

Monday	Tuesday	Wednesday	Thursday	Friday
<b>How To Build Confidence and Self esteem for Young People (Virtual)</b> 6pm to 7pm Starts 15 April Booking details on the next page <a href="#">How To Build Confidence and Self-Esteem for Young People</a>	<b>Health Reviews</b> Booked Appointments Only <a href="#">Health Reviews</a>	<b>Child Health Clinic</b> 9:30am to 11am  Drop in <a href="#">Child Health Clinic</a>	<b>Health Reviews</b> Booked Appointments Only <a href="#">Health Reviews</a>	<b>Children and Young People Therapy Service Clinics</b> Appointment Only <a href="#">Children and Young People Therapy Service Clinics</a>
	<b>Messy Play and Explore</b> 9:30am to 11:30am  Drop In <a href="#">Messy Play and Explore</a>		<b>Family Learning Workshop</b> 10am to 12 Middyay  Booking details on the next page <a href="#">Family Learning Workshops (Risborough)</a>	
	<b>How to Move Up to Secondary School (Virtual)</b> 6pm to 7pm Starts 16 April Booking details on the next page <a href="#">How to Move Up to Secondary School</a>		<b>Talking Teens Parenting Course (Virtual)</b> 6pm to 8pm Starts 20 June Booking details on the next page <a href="#">Talking Teens   Parenting Programme</a>	
	<b>Little Talkers Parenting Course</b> 1:30pm to 2:30pm Starts 23 April Booking details on the next page <a href="#">Little Talkers</a>			
	<b>Talking Teens Parenting Course (Virtual)</b> 11am to 1pm Starts 23 April Booking details on the next page <a href="#">Talking Teens</a>			

## 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

### 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

### 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](http://www.buckshealthcare.nhs.uk/cyp)

### 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](mailto: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](mailto: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](mailto: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-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)