



## Family Links Nurturing Programme

April 2016

Welcome to the Family Links Nurturing Programme. The Nurturing Programme is a free 10 week course which will provide you with a range of tools and strategies to help with everyday family life. We provide a friendly and relaxed atmosphere where you can meet like-minded people, have an opportunity to socialise and have some fun whilst enjoying a bit of well-deserved time which is just for you. We will also provide you with a cup of tea and the best biscuits ever. We have shared some of our Parent's feedback below from our last Programme which ran from September to December last year.

***"I was nervous at first, but once got to know everybody, I felt at ease and happy"***

***"The course was extremely helpful and fun, we learned so much from the programme and each other"***

***"The course givers were never judging and kept the atmosphere light and fun"***

***"I make sure I nurture myself now as well as everyone else"***

***"Every parent should do the Nurturing Programme"***

***"Thank you so much for all your help, patience, understanding and giggles. This course has definitely benefitted my family"***

***"It's given me some tools to help when family life gets tough"***

***"It was so reassuring to know that other people get stressed by the same things"***

***"Absolutely fabulous light-bulb moments, would highly recommend this course to other families"***

Now we've got your interest, please indicate which time and venue would suit you best by choosing one or more of the following options on the form below. Once completed, please return to the school office ASAP to secure your place.

- *Wednesday 27<sup>th</sup> April to Wednesday 6<sup>th</sup> July 2016 (Not including half term) 1-3pm. South Cave School.*
- *Monday 25<sup>th</sup> April to ....Monday 4<sup>th</sup> July 2016 (Not including half term) 6.30-8.30pm. Welton School.*

*PLEASE NOTE - In September we will also be offering a morning session in North Ferriby. Date/Day and time TBC.*

If you have any questions please contact any of our Group Leaders below via the main school Office numbers.

North Ferriby Primary - Lisa Lowe - 01482 631200

South Cave Primary - Caroline Forman - 01430 422526

Elloughton Primary - Claire Alterskye - 01482 666231

Welton Primary - Lynn Watson - 01482 667222

Brough Primary- Claire Coppini - 01482 667352

North Cave Primary - Jan Whitelam - 01430 422551

We look forward to seeing all very soon.

Best Wishes

*Nurture Programme Group Leaders*

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Name.....

Contact Telephone number.....

Email address.....

Chosen Venue/time.....