle their feelings & control their behaviour. Best suited for parents of children aged 3 years & over.

Parenting Support Group Adults

Come along & join other parents to discuss & support the development of your children. This group gives parents a chance to meet & talk about how their child is developing. A great opportunity for parents to get the chance to share information & give other parents valuable tips & strategies on how we can make parenting as enjoyable an experience as possible.



24/7 Tools for Young Parents 13-25 yrs

Parenting is a 24/7 job, whatever age you are. This is an exciting new programme for young parents to give them the opportunity to think about their new life, both as parents & young adults, to raise aspirations & increase confidence. Topics explored include positive relationships, budgeting skills & lifestyle issues including drugs & alcohol.

Managing Your Money



Managing Your Money Adults

Want to get to grips with your finances? Make money make sense by getting tips on maximising your income, preparing a budget & prioritising payments. Attend both sessions to receive a complimentary £10 Tesco voucher.

Volunteering

Volunteering at our Children's Centres Adults

Are you interested? There are volunteering opportunities at all of our Centres. Most sessions will be a maximum of 2 hours. Every Volunteer will require an enhanced CRB (Criminal Records Bureau) check, & induction training and ongoing support are provided.



Wellbeing

Domestic Abuse Drop-in Adults

Supporting women and children experiencing domestic abuse living in the community. Women suffering abuse will often feel isolated & have been denied access to services. The aim of this Drop In is to give women vital information to enable them to make choices regarding their situation.

You & Your Baby

Baby Massage 2 - 8 mths

This is a 5 week course run by IAIM Qualified instructors. You will learn to massage your baby using approved strokes & techniques whilst learning about the vast benefits, to both mum & baby, of baby massage. A lovely session for new parents with discussions & lots of support and advice if required.



Health Visitors' Weaning Talk 0 - 5 yrs

Weaning clinic is run by our local Health Visitor team. It is an opportunity for you to receive support and advice on weaning & first food for your child.

Post Natal Group 0 - 6 mths

This is a 4 week rolling programme for mums & their new babies. The local Health Visitors will provide information & support on a wide range of relevant topics, for further details please contact your local Health Visiting Team.

Small Talk 0 - 5 yrs

As parents, you are the most important people in your baby's early development. The way you talk and play with your baby can make a real difference to how they develop and learn. By attending this session with a Speech and Language Therapist along with the Children's Centre Staff can provide you with information and ideas for you to make a significant contribution to your baby's communication skills.

Welcome to the World New Mums Group 0 - 6 mths

The early weeks with a baby can be full of mixed emotions. Gaining a network of friends in these early days is important & helpful. Why not sign up for this course, meet new mums and gain some useful knowledge in areas such as such as First Aid & childhood immunisations.