



# CAM ACADEMY TRUST COURSE INFORMATION

<b>Course Title</b>	Positive Parenting – the teenage years				
<b>Course Description</b>	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.)				
<b>Start Date</b>	11 <sup>th</sup> Nov 2023	<b>Day &amp; Time</b>	Saturday 10:00 – 16:00	<b>Venue</b>	Melbourn Village College
<b>Tutor Details</b>	<p><b>Helen Meridew</b> (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 Herts where I supported families in 12 different schools. I'm trained and have experience of helping families with the challenges of ASD and ADHD. 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>				
<b>No. of wks</b>	1	<b>Terms</b>	1		
<b>Fee</b>	£45	<b>Concessionary Fee</b>	£37		
<b>Course Level:</b>	Mixed ability			X	
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
<b>Skills or qualifications needed for entry into the class</b>			Parent or Parent Carer responsible for a child aged 12+		
<b>Course aims &amp; objectives</b>					
This friendly workshop will provide you with practical tips and tools to:					
<ul style="list-style-type: none"> <li>○ Build confidence and self esteem</li> <li>○ Understand your child's behaviour</li> <li>○ Listen and communicate</li> <li>○ Set boundaries</li> </ul>					

- Manage stress and conflict
- Pick your battles
- Enjoy family life
- And importantly... look after you own wellbeing

A few small changes can make a HUGE difference to family life!

### **Progression – after this course what might you do next?**

Reflect and review your progress in future workshops or private 121 sessions.

### **How progress & success will be recorded**

End of workshop feedback form.

### **Materials/equipment required for first class**

Please bring a packed lunch, pen and paper.

### **Contact for further information**

Adult Education: 01223 264721  
[commed@combertonvc.org](mailto:commed@combertonvc.org)

### **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](mailto: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 2023). 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](http://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>

