

Local services run by Central Bedfordshire Council and Home Start Bedfordshire available for families in the Houghton Regis area.

Relationships shouldn't hurt.

Central Bedfordshire

The Rebuild Programme is a 12-week group programme looking at healthy relationships.

It's designed for women living with domestic abuse in Central Bedfordshire, and will explore what healthy relationships look like, conflict in relationships, the dynamics of domestic abuse and the impact it has on relationships.

It will also give women the opportunity to have a one-to-one with the programme facilitator towards the end of the programme, and make a plan for their future.

The programme runs from children's centres across Central Bedfordshire.



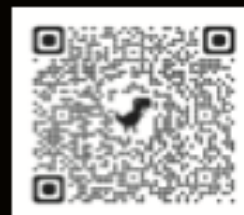
Rebuild is very gentle, it builds up gradually, first talking about healthy relationships and helps you understand when 'conflict' is actually abuse.

The Rebuild Programme
Supporting healthier relationships



Find out more about the Rebuild Programme online

www.centralbedfordshire.gov.uk/rebuild-prog



Online relationship support for parents



Parents in this area can now access **THREE ONLINE COURSES** from the relationship experts at OnePlusOne. Learn to cope with stress and communicate better, wherever you are in your parenting journey.



FOR
ALL
PARENTS

Arguing better

Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. You will learn:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.



FOR
NEW
PARENTS

Me, You and Baby Too

Learn how to navigate the changes that happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.



FOR
SEPARATING
PARENTS

Getting it right for children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:

- How to stop a discussion from turning into an argument.
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by scanning the QR code or visiting:
www.oneplusone.org.uk/parents





Own My Life is a 10 week course that supports women in regaining ownership of their lives after being subjected to abuse or violence by a partner.

We look at ways of moving on and taking back control and moving on to happy and healthy lives and relationships. We do this through short videos and group and individual activities.

This course does not allow women to join any week (unlike Freedom) as it very much focuses on a journey from week 1 through to week 10.

At present the course is being delivered by Zoom.

For more details contact linda@home-startcentralbeds.org.uk or 01582 660061



EMOTIONAL WELL-BEING SUPPORT GROUP

*"What most people really need
is a good listening to..."*

Revive is a small, women's support group for those that are experiencing low mood or anxiety. It is a safe space to express your emotions and be heard.

This an opportunity for you to chat to other women about how you are feeling, along with the support of our Family Workers.

**Call the Dunstable Children Centres on
0300 300 8104/0300 300 8106
To book**

**This is a 5-week course running at Dunstable South Children Centre on the Fridays 14th
Jan – 5th Feb at 1:45-2:45pm.**

Children are welcome to come along



Are You A Parent?

Being A Parent is a free course for local mums, dads and carers of children aged up to 11 years old. Run over eight weeks by trained parent group facilitators who have first-hand experience of the joys and challenges of being a parent, the interactive and informal course is delivered online via Zoom.

On the course, you will learn:

- Strategies for effective communication with your child
- Methods to help reduce negative child behaviour
- How to better understand your children's feelings
- How to have better, more resilient family relationships
- Methods for managing family stress.

By the end of the course, you will have:

- Increased confidence in your parenting
- Positive parenting skills to improve the quality of the interactions you have with your child.

Course Dates

9th October - 27th November on Monday evenings from 8 - 9.30 pm.

Talk to us today to find out more and book your place on this free course.



Call: 01582 660061

Email: office@home-startcentralbeds.org.uk

Visit: www.home-startcentralbeds.org.uk

Home-Start Central Bedfordshire,
The Annexe, Downside Neighbourhood Centre,
Dunstable,
Bedfordshire, LU5 4AS.



EMPOWERING PARENTS
EMPOWERING COMMUNITIES



Charity Registration no. 1109262

Kids Time

Central Bedfordshire

Kids Time is a FREE twelve-month programme for young people (age 8 – 17) and their families, where a parent/carer has a mental illness.

Our Aim

- To answer any questions and explore any myths about mental health
- To support young people who are affected by a parent/carer's mental health
- For families to have fun!

What we do

- Have the opportunity for all the family to learn about mental health from supportive professionals.
- Provide space for children and young people to understand more about mental health, have discussions, ask questions and to have fun!
- To build and enhance parents confidence and wellbeing
- Arts and crafts, activities and games to support families to be able to talk about mental health.
- A shared meal at each workshop

Once a month on a Thursday, from 5.00-7.30pm Arlesey Youth Centre
High St, Arlesey SG15 6SN

Scan the QR code to complete the referral form!



For more information:

Telephone – 0300 300 8585

Email – KidsTime@centralbedfordshire.gov.uk

Time for Two's

Why does your child do the things they do? Does your child's behaviour sometimes drive you crazy? What can you do to help them develop their skill? Come along to Houghton Regis Children's Centre and find out!

We invite you and your child to join us for 4 weeks of fun and information for both you and your child to support their development and get them ready for preschool.

Week 1: How Children Learn and Understanding Their Behaviour (Schemas)

Week 2: Being Healthy & Healthy Choices

Week 3 Physical Development & Mark Making

Week 4 Talking, Reading & Communicating

11th June to 9th July 2024

13.15pm to 14.45pm

Tithe Farm children centre

Parents/carers learn while their children play.
Book Now!!!!!!



Lots of information available including:

- ★ School Readiness
- ★ A parents' guide to the EYFS
- ★ The Importance of Reading
- ★ Healthy Eating & Choices
- ★ Transitioning & Settling-in
- ★ Pre Writing & Mark Making
- ★ Child Development
- ★ Activity Ideas



Houghton Regis Children's Centre
Tithe Farm Road, Houghton Regis, LU5 5JB, 0300 0300 8115
Parkside Drive, Houghton Regis, LU5 5QN, 0300 300 8129



Central Bedfordshire Council
www.centralbedfordshire.gov.uk



Supporting and Progressing Families (SPF)

This is an 8-week programme and is aimed at parents of **children aged 10+**.

SPF is based on the philosophy of *non-violent resistance* (NVR) and looks at building stronger relationships within the family. It will give parents the opportunity to explore and learn new tools and techniques and ways of responding to their child based on a number of core principles, including parental self-care, parental presence and de-escalation.

Please see the dates below for the start dates of each group of 8 sessions. The course will then run on the same day and time following that start date.

Start Date	End Date	Time	Location
Wed 18 th September	Wed 13 th November	12.30pm-2.30pm	Virtual
Mon 7 th October	Mon 2 nd December	5pm-7pm	Virtual
Wed 6 th October	Wed 18 th December	10am-12pm	Virtual
Wed 15 th January	Wed 12 th March	5pm-7pm	Virtual

For more information or to make a referral, please contact your locality Community Partner:

Dunstable – Katie Jeeves

Katie.Jeeves@centralbedfordshire.gov.uk or 0300 300 6681

Leighton Buzzard – Amanda McDonald

Amanda.McDonald@centralbedfordshire.gov.uk or 0300 300 4147

West Mid Beds – Natalie Good

Natalie.Good@centralbedfordshire.gov.uk or 0300 300 4513

Ivel Valley – Kerry Nielow

Kerry.Nielow@centralbedfordshire.gov.uk or 0300 300 6440

Houghton Regis – Victoria Gough

victoria.gough@centralbedfordshire.gov.uk or 0300 300 8602