



Parent and Carers Workshops

Planning for the Future Workshop

If you don't know what the future holds for your son or daughter come and hear about the services that are available and how to get help. There will be an opportunity for 1:1 discussions with our advisers.

Place: Watford Mencap Children's Centre

Date and Time: 15th March 7pm—9pm

Moving and Handling Workshop

A session lead by a qualified trainer on good back care, using hoists and techniques for transferring.

Place: Watford Mencap Children's Centre

Date and Time: 16th March 2pm—5pm

Benefits Surgery

Not sure what you can claim? Come and hear a short talk explaining the current benefits as well as upcoming changes. There will be an opportunity for you to get 1:1 advice from our Advice and Information Service.

We will be running this workshop twice to ensure everyone has the opportunity to attend.

19th March Evening Workshop—Watford Mencap Children's Centre
7pm—9pm

20th March Morning Workshop—Watford Mencap Head Office
Rickmansworth. 10am—12pm (please note there is no cared for support available at this morning session)

Behaviour Workshop

A day of training on developing skills and confidence to support people with behaviour that challenges, in a non-confrontational, proactive and preventative way.

Place: Watford Mencap Children's Centre

Date and Time: 8th April 10am—4.15pm

Communication Workshop

Come and hear about ways to communicate and learn about Makaton.

Place: Watford Mencap Children's Centre

Date and Time: 20th April 2pm—5pm.

CHILDCARE / SUPPORT FOR CARED FOR PERSON IS AVAILABLE

EACH WORKSHOP COSTS £5

**FOR MORE INFORMATION OR TO BOOK PLEASE CONTACT SARAH
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