

Parent Post



Welcome to our End of Spring Term Newsletter

After another busy term supporting our wonderful families, we would like to wish you all a lovely peaceful Easter Break

Looking forward to next Term, please see our summer sessions which are available to book now.

As always, if you wish to access our free 1:1 support services please contact your school who will make a referral to us on your behalf or we can be contacted at:

Lead School Family Worker—Cheryl Bodrozic—cbodrozic@stanborough.herts.sch.uk or

Admin—Jo Fortune—jfortune@stanborough.herts.sch.uk



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Welwyn Garden City & Hatfield Schools Partnership



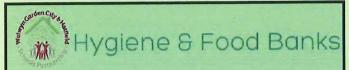
www.wgc-hatfieldschoolspartnership.com







Supporting families in Welwyn Hatfield



New Hygiene Bank!



We are proud to announce we now operate a Hygiene Bank with a selection of personal products available for families in need. Please contact your School Family Worker or use the contacts below to find

out more:
Cheryl Bodrozio
cbodrozic@stanborough.herts.sch.uk
Jo Fortune
jfortune@stanborough.herts.sch.uk

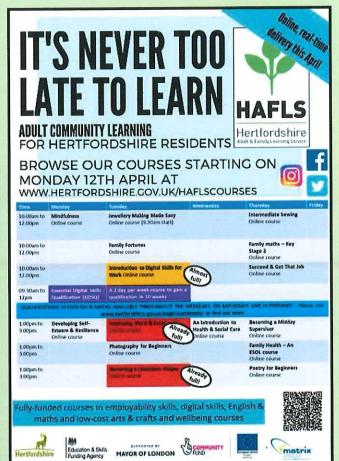
Food Banks available in Welwyn Hatfield

HATFIELD

Tuesdays 12-2pm Trussel Trust Hatfield Gracemead House Woods Avenue, Hatfield, AL10 8HX WELWYN GARDEN CITY
Wednesdays 9-11am
New Zion Christian Fellowship
140 Cole Green Lane
Welwyn Garden City
AL7 3JE

* Please contact school or your school family worker to obtain foodbank vouchers

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Family Support from our Local Partners

* オオ * Families In Focus cic

Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20 + years personal and professional experience.

This course will enable you and your family to:



- Gain greater understanding of anger dynamics in your family
- Understand the root causes or triggers of anger in your
- Learn proven and effective strategies that will reduce anger in your family

I now understand that the children's anger! now have the right techniques for me and my children and the whole house has calmed down."

- Discover new ways to communicate to calm and prevent anger... before it occurs!
- Learn safe and creative ways for children to 'let go' of pent up emotions safely
- Create a calm family environment so all can talk about
- Gain skills to manage your family's emotional regulation Meet other parents in a calm, judgement-free group



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Where: Online via Zoom

When: Tuesdays 6.30-8.30pm

April 20th, 27th

May 4th, 11th, 18th, 25th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

www.familiesinfocus.co.uk

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info@familiesinfocus.co.uk

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A Complete Guide to Parenting Children with ALL Special Educational Need

This course is free for all parents living in Hertfordshire and caring for a child aged 2 - 11 inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



"I would highly recommend all parents of children with Autism

go on this course - you'll be amazed how much you learn

and it's great that both Lesley and Francine are parents too.

so really do understand

Topics include:

- Gain greater understanding and answer the question 'Why does my child do that?
- Learn a range of strategies and solutions, to better mamage behaviours that challenge
- Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours Learn communication techniques to reduce 'emotional
- traffic jams' and improve your child's emotional regulation Learn techniques to manage stress, conflict and so much



Where: ONLINE via Zoom

When: Tuesdays 6.30-8.30pm

April 20th, 27th

May 4th, 11th, 18th, 25th June 8th, 15th, 22nd, 29th

Limited places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course

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Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.

This course will enable you and your family to:



A great non-judgemental

so much calmer and less

reduced*

who "get it" and my family is

anxious and meltdowns hav

- Gain greater understanding of anger dynamics in your family
- Understand more about Autism and ADHD
- Understand the root causes or triggers of anger in your
- Learn proven and effective strategies that will reduce anger in your family
- Discover new ways to communicate to calm and prevent
- Learn sale and creative ways for children to 'let go' of pent up emotions safety
- Create a calm family environment so all can talk about
- Gain skills to manage your family's emotional regulation
- Meet other parents in a calm, judgement-free group



Where: Online via Zoom

When: Wednesdays 9.30-11.30am

April 21st, 28th

May 5th, 12th, 19th, 26th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

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This course will enable you and your family to:



communicating in a much clear

way and working as a team with my parmer successfully

- Gain greater understanding of anger dynamics in your family
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 - up emotions safely
 - Create a calm family environment so all can talk about
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 - Meet other parents in a calm, judgement-free group



Where: Online via Zoom

When: Wednesday lunch and learn - 12-2pm April 21st, 28th

May 5th, 12th, 19th, 26th

Only 12 free places available. Places must be booked via Eventbrite on our website www.familiesinfocus.co.uk

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LIVING Well courses for wellbeing and recovery

Our 'Living Well' courses have been designed to support people make positive changes to their lives. Informed by psychological principles, these self-help courses support you to identify unhelpful thinking patterns and behaviours, whilst affering new helpful coping strategies.

