

For more information please call

Tunbridge Wells

Early Help

03000 416200

Tunbridgewellsearlyhelp@kent.gov.uk

If you would like to book a place on any of these courses please follow the link below:

[Tunbridge Wells Parenting Referral Form and Privacy Notice \(25-06-18\).docx](#)

For parents in Tunbridge Wells



Understanding You **Understanding Your Child**

This Programme is suitable for parents/carers with children aged 0-19 years. The weekly 2.5 hour sessions are delivered over 9 weeks.

Week 1 - Course introduction

Week 2 - Understanding your child's world

Week 3 - Understanding your child's behaviour

Week 4 - Your journey and enjoying your child

Week 5 - Being a parent

Week 6 - Communicating with your child

Week 7 - Listening to and understanding your child

Week 8 - Planning ahead and trouble shooting

Week 9 - Family rules, negotiation and how far we have come

Creche available at some venues

Eligibility: Already open to Early Help or Specialist Children's Services

Links

Search Google for:

Tunbridge Wells Children's Centres or
Youth Hub Tunbridge Wells

Little Forest Friars Way TN2 3UA	Harmony Rusthall TN4 8SE	Paddock Wood 64 Commercial Rd TN12 6DS (Wesley Centre) Tel 03000 411 035
Tel 03000 420 892	Tel 03000 420 890	
The Ark Broadwater Lane TN2 5RP	Southborough Broomhill Park Rd TN4 0JY	Cranbrook Carriers Road TN17 3JZ
Tel 03000 414 600	Tel 03000 420 891	Tel 03000 411 035

Check us out on Facebook:

Tunbridge Wells Children's Centres
Tunbridge Wells Youth Hub

Check us out on Instagram:

Tunbridge Wells Youth Hub

Drop in support for parents of children with an Autistic Spectrum Condition

Broomhill Bank Outreach Services

Tuesday 26 March 2019

Tuesday 14 May 2019

Tuesday 16 July 2019

These sessions enable you to:

- Meet professionals who may be able to support you and your child. These may include representatives from: Specialist teaching team, Educational Psychiatrists, Kent Autistic Trust, Early Help or IASK (Information, Advice and Support Kent).
- Ask questions
- Learn more about ASC
- Access recommended reading

Please feel free to bring along a friend

**Venue:
Sunrise Children's Centre
London Road
Southborough, Tunbridge Wells
Kent
TN4 0RJ**

**If you have any questions please telephone
Broomhill Bank Outreach Services
01892 502466**

Cygnets

Primary and Secondary aged Sessions

This programme is designed for parents and carers of children and young people aged 5-18 with an Autistic Spectrum Condition or on the assessment pathway. Early Help deliver this in partnership with the Specialist teaching team.

Aims:

- Increase understanding of Autistic Spectrum Conditions
- Develop knowledge of how a child experiences the world
- Guide parents through practical strategies
- Gives parents the opportunity to meet other parents with similar challenges.

Week 1 - Introduction

Week 2 - An Overview

Week 3 - Sensory Issues

Week 4 - Communication

Week 5 - Understanding behaviour

Week 6 - Supporting Behaviour

Week 7 - Parents Choice

Eligibility: Child must have an ASD diagnosis or be on the ASD Pathway

Social Communication Support Group

Semi structured programme
for parents of children with social communication difficulties.

2½ hours over 5 weeks

Guest speakers support the delivery of this course.

Topics include:

- **Understanding and managing challenging behaviours**
- **Supporting communication and understanding difficulties**
- **Boundaries and routines**
- **Use of visual timetables and social stories**

Drop in support for parents of children with an Autistic Spectrum Condition

The group is for parents and carers of children and young people with Asperger Syndrome or Autism. An opportunity for parents/carers to talk and listen to others with similar experiences. Exchange ideas and information and discuss concerns.

Kent Autistic Trust

When: Monday 4th March 2019

Time: 7.00-8.45pm

Venue:

**TN2 Community Centre
Greggswood Road
TN2 3LZ**

For more information please contact:

Jo Blamires (Family Support Officer)

Phone: 01634 405168

E-mail: jo@kentakautistic.com

Little Gardeners

Help families find different ways to engage with gardening, help their children become familiar with the concept of growing their own and explore a range of fun, creative children's activities to raise awareness of horticultural concerns.

This course is delivered over 5 weeks.

Bug Hunt

This course will support families to develop an interest and extend knowledge of local bugs, participate in indoor, outdoor activities and encourage empathy with wildlife and habitat.

This is a 2 hour workshop with your child.

Fun activities to do with your child/ren in partnership with Kent Adult Education.

Young Parents Group **Drop in group for all Mums & Mums-to-be, aged 19 and under and their children**

Facilitated by Kent Creches and supported by Children's Centre and Youth Workers in conjunction with Midwives and the Health Visiting Team

When: Thursdays

Time: 1.00-3.00

Venue:
The Ark Children's Centre
Broadwater Lane, TN2 5RP

Travel costs covered
Lunch provided

Homestart **Fun on Friday** **Drop in group for Parents aged 25 and under and their children**

Craft, messy play, music and more

When: Fridays (term-time)

Time: 10.00-12.00

Venue:
Little Forest Children's Centre
Friars Way, TN2 3UA

Travel costs covered
Snacks and drinks provided

**Support Group for parents of
children with anxiety or depression**
(Peer Led)

When:

2nd & 4th Monday of the month
(term-time only)

Time:

1.30-2.30pm

Venue:

Little Forest Children's Centre
Friars Way, TN2 3UA

This is a support group for parents and carers of children with Anxiety & Depression or other mental health issues. We offer a safe place to talk about your experiences, get support and learn from others who are going through the same thing.

If you'd like more information or are interested in coming along, please email ukpc.group@outlook.com.

If you are unable to make the meetings, we also have a Facebook group called UK Parents and Care-givers of Children/Teens with Anxiety and Depression. This is a closed group where a community of parents from around the UK give advice and support.

To join, please search the name of the group in Facebook and send through a request to join.

Chatter Matters

Understand the importance of talking to your baby, toddler or young child and learn about language development. Find out how you can help your child's speech by talking about everyday activities, playing games and having family fun together.

Confident Parent Confident Child

Assess your own level of confidence and find out how this impacts on your children. Take part in group discussions about family life, find out ways to improve communication and learn how to increase your own confidence.

Understanding Your Teenager

Understand what it is like being a teenager and find out how the teenage brain develops. Participate in discussions about family life with other parents. Improve communication with your teenager.

Delivered in partnership with Kent Adult Education

Managing Children's behaviour

Learn about why children behave in certain ways and how parents can positively influence their children's behaviour. Discuss behaviours with other parents. Try out new strategies at home and talk about how these worked.

Improve family life and your relationship with your children.

Solihull Parenting

Solihull aims to increase the emotional health and wellbeing of children and parents.

Topics covered:

Child & adolescent development	Making sense of feelings
Behaviour difficulties	Parenting styles
Communicating with your child	Sleep patterns
Having fun together	Anger & temper tantrums
How to recover when things go wrong	

Parents and carers often say they feel calmer, more confident and have a better relationship with their child after taking part in the group.

Fun with the Family

Teach a parent, reach a child

The aim of this 4 week group is to support parents to develop their understanding of the importance of learning through play.

Topics include:

Week 1

Starting a Scrapbook and talking about the importance of play

Week 2

Physical play and singing

Week 3

Messy Play

Week 4

Review Scrapbook and introduction to the Children's Centres

This workshop will run throughout the year, rotating at different locations across the Tunbridge Wells District (including rural settings)

Eligibility: Families can only be referred onto this course by a professional

Food is Fun

Find out how to feed your family healthily and on a budget. Have a go at trying out new recipes on your own and with your children.

Take the opportunity to taste new things and have fun cooking and tasting with your children. All food is provided.

Our Family Scrapbook

Create a family scrapbook of positive memories to keep. Explore the benefits of involving children in cooking, healthy eating, physical activities and messy play.

Delivered in partnership with Kent Adult Education

Family Maths

Aim: To familiarise adults with a range of new calculation methods and mental maths strategies currently used to teach maths in primary schools. It aims to help adults feel confident in supporting their children's learning in maths whilst providing an opportunity to brush up their own skills, and achieve their individual learning plan or accreditation.

Family English

Aim: To familiarise adults with the main strategies currently used to teach reading, writing, spelling and handwriting in primary schools. It aims to help parents feel confident in supporting their children's learning of English, whilst providing an opportunity to brush up their own skills and achieve their individual learning plan or accreditation.

Family First Aid

For parents and children to learn how to manage an incident in which people are ill or have been injured and take care of them until medical help is available.

Delivered in partnership with Kent Adult Education