

Monday	Tuesday	Wednesday	Thursday	Friday
Messy Play and Explore 9:45am to 11:15am Drop In Play and Explore	Health Reviews Booked Appointments Only Health Reviews	Health Reviews Booked Appointments Only Health Reviews	Talking Teens Parenting Course (Virtual) 6pm to 8pm Starts 20 June Booking details on the next page	Messy Play and Explore 9:45am to 11:15am Drop In Play and Explore
Health Reviews Booked Appointments Only Health Reviews	Children and Young People Therapy Service Clinics Appointment Only Children and Young People Therapy Service Clinics	Mamas and Babas 10am to 11:30am Drop In Session will start on 17 April and then fortnightly during term time Mama's and Baba's Group	Talking Teens Parenting Course (Virtual) 6pm to 8pm Starts 20 June Booking details on next page Talking Teens	Little Talkers Parenting Course 1:30pm to 2:30pm Starts 14 June Booking details on next page Little Talkers
How To Build Confidence and Self-esteem for Young People (Virtual) 6pm to 7pm Starts 15 April Booking details on the next page How To Build Confidence and Self-Esteem for Young People	How to Move Up to Secondary School (Virtual) 6pm to 7pm Starts 16 April Booking details on the next page How to Move Up to Secondary School			
	Talking Teens Parenting Course (Virtual) 11am to 1pm Starts 23 April Booking details on the next page Talking Teens			



Session/activity overview and further details

Messy 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

Mamas and Babas

If you are Pakistani, have a child under 2 or currently pregnant then join us.
This parent-led group is looking to create a support network that empowers mothers and pregnant women on their maternity journey in a safe and nurturing environment while in turn providing a range of fun and stimulating activities for your babies.
No need to book

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

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

Youth Courses Virtual

How to build Confidence and Self-esteem:
MS Teams starting Monday 15 April 2024 6pm to 7pm.

How to move up to Secondary School:
MS Teams starting Tuesday 16 April 2024 6pm to 7pm.

To secure your place or want more information please email earlyhelpduty@buckinghamshire.gov.uk

Little Talkers

Little Talkers is a 5 to 6 week programme delivered by the Family Support Service. It offers support if you're concerned about your toddler's talking and understanding of language but their social skills appear to be developing well.
Email to book: earlyhelpduty@buckinghamshire.gov.uk

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



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-information-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)

