

Family Support Service Timetable April

2022

Havant Family Support is pleased to announce our April timetable of virtual and face to face groups. Please take into account if you have the necessary equipment and ability to sit at the screen for the required time without any distractions when considering the virtual courses.






COVID19 secure face to face groups – spaces will be limited to allow for social distancing, facemasks may be asked to be worn as part of the group agreement. Venues used are COVID19 secure.

For more information on courses and to book a place call 02392 441400

Virtual SOS appointments available all term on referral to book please complete L2 R4S form

Day	Group Name	Age Group	Time	Venue	Dates
Monday					
Tuesday	Tots Talking - FSS	Parents/carers	10.00-11.00am	Virtual	TBC
	Talking Teens - FSS	Parents/carers	1.00-2.30pm	Virtual	3/5-24/5
	Talking Teens - FSS	Parents/carers	9.30-11.30am	Sharps	7/6-5/7
Wednesday	Family Links Nurture – FSS	Parents/carers	9.30-11.30am	Padnell Community Room	4/5-13/7 (Term Time only)
	Adverse Childhood Experiences (Aces) - MDT	Parents/carers	10.00-12.00am	Sharps Copse	4/5-13/7 (Term Time only)
	Non-Violent Resistance (NVR) – YOT/School	Parents/carers	10.00-12.00am	Mill Rythe infants, Rainbow room	4/5-13/7 (Term Time only)
	Young Persons ACE's – FSS/ School	8-11 years old	3.30-4.30pm	Trosnant School	4/5-29/6 (Term Time only)
	Young Persons ACE's – FSS	12-15 year olds	4.00-6.00pm	Sharps Copse	27/4-22/6 (Term Time only)
Thursday	Non-Violent Resistance (NVR) - School	Parents/carers	10.00-12.00pm	Sharps Copse	5/5-14/7 (Term Time only)
	Non-Violent Resistance (NVR) – FSS/MDT	Parents/carers	1.15-2.45PM	Virtual	28/4-30/6 (Term Time only)
	SGO Support Group - FSS		10.00-11.30am	Sharps Copse	First Thursday of every month beginning 7/4
Friday					



<p>Adverse Childhood Experiences (ACE's) ACE's is for parents who are presenting with trauma related experiences due to events that have taken place in their childhood and/or adulthood. These experiences are having a negative impact on their ability to move forward and make positive, sustainable changes to their lives. As a result, their parenting, mental health, emotional wellbeing and ability to manage from day to day is being restricted.</p> <p>Young Persons Adverse Childhood Experiences This is also available for children 12 years and up.</p>	<p>Family links Nurture Programme This is a programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course recognises that in order to fulfil our potential, sustain close relationships and enjoy parenting our children we need to be emotionally healthy. The aim is to help parents understand their emotions in order to manage feelings and behaviour.</p>	<p>HENRY - Health, Exercise and Nutrition 8-week course for parents with children under 5. It is fun and informal, exploring together what makes a healthy family and giving parents the tools and skills to give their child a healthy start and to deal with some of the challenges along the way. It offers practical support for parents and carers to help develop their confidence, boost their self-esteem and build on their strengths</p>
<p>Resources and tools for supporting young people's mental health Great resources and tools for supporting young people's mental health and resources and info to give to parents....coping with self-harm, depression, anxiety etc... www.cwmt.org.uk/schools-families-resources</p> <p>This website has some great guided meditation that will help with anxiety http://franticworld.com/resources/</p> <p>For teenagers and supporting them https://stem4.org.uk/</p> <p>The distrACT app gives you easy, quick and discreet access to information and advice about selfharm and suicidal thoughts. Find in your APP store.</p>     	<p>SOS SOS sessions are bookable appointments to meet with a Family Support Worker to discuss a single issue, these sessions do not take place in the home, but families are invited to attend the centre or local venue. If it unfolds that the needs of the family are more complex, you will be contacted again to advise an Early Help Assessment, so a multi-agency approach can be taken with the family.</p> <p>SOS appointments available all term on referral</p>	<p>Non-Violent Resistance (NVR) If you are experiencing child to parent violence, you don't have to face it alone. We have supported hundreds of parents, carers and children through our workshops. In 78% of cases, there is a reduction in violent and aggressive incidences as well as improved life chances for children, reduced stress levels and improved relationships at home. We support parents with children aged 5 to 18 years.</p>
<p>Self-Help Resources</p> <p>https://selfhelp.samaritans.org/</p> <p>https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/</p> <p>https://www.nhs.uk/every-mind-matters/</p> <p>https://llttf.com/</p> <p>https://stayingsafe.net/home</p> <p>https://www.nhsinform.scot/illnesses-and-conditions/mental-health</p> <p>https://www.mycompass.org.au/</p> <p>https://www.beyondblue.org.au/</p> <p>https://www.getselfhelp.co.uk/</p>	<p>Talking Teens The Talking Teens 4-week programme enables parents to build on pre-existing parenting skills and discover new ones. The sessions will help parents understand the impact they have on their teenagers and the influence of adolescent brain development on behaviour. Parents will explore their own feelings, as well as their teenagers, and will develop approaches to –promote life skills. Parents will also consider conflict and positive approaches to boundary setting and problem solving.</p>	<p>Tots Talking The programme is for parents of two-year olds at risk of delayed language. It is aimed towards parents/caregivers of two-year olds who are not using contingent language with their children (who may not say much, who may not respond to their child's interactions). These parents may be receiving two-year old funding, have older children with SLCN, be first time parents, have mental health issues, be receiving parenting support from other agencies, be concerned about their child's language development, live in an area of social disadvantage. It is not aimed at parents of children already identified as having SLCN or SEND. Children may have identified fluctuating hearing loss, be premature, be late talkers but would not have identified Special Needs.</p>
	<p>In times of crisis – all of the following are here to help you</p> <p>Contact the Safehaven https://www.easthantsmind.org/crisis-services/adults-safe-haven/ 0300 303 1560; 1800-2200 365 days</p> <p>Call 111 There is a mental health practitioner to help you, 24/7</p> <p>SHOUT Text Line Text SHOUT to 85258 – available 24/7</p> <p>Visit 'Staying Safe' https://stayingsafe.net/ by people who have got through similar experiences. Make a safety plan.</p>	<p>Havant Family Support Service Hub Sharps Copse Families centre, Prospect Lane, Havant, PO9 5PE</p> <p>Tel: 02392 441400</p>