These digital courses will be run via Zoom; giving you all the benefits of face-to-face support from your own homes. Each group will be no more than 16 participants and facilitated by our experienced workers at Mind in Mid Herts.

Developing, Self-Compassion: supporting you to combat self-criticism and develop self	12 th April – 3 rd May (2:38pm – 4pm)
Building Courage: developing strategies to help you tackle anxiety	14 th April - 5 th May (5pm - 7:38pm)
Eating Intelligating on understanding of healthy eating and how healthy eating can fight issues such as stress	15th April(5pm — 8pm)
Eccling Well: supporting you to understand and effectively manage depression	22 rd April − 13 th Majj (2:3ēpm- 4pm)
Learning 40 Relax: equipping you with the understanding & skills to manage stress effectively	24th April (18am-1pm)
Being Assertive gaining an understanding of assertive communication and behaviour	27th April (5pm-8pm)
Building Wellieung and Residence for front line workers: gaining an understanding of ways to build wellbeing & resilience	1 st May (18ám-1pm)
Becoming Notive: understanding the impact of physical activity and overcoming barriers to exercise	1th May (5pm-8pm)
Getting Really for the Workplace: understanding your own readiness for work to support you development & confidence	12" May - 16" June (2pm- 3:38pm)
Staying Well at Work: supporting you to build resillence and understand what impacts on your wellbeing at work	25 th May - 39 th June (6pm- 7:38pm)
Staying Calm: understanding onger and developing strategies to effectively manage it	27 th May = 17 th June (2:38pm- 4pm)
Scaping Well: exploring strategies to help you to improve sleep	29" May (18am-1pm)
Coping, with Loss supporting you to understand types of loss and significant changes	7 th June – 28 th June (2:38pm- 4pm)
Being Assertive: gaining an understanding of assertive communication and behaviour	19th June (5pm-8pm)
Learning to Relax: equipping you with the understanding & skills to manage stress effectively	15 TH June (5pm-8pm)
Paturning to Work: equipping you to build confidence returning to work after poor mental health	26 th June (10am-1pm)

Book:

Bookings: www.mindinmidherts.org.uk Enquiries training@mindinmidherts.org.uk Donations can be made via mindinmidherts arauk









B.You(th)

Calling all 13-16 year olds?

What is B. You(th)?

We run free healthy lifestyles courses for kids and adults. But we get that the things you want to know are different to 5 year olds and 50 year olds! So, with the help of young people like you, we created B•YOU(th) - a place for 13-16 year olds to discuss the health & wellbeing topics that matter to them.

Our wellbeing coaches and nutritionists can support you to:

Eat healthier! Get more active! Create and maintain a healthy routine! Look and feel your best!

As we get to know each other, we would love to hear about any passions, ideas, issues or concerns you have. Our goal is to talk about things you are interested in and that reflect you, and your generation. We will support and encourage you to learn together and offer opportunities to help others, by doing some good in the world. It

Sign up here: https://beezeebodies.com/programs/byouth/

We've got a new online advice service!

Just go to www.whcab.org.uk and click on the virtual drop-in link. You'll enter a virtual reception and an adviser will see you as quickly as possible.



We can help with debt, benefits, employment, housing and

We're open Monday, Tuesday and Thursday from 10 am



Delivering Special Provision Locally Achieving quality outcomes

Please keep in touch with what support is available in your area at: http://www.dspl5.co.uk/

This Easter things are looking much happier





Monday 29 March to Friday 9 April

HAPpy Holidays are here!

Hertfordshire County Council has joined forces with Herts Sports Partnership to organise a fun and exciting programme for children aged 5 to 16 during the forthcoming Easter Holidays!

Over 1000 free places are available at holiday activities taking place across the county for children on free school meals. These can be booked through the HAPpy Holiday Activity Finder from Monday 22 March.

To book on for free, ask your child's school for the unique code.

In addition, we have a huge variety of online ideas for simple activities that will help keep your family moving for the recommended 60 minutes each and every day!

Book activities at sportinherts.org.uk/hafhappy

in partnership with:





