



Willows Farm Activity Day Camp

4th April – 20th April Sign up on the Willows Farm Website

Come join us at the easter holiday camp to take part in some fun activities and crafts.



Cooking and crazy science experiments to be explored!



Take part in the adventures around the farm and the sports activities on the farm field!



activeCamps
In partnership with

Beechwood Park

£48 per day

School holiday multi-activity camps
Easter 4 - 22 April

Book Now!

www.oxfordactive.co.uk
or call 01865 594325

WE'RE GOOD FOR YOU
SAFE
OFSTED



Free Playing Out Information Sessions



Make your street a place to play and meet

Fri 22nd April 10.30am or Mon 25th April 8.00pm

on Zoom

Book via <https://playingoutstainfo.eventbrite.co.uk>

Find out how to apply to close your street to through traffic for play and community building up to 8 times a year at one of these free, informal sessions with the Playing Out St Albans District team.

www.sustainablestalbans.org/playingout | playingout@sustainablestalbans.org



Registered charity no 1173118

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:

- Increase confidence in your parenting.
- Develop your dad/child relationship, now and for the future.
- Improve listening and communication skills.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

Wednesdays 7.45-9.15pm
20th Apr-25th May
Course 508

Thursdays 7.45-9.15pm
9 Jun-14th July
Course 509

TALKING ADDITIONAL NEEDS

(previously Understanding Behaviour in your child with Additional Needs)

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.



Diagnosis
not
essential

Thursdays 9.45-11.15am
7th Jun-12th July
Course 500

Wednesdays 8.00-9.30pm
8th Jun-13th Jul
Course 502



Sessions will be run over Zoom so you will need access to a device such as a phone, tablet or computer with a webcam and microphone. We will help you get set up if you haven't used Zoom before. No special skills are needed.

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

**To check eligibility and book a place, please contact
Supporting Links on:**

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

www.supportinglinks.co.uk



These courses are provided free to parents by
Hertfordshire County Council

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OPEN DAY!



DIAMOND GYMNASTICS CLUB

**NEW
VENUE**



SATURDAY 9TH APRIL, 10-3PM

Call **07342 014280** or email
DiamondGymnasticsClub@hotmail.com
to book your 30 minute slot

**10% OFF
ANY BOOKING
MADE ON
THE DAY!**



www.diamondgymnasticsclub.co.uk

TALKING



FAMILIES

Because parents don't get training for the toughest job on earth!

ONLINE



Wednesdays 9.45-11.15am 20th Apr-25th May ID 503

Thursdays 8.00-9.30pm 21st Apr-26th May ID 504

Tuesdays 8.00-9.30pm 7th June-12th Jul ID 505

Our FREE 6 week online courses for parents and carers of children aged 0-12 will help you to:

- **Manage challenging behaviour with consistency**
- **Encourage positive behaviour**
- **Build your child's self esteem**
- **Set and maintain boundaries**
- **Respond to tantrums and difficult feelings in children**

'It was a brilliant course and has made a huge difference'

'It has taught me new skills to deal with family life'



PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM

Full details on how to access and use Zoom will be offered.

OPEN TO PARENTS AND CARERS ACROSS HERTFORDSHIRE

**Pre-booking essential
Please quote the course ID**

To check eligibility and book a place, contact Supporting Links on:

07512 709556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



This courses are provided free to parents by Hertfordshire County Council

Parent & Carer Support TALKING ASD & ADHD Workshops Summer Term 2022



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

ANXIETY and STRESS

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.
- Where to access further help and support, locally and nationally.

RESPONDING TO ANGER

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.
- Where to access further help and support, both locally and nationally.

info@supportinglinks.co.uk
www.supportinglinks.co.uk

Follow on:



Tuesday 3rd May
9.30-11.30am

Workshop 510 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-510-registration-300778415337>

Tuesday 28th June
7.30-9.30pm

Workshop 511 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-511-registration-302365111187>

Monday 25th April
7.30-9.30pm

Workshop 513 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-513-registration-297914449137>

Wednesday 13th July
9.30-11.30am

Workshop 512 Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhdresponding-to-anger-for-parentscarers-in-herts-512-registration-302300818887>



Workshops are open to parents and carers living in Hertfordshire