

## Potters Bar and South Mimms

### Parent Support Group

Come along and join other parents to discuss and support the development of your children. The group gives a chance for parents to meet and talk about how your child develops and learns.

**Who:** Parents of children under 5

**Where:** PB1 Children's Centre Potters Bar EN6 5NP

**Time:** 10.00 am - 11.30 am

**Date:** 29th April—15th July (Excluding 3rd June)

**Bookings:** 01707 658 547

**Crèche:** Limited places available, booking essential

### Moving up—Primary to Secondary

How to help your child with transferring to secondary school and deal with your own emotions too.

**Where:** Elm Court Youth and Community Centre EN6 3BP

**Time:** 7pm-9pm

**Date:** Wednesday 30th June

**Bookings:** 01438 843030

admin\_dpteamcentral@hertscc.gov.uk

### Challenging Behaviour Drop-in Support Group

For parents and carers of children with challenging behaviour including ADHD/ASD's. Your child does not need a diagnosis or statement

**Where:** The Wroxham School Potters Bar EN6 3DJ

**Time:** 9.15am-11.15am

**Date: Tuesday 4th May—**'Are you Listening?' How to encourage good listening skills

**Tuesday 8th June—**'It's more than words' The importance of saying sorry and the impact of shouting

**Tuesday 6th July—**'The power of praise' -

Encouraging positive behaviour

**Bookings:** not required: for information 01438 843030

admin\_dpteamcentral@hertscc.gov.uk

### NHS Baby Clinic

Run by local Health Visitors. Receive support and advice on a wide range of family health issues.

**Who:** For parents/carers and their young children

**Where:** PB1 Children's Centre EN6 5NP

**Time:** 9.30am-12 noon

**Date:** Wednesdays All year round

**Bookings:** Not required, just drop-in

## Can't find the support you're looking for?

We aim to meet the needs of all parents and carers so if you cannot find the support you are looking for here, we would like to hear from you.

If your child is 0 - 5 contact your nearest Surestart Children's Centre.  
To find your local Children's Centre Contact the Family Information Service  
0300 123 4052 or look online  
[www.hertsmere-children.co.uk](http://www.hertsmere-children.co.uk)

If your child is 5–19 (25 if registered disabled) contact your child's school or Extended Schools Coordinator  
[www.hertsextendedschools.org.uk](http://www.hertsextendedschools.org.uk)

### Borehamwood, Shenley and Elstree

Joy Cox/Heather Walsh

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0208 238 7282

### Potters Bar and South Mimms

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Christine James 01707 655512 x 252

[jamesc@mountgrace.herts.sch.uk](mailto:jamesc@mountgrace.herts.sch.uk)

### Bushey, Aldenham and Radlett

Fozia Ahmed

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If you would like further information on anything contained in this leaflet, please contact:  
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Parenting and Information Officer for Hertsmere  
Tel: 01438 843041  
[Jenni.willimott@hertscc.gov.uk](mailto:Jenni.willimott@hertscc.gov.uk)



Free Confidential Impartial

Support for  
Parents and Carers  
in Hertsmere

SUMMER TERM 2010



Being a parent is one of the best jobs in the world, but it can also be one of the toughest as family life can often be challenging and demanding.

Help and support is here and it's FREE!!

## Borehamwood, Shenley and Elstree

### Challenging Behaviour Drop-in Support Group For description see also under Potters Bar

**Where:** Summerswood Primary School Borehamwood WD6 2DW

**Time:** 1pm-3pm

**Date:** Tuesdays 4th May, 8th June and 6th July

**Bookings not required:** for information 01438 843030  
admin\_dpteamcentral@hertscc.gov.uk

### Handling Emotions in the family

Is there conflict in your family? This six session course will help you to identify triggers that raise the temperature, provide strategies to manage anger and techniques to become calm and assertive and help children control their emotions.

**Who:** For all parents who would like a happier, calmer family life

**Where:** Meryfield Primary School

**Time:** 9.30am-11.30am

**Date:** Mondays 10th, 17th, 24th May 7th, 14th and 21st June

**Bookings:** 01438 843030

admin\_dpteamcentral@hertscc.gov.uk

### Parenting Puzzle

It will help you understand how emotions influence actions and offer positive practical ways of guiding children so they learn to handle their feelings and behaviour. For parents of children over 3 years.

