

Monday	Tuesday	Wednesday	Thursday	Friday
	Health Reviews Booked Appointments Only Health Reviews	Child Health Clinic 9:30am to 11am Drop in Child Health Clinic	Health Reviews Booked Appointments Only Health Reviews	Children and Young People Therapy Service Clinics Appointment Only Children and Young People Therapy Service Clinics
	Messy Play and Explore 9:30am to 11:30am Drop In Messy Play and Explore	Stay and Play Longwick C Of E School 1:45pm to 3pm 2nd Wednesday of the month Drop In Stay and Play	Family Learning Workshop 10am to 12 Midday Booking details on next page Family Learning	Keeping Your Child In Mind Parenting Course Virtual 10am to 12 Noon Starts 12 January Booking details on the next page Keeping Your Child in Mind Parenting Programme
		How To Build Confidence and Self-Esteem for Young People Virtual 5:30pm to 6:30pm Starts 10 January Booking details on the next page How To Build Confidence and Self- Esteem for Young People	Talking Teens Parenting Course Virtual 6pm to 8pm Starts 11 January Booking details on the next page Talking Teens Parenting Programme	



Session/activity overview and further details

Play and Explore

A session for families and carers with children aged 0 to 5 years (up to 10 years during school holidays)
There will be a variety of activities including arts and crafts, games and outside play.
No need to book

Family Learning Workshop

These sessions are for parents and their children aged between 2 and 4 years and focus on supporting their child's learning and development through play
To book your place call our enrolment team on 01296 383582
For more information text Sarah on 07824 862029 with your name and Family Centre

Child Health Clinic

Child Health Drop-ins are run by the health visiting service in a variety of venues. They provide an opportunity for you to turn up and talk to staff and other parents. You can discuss and review your child's growth and development as well as gathering information on health promotion topics to support you in your parenting journey.
No need to book

Keeping your Child in Mind

In this 4-week programme, we work with parents/carers with different parenting styles, challenges or breakdowns in their relationships. It aims to help parents/carers understand how relationships impact children and how you can support your child to reduce this impact.
Places must be booked before the course
To book call 01494 776 786
earlyhelpduty@buckinghamshire.gov.uk

Fridays 12 January to 2 February 10am to 12pm
Mondays 19 February to 11 March 10am to 12pm
Wednesdays 6 March to 27 March 5:30pm to 7:30pm

Children and Young People Therapy Service Clinics

Pre-booked appointments only for children with open referral to Children and Young People Therapy Services

CYP therapies admin team: 01296 838000
www.buckshealthcare.nhs.uk/cyp

Youth Courses Virtual

How to build Confidence and Self-esteem:
MS Teams starting Wednesday 10 January
5:30pm to 6:30pm.

How to Build Positive Relationships:
MS Teams starting Tuesday 9 January
5:30pm to 6:30pm.

How to Deal with Stress, Anxiety and Low Mood:
Virtual on MS Teams starting Thursday 14 January
5pm to 6pm.

Book your place by 22 December 2023
To secure your place or want more information please email earlyhelpduty@buckinghamshire.gov.uk or call 01296 383293

Talking Teens

Talking Teens is our 5-week programme exploring the relationships with your teens including communication, negotiating, decision-making and strategies to reduce conflict. It helps you understand your teenager's feelings and behaviour and gives you strategies to improve your relationship.

The programme is also suitable if your teenager has SEND.
Email to book: earlyhelpduty@buckinghamshire.gov.uk

Health reviews

Health reviews are carried out by your health team. This will look at your child's development and health and ensure that your child is in good health.
Invitation only

Sessions do not need to be booked in advance unless stated

Parenting Courses

Buckinghamshire's Family Support Service run a variety of parenting programmes for a range of ages. From toddlers to teens they can give you advice, support and confidence to meet your child's needs and reduce anxiety, stress and arguments at home.

[Free parenting programmes and resources | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk/family-support-service)

Family Learning Courses

Buckinghamshire Family Learning team run a variety of free courses for parents and carers of children across Buckinghamshire: online courses (five to six weeks) workshops (two hours)

We design our courses to help parents understand how they can best support their children throughout their early years and at school.

[Family learning courses in Buckinghamshire | Family Information Service](https://www.buckinghamshire.gov.uk/family-learning)

Youth Space

Activities, events, training and support for 11 to 19-year-olds.

[Youthspace | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk/youthspace)

Family Centre Plus

Mapledean Family Centre Plus, Newtown Family Centre Plus, Southcourt Family Centre Plus

As a Family Centre Plus young people, parents and families can drop in to talk to us anytime between 9am and 5pm, Monday to Friday.

[Family centres | Family Information Service \(buckinghamshire.gov.uk\)](https://www.buckinghamshire.gov.uk/family-centres)

