

For more information

Please Call

Tunbridge Wells

Early Help

03000 416200

Tunbridgewellsearlyhelp@kent.gov.uk

For parents in Tunbridge Wells



Understanding You **Understanding Your Child**

Monday 17th Sept to 19th Nov
10.00-12.30

The Ark Children's centre
Broadwater Lane TN2 5RP

Monday 13th May to 15th July 2019
Venue tbc

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.**

Links

Children's Centres Websites

<https://www.kent.gov.uk/education-and-children/childcare-and-pre-school/childrens-centres>

Youth Hub Website

<https://local.kent.gov.uk/kb5/kent/directory/service.page?>

Little Forest
Friars Way
TN2 3UA

Tel 03000 420 892

Harmony
Rusthall
TN4 8SE

Tel 03000 420 890

Paddock Wood
Wesley Centre
64 Commercial Rd
TN12 6DS

Tel 03000 411 035

The Ark
Broadwater Lane
TN25RP

Tel 03000 414 600

Southborough
Broomhill Park Rd
TN4 0JY

Tel 03000 420 891

Cranbrook
Carriers Road
TN17 3JZ

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 20 November 2018

Tuesday 22 January 2019

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 a Specialist Teacher, a representative from the Kent Autistic Trust, Early Help, an Educational Psychologist, a representative from IASK (Information, Advice and Support Kent) and Independent Support Kent.
- Ask questions
- Learn more about ASD
- 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**

Cygnets

Monday 7th Jan to 25th Feb 2019

Monday 13th May to Monday 1st July

Venue & time: depends on attendees

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.

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

Social Communication Support Group

Venue: The Ark

Every Monday 4th March to 1st April 2019

Time: 10.00—12.30

Semi structured programme for parents of children with social communication difficulties. Guest speakers support the delivery of this course.

You don't need to attend every week... unless you want to!

Topics include:

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

To book a place call 03000 414 600

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

Kent Autistic Trust

Monday 12th Nov 2018

Monday 7th Jan 2019

Monday 4th March 2019

Time: 7pm-8.45

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

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.

For more information please contact:

Jo Blamires (Family Support Officer)

Phone: 01634 405168

E-mail: jo@kentautistic.com

Little Gardeners

Friday 7th June 2019

Time: 9.30-11.30

Venue: The Ark Children's centre

Call 03000 414 600 to book a place

Crèche available

Bug Hunt

Monday 8th July 2019

Time: 09.30-11.30

Venue: Southborough Children's centre

Call 03000 420 891

Children join for the whole session

Understanding my Child

Friday 2nd Nov to 21st Dec

Time: 9.30-11.30

Venue:

Little Forest Children's centre

**For Parent's aged 25 and under
and their children**

Topics:

Behaviour

Attachment

Budgeting

Development

**Travel costs covered.
Late breakfast included**

Call Sarah Jarvis on 01892 524916 at Homestart to book a place

Children join for the session

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

Venue: Little Forest

Dates: Every other Monday (Term Time Only)

Time: 13.30pm—14.30pm

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 Caregivers 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

Christmas craft Activities

Monday 10th December 2018

Time: 9.30-11.30

Venue: Southborough Children's centre

Call 03000 420891 to book a place

Children join for the whole session

Thursday 13th December 2018

Time: 13.00-15.00

Venue: Paddock Wood Children's centre

Call 03000 411035 to book a place

Children join for the whole session

A course for parents and children together to make a range of Christmas decorations and have fun being creative together.

Chatter Matters

Wednesday 27th Feb to 3rd April 2019

Time: 9.30-12.00

Venue: Cranbrook Children's centre

Call 03000 411 035 to book a place

Creche available

Tuesday 4th June to 9th July 2019

Time: 9.30-12.00

Venue: Harmony Children's centre

Call 03000 420 890 to book a place

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.

Solihull Parenting

Venue: Various

Dates: TBC

Time: TBC

**Solihull is all about emotional health and wellbeing.
Aimed at parents of children aged 0-8 years.**

More information to come!

Family Maths

Tuesday 25th Sept to 11th Feb
Venue: Harmony Children's centre
Time: 9.30-12

Creche available, children join for the last 30 minutes.

Aim: To understand the strategies currently being used to teach numeracy at school.

Family English

Tuesday 11th Sept to 11th Dec
Friday 11th Jan to 5th April 2019
Venue: The Ark Children's centre

Thursday 28th Feb to 4th April
Venue: Little Forest Children's centre

Creche available, children join for the last 30 minutes.

Aim: To understand the strategies currently being used to teach literacy at school.

Confident Parent Confident Child

Tuesday 26th Feb to 26th March 2019
Time: 9.30-11.30
Venue: Harmony Children's centre

Call 03000 420 890 to book a place

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

Understanding Your Teenager

Tuesday 23rd April to 21st May 2019
Time: 6pm-8pm
Venue: Mascalls school, Paddock Wood

Call 03000 411 035 to book a place

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.

Managing Children's behaviour

Thurs 17th Jan to 14th Feb 2019
Venue: Little Forest Children's centre
Time: 12.30-14.30
Call 03000 420 892 to book a place
Creche available

Friday 26th April to 24th May 2019
Venue: The Ark Children's centre
Time: 9.30-11.30
Call 03000 414 600 to book a place
Creche available

Wed 19th June to 10th July 2019
Venue: Cranbrook Children's centre
Time: 9.30-11.30
Call 03000 411 035 to book a place
Creche available

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

Family First Aid

Monday 26th Nov to 10th Dec
Venue: Cranbrook Children's centre
Time: 9.30-11.30

Call 03000 411 035 to book a place

Monday 4th March to 25th March
Venue: Southborough Children's centre
Time: 9.30-11.30

Call 03000 420 891 to book a place

Thurs 27th June to 11th July 2019
Venue: Little Forest Children's centre
Time 12.30-2.30

Call 03000 420 892 to book a place

Creche available

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.

Food is Fun

Thurs 1st Nov to 25th Nov

Venue: Little Forest Children's Centre

Time: 13.00-15.00

Call 03000 420 892 to book a place

Creche is available. Children join for the last 30 minutes

Monday 21st Jan to 4th Feb 2019

Venue: Southborough Children's Centre

Time: 9.30-11.30

Call 03000 420 891 to book a place

Children join for the whole session

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

Friday 2nd Nov to 14th Dec

Venue: The Ark Children's centre

Time: 9.30-12.00

Call 03000 414 600 to book a place

Creche available. Children join for last 30 minutes

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