**Where:** BECC Borehamwood/Elstree room WD6 2FD

**Time:** 12.45pm-2.45pm

**Date:** Weds 5th May—30th June (Excluding 2nd June)

**Bookings:** 020 8386 4038 or 020 8236 7550

**Creche:** Limited places available

### Parent Support Group

For description see also under Potters Bar

**Who:** Parents of children under 5

**Where:** BECC, Borehamwood Room WD6 2FD

**Time:** 12.45pm-2.45pm

**Date:** 26th April—19th July (Excluding 3rd, 31st May)

**Bookings:** 020 8386 4038 or 020 8236 7550

**Crèche:** Limited places available, booking essential

### 123 Magic for additional needs

Coming soon to Hertsmere

For information please contact

Jenni Willimott

Parenting and Information Officer

01438 843041

jenni.willimott@hertscc.gov.uk

### NHS Baby Clinic

Run by local Health Visitors. Receive support and advice on a wide range of family health issues.

**Who:** For parents/carers and their young children

**Where:** The BECC community room WD6 2FD

**Time:** 9.30am-12 noon and 1.00pm—2.30pm

**Date:** Tuesdays All year round

**Bookings:** Not required, just drop-in

## Bushey, Aldenham and Radlett

### Time out for Autistic Spectrum Disorders (ASD)

An opportunity for parents to share feelings and experiences and come up with solutions to problems based on what works—not what's meant to work!

**Where:** Bournehall Primary School, Bushey WD23 3AX

**Time:** 10.00 am - 12.00 noon

**Date:** 11th, 18th, 25th May 8th, 15th 22nd and 29th June

**Bookings:** Johanne Oakley-Kelly 07584 070585

J.oakley-kelly@highwood.herts.sch.uk

### Managing Anger (In our families)

This four session course has two sessions focusing on helping adults handling their own anger and two on helping children manage theirs. This highly visual course gives insight into the many causes of anger together with tried and tested strategies.

**Where:** Queens School, Bushey WD23 2TY

**Time:** 7pm-9pm

**Date:** 6th, 13th, 20th and 27th May

**Bookings:** Joahanne Oakley-Kelly 07584 070585

J.oakley-kelly@highwood.herts.sch.uk

### Moving up—Primary to Secondary

For description see also under Potters Bar

**Who:** Parents of children moving up in September 10/11

**Where:** Queens School, Bushey WD23 2TY

**Time:** 7pm-9pm

**Date:** Wednesday 7th July

**AND**

**Where:** Bushey Meads School, Bushey

**Time:** 7pm-9pm

**Date:** Wednesday 23rd June

**Bookings:** 01438 843030

admin\_dpteamcentral@hertscc.gov.uk

### Monthly Behavioural support and Information group

For parents of children up to 8 who have concerns regarding their child's behaviour. Meet other parents, speak with a qualified behavioural coach, access information and strategies

**Where:** St Johns Church Radlett WD7 8DF

**Time:** 1pm-3pm

**Date:** 19th April, 7th June and 19th July

**Bookings not required:** not required—just drop in

### Understanding Children's Behaviour

Do you think your children do things just to wind you up? Find out what's really going on and what will help.

**Who:** Parents of pre-school to primary age children

**Where:** St John's C of E School, Radlett WD7 8DD

**Time:** 7pm-9pm

**Date:** Thursday 24th June

**Bookings:** 01438 843030

admin\_dpteamcentral@hertscc.gov.uk

### NHS Baby Clinic

Run by local Health Visitors. Receive support and advice on a wide range of family health issues.

#### Bushey

**Who:** For parents/carers and their young children

**Where:** Hartspring Community Centre

**Time:** 10.00am-12 noon

**Date:** Mondays All year round (not Bank Holidays)

**Bookings:** Not required, just drop-in

#### Radlett

**Where:** Radlett Village Institute

**Time:** 10.00am-12 noon

**Date:** Tuesdays all year round

**Bookings:** not required, just drop-in