

Let us know what you are interested in:

Early Years Programme

Children's Programme

Healthy Family Workshops

ADDITIONAL INFORMATION

PROFESSIONAL SUPPORTING THE REGISTRATION (if applicable)

NAME

ROLE

ORGANISATION

PHONE

EMAIL

If you are the referring professional, you are confirming that the named parent has consented to this referral, signed this form, is happy to be contacted by Let's Grow Together, and has read and understood the privacy notice. If the form is not signed by the caregiver we will unfortunately not be able to process it.

Privacy Notice – Parents Plus Registration Form

Let's Grow Together are delivering the Parents Plus Programme on behalf of HSE Sláintecare Healthy Communities. The Registration Form will provide Let's Grow Together with the relevant data to administer this programme. Let's Grow Together is the data controller for the information collected and processed from the Registration Form as part of this Programme.

Purpose
The purpose of processing this data is to register your interest in the Parents Plus Programme. Further processing of your data may be required if you agree to register to participate in the Parents Plus Programme (there is a separate Registration Form for this).

Types of Personal Data
The types of personal data collected on this form include name, address, Eircode, phone number, email and date of birth of your child.

Legal Basis
The lawful basis that we are relying on to process this data is your consent. To withdraw your consent to the processing of your personal data, please contact the designated individual listed at the end of this Notice.

Third Party Recipients
The data provided as part of the Registration Form will not be shared with any third parties.

Transfers
The data provided in the Registration Form will not be transferred outside of the EU/EEA.

Retention
The data collected as part of the Registration Form will be retained by Let's Grow Together for the duration of the provision of our services to you. In the case of Parents Plus, this will typically be a period of time until your child reaches their 13th birthday.

Data Subject Rights
As a data controller, Let's Grow Together must fulfil data subject rights requests. Data subjects have the following rights:

- Right to access
- Right to rectification
- Right to erasure
- Right to restrict processing
- Right to data portability
- Right to object

To exercise any of the above rights, please use the contact details below.

Data subjects have the right to lodge a complaint with the Data Protection Commission. For more information visit: <https://www.dataprotection.ie/en/>

If you would like further information regarding how we process your data, please see our full Privacy Notice available at: <https://letsgrowtogether.ie/privacy-notice-lets-grow-together/>

If you have any data protection related questions or if you wish to exercise any of your rights as a data subject, please contact Emily Harrington at Let's Grow Together in any of the following ways:

Email: admin@letsgrowtogether.ie
Telephone: 021 6010656
Post: Let's Grow Together! Infant & Childhood Partnerships CLG, HSE Building, Harbourview Road, Knocknaheeny, Cork T23 XY16



Sláintecare Healthy Communities is led by Healthy Ireland in the Department of Health, HSE, Cork City Council and local community groups. These groups are working together to support the services below which are all **FREE** to anyone living in the Cork Healthy Communities Area: Knocknaheeny, Fair Hill, Churchfield, Gurranaברה, Farranferris, The Glen, Mayfield and Blackpool.

For registration queries or to find out more please contact:

- Clíona
086 078 6557
- HSE Building, Harbourview Road,
Knocknaheeny, Cork, Ireland T23 XY16
- cliona@letsgrowtogether.ie
- www.letsgrowtogether.ie
- @letsgrowtogethercork
- @letsgro_2gether
- @letsgrowtogether_abc

Company No.: 658035 RCN: 20206296 CHY:22936



Would you like some tips and tools to support you in your parenting journey?



Let's Grow Together as part of the Sláintecare Healthy Communities Initiative are offering a selection of trainings and workshops for parents and caregivers.



ParentsPlus
Empowering Professionals to Support Families

Early Years Programme

Parents Plus Early Years programme is practical and draws on parents' strengths. It is suitable for parents and caregivers of children aged 1 to 6 years, including young children with additional needs. It runs over 8 weeks and aims to support parents/caregivers in helping children develop positive relationships, build their language and development, increase their children's self-esteem, establish positive daily routines as well as reducing their own stress as parents.

Studies in preschool, mental health and early intervention settings have shown that families who complete the Parents Plus Early Years programme report:

- Increased child positive behaviour
- Increased school readiness
- Less parental stress
- Increased parental confidence

ParentsPlus
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Children's Programme

Parents Plus Children's programme is practical and draws on parents' strengths. It is suitable for parents and caregivers of children aged 6 to 11 years, including children with additional needs. It runs over 8 weeks and aims to support parents/caregivers in supporting children's behaviours and emotions, building children's confidence and self-esteem, problem solving with their children, establishing positive daily routines as well as reducing their own stress as parents.

Studies in primary schools, mental health and disability settings have shown that families who complete the Parents Plus Children's programme report:

- Increased child positive behaviour
- Helps children to manage their emotions
- Less parental stress
- Increased parental confidence

ParentsPlus
Empowering Professionals to Support Families

Healthy Families Workshops

These 2-hour workshops aim to empower parents to create healthy, connected families and improve well-being for everyone. Our workshops run throughout the year and are aimed at parents and caregivers of children ages 1 – 12 years old. Topics include:

- Empowering Parents
- Family Connection
- Healthy Food Routines
- Healthy Mealtimes
- Active Play
- Managing Technology
- Restful Sleep
- Healthy mind, happy mind

Register for Parents Plus

Parent/Caregiver Name(s)

Address(es)

Contact number(s)

Email address

Child's date of birth

Parent/Caregiver signature(s)

Date

By signing up, I am happy to be contacted by Let's Grow Together, I understand the referring professional may be contacted about my registration, and that I have read and understood the privacy notice on the back of this leaflet.

