



CAM ACADEMY TRUST COURSE INFORMATION

Course Title	Positive Parent workshop				
Course Description	A practical, fun, and friendly workshop suitable for parents/parent carers of young people aged 12 - 16 years old. (The course is for adults only; young people should not attend.)				
Start Date	1 st Oct 2022	Day & Time	Saturday 10:00 – 15:00	Venue	Comberton Village College
Tutor Details	<p><i>Helen Meridew</i> (BA Hons) I have worked with families for over 20 years, initially as a volunteer and later employed by Cambs and Herts Local Education Authorities. After completing a degree at Cambridge University, I took on a new role as School Family Worker in North Hertfordshire where I supported many families in 12 different schools. I'm trained and have experience of helping families with the challenges of ASD and ADHD.</p> <p>Watching families make positive changes to their lives as the result of working together is inspiring, and why I love what I do!</p> <p>("Pupils, families and schools in Royston have benefitted from Helen's positive and practical support" Head Teachers).</p>				
No. of wks	1	Terms	1		
Fee	FREE*/£38 See eligibility criteria below	Concessionary Fee	FREE*/£29 See eligibility criteria below		
Course Level:	Mixed ability		X		
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
Skills or qualifications needed for entry into the class			Parent/parent carer responsible for a child aged 13-16 years old		
Course aims & objectives					
<p>Parents often feel out of their depth during the teenage years. This fun and friendly workshop will give you some practical tips, and tools to help you understand and negotiate this often complex, and sometimes frustrating stage of family life by: -</p> <ul style="list-style-type: none"> ○ Building your confidence ○ Understanding your teenager's behaviour ○ Listening and communicating 					

- Setting boundaries
- Managing stress and conflict
- Picking your battles
- Enjoying family life
- And importantly... look after you own wellbeing

Progression – after this course what might you do next?

Attend additional courses to reflect on your progress or book a private/personalised 121 session.

How progress & success will be recorded

End of workshop feedback form.

Materials/equipment required for first class

You must have photographic ID available at the first class

Please bring a packed lunch (drinks will be provided).

The Hub at Melbourn has a café so you can purchase food/drinks on that day if required.

Contact for further information

Adult Education: 01223 264721
commed@combertonvc.org

Funding

This course is funded through the Adult Education Budget allocated by the Cambridgeshire and Peterborough Combined Authority (CPCA) or the Education and Skills Funding Agency (ESFA) and part financed by the European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website: <http://ec.europa.eu/esf/home.jsp>

Eligibility criteria *

- In order to qualify for a FREE place on this course, you must be eligible for us to claim funding to cover the costs. The eligibility criteria are as follows:
- Aged 19 or older on 31 August 2022
- You are a citizen of a country within the European Economic Area (EEA) or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, or have settled status or the Right of Abode in the UK (including Afghanistan, Hong Kong and Ukraine) **AND**
- have been ordinarily resident in the EEA or other countries determined within the EEA, including those with bilateral agreements such as Switzerland, for at least the previous 3 years on the first day of learning (does not apply to Afghanistan, Hong Kong and Ukraine)
- you must fully complete an enrolment form
- You must complete an individual learning plan (ILP)

If you do not qualify for a free course, then you can attend by paying the relevant fee.

Enrolment and Payment

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. **Please assume the class is running once payment has been received, unless you hear to the contrary.**

Phone: 01223 264721
Email: commed@combertonvc.org
Cheques: The Cam Academy Trust
Address: Adult Education, Comberton Village College
Comberton, Cambridge, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2022). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website www.cambsals.co.uk for details of all our funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>

