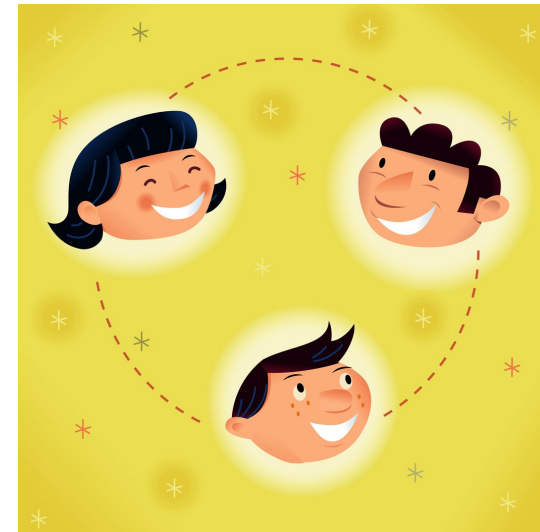


Please book each activity with the appropriate organiser, details of which are given below, or contact them for more information



National Parenting Week

Monday 19 - Sunday 25 October



What's on in Totton for parents and their children?



Contact: **Sue Sharpe, Centre Coordinator**

Address: **Calmore Community Centre, Totton, SO40 2ZU**

Telephone: **02380 668047**

Email: **thepatch.cc@hants.gov.uk**



Parent Support Advisor

Contact: **Louise Evans, Parent Support Adviser**

Address: **Testwood Sports College, Testwood Lane, Totton, SO40 3ZW**

Telephone: **07590 443614**

Email: **jayevansl@testwood.hants.sch.uk**



Contact: **Rosemary Lethbridge**

Address: **The Watering Hole**

Telephone: **07941 903257**

Email: **rosy@thewateringhole.org.uk**



Contact: **Adam Wells**

Address: **CATCH Office, Rumbidge Street, Totton, SO40 9DR**

Telephone: **02381 800120**

Email: **www.catch.hampshire.org.uk**

We hope you enjoy all the activities during National Parenting Week!



Parent Support Advisor

Date	What's On?	When?	Where?	Cost?
Sunday 18 th October	Den Building Bring a Picnic Lunch Duck Racing In the New Forest	11:00am 1:00pm 2:00pm - 3:00pm	In the New Forest, Venue and Time to be confirmed.	Free—Watering Hole (WH)
Monday 19 th October	Christmas Card Making Workshop, with Crèche (two sessions) * Parent Worksop, Create Reward Charts	1:00pm - 3:00pm 2:00pm - 3:00pm 6:00pm - 8:00pm	Calmore Community Centre Hazel Wood School Calmore Community Centre	£1 per workshop—(WH) Free—Parent Support Adviser (PSA) Free—WH
Tuesday 20 th October	Parenting Workshop, Create Reward Charts Money Matters, A chance to talk to an advisor about money issues Parent Consultations Rhyme Time * Tasty Options—Drop-in Family Quiz Night with Supper *	8:45am—9:45am 9:30am - 12:30pm 10:00am - 12:00pm 1:30pm - 2:30pm 2:45pm - 4:00pm 6:00pm - 8:00pm	Lydlynch School Calmore Community Centre Asda, Totton Calmore Community Centre Calmore Community Centre Calmore Community Centre	Free—(PSA) Free—(WH) Parent Support Adviser 50p per parent & child—The Patch Free—The Patch £1 per person, (PSA)
Wednesday 21 st October	Drug & Alcohol Awareness Raising Parenting First Aid, St. John's Ambulance * (Creche Available)	10:00am - 11:00am 11:45am - 2:45pm	Totton & Eling Community Centre Calmore Community Centre	Free—CATCH £5 per person, (PSA)
Thursday 22 nd October	Parenting Workshop, Create Reward Charts Keep Fit with Crèche * 'Parents Matter' consultation 'Couples Night' - Laugh your way to a happy partnership *	9:00am - 10:00am 9:30am - 10:30am 10:30am - 11:30am 7:00pm - 10:00pm	Abbottswood Junior School Calmore Community Centre Testwood Baptist Church The Vine Inn, Ower	Free—(PSA) £2 per adult & £1 per child— The Patch Free—(PSA) £5 per person, (WH)
Friday 23 rd October	Avoid Xmas Cash Crisis, Budgeting Tips Parenting Workshop, Create Reward Charts Parenting Quiz Distribution Drug & Alcohol Awareness Raising	9:30am—11:30am 9:00am - 10:00am 11:00am - 12:00pm 7:00pm - 8:00pm	Calmore Community Centre Oakfield Primary School West Totton Parent & Toddler Group CATCH Office, Rumbridge St.	Free—Watering Hole Free—(PSA) Free—The Patch Free—CATCH
Saturday 24 th October	Funkydz Club	10:00am - 12:00pm	Calmore Community Centre	£1 per person -Watering Hole

Please see reverse for booking and contact details

* Activities marked with a star, booking is essential