

# Family Support Service Timetable

## April 2023





For more information on courses and to book a place call [02392 441400](tel:02392441400) or email [Havant.FSS@hants.gov.uk](mailto:Havant.FSS@hants.gov.uk)

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

Havant Family Support is pleased to announce our January timetable. If you wish to book onto one of our courses, please call [02392 441400](tel:02392441400) or email [Havant.FSS@hants.gov.uk](mailto:Havant.FSS@hants.gov.uk) to speak with one of our workers who can book you a place, please note NVR and ACES require a pre course assessment.

Day	Group Name	Age Group	Time	Venue	Dates
Monday	Young Persons ACE's – FSS	YP 8-12	3.30-5.30pm	Sharps Copse	15/5-10/7 (Term Time only)
Tuesday	Family Links Nurture- FSS	Parents/carers	9.30-11.30am	Mengham Junior School, Hayling Island	2/5-11/7 (Term Time only)
	Family Links Nurture- FSS	Parents/carers	6.00-8.00pm	Sharps Copse	2/5-11/7 (Term Time only)
Wednesday	Adverse Childhood Experiences (Aces) – FSS	Parents/carers	9.30-11.30am	Sharps Copse	3/5-12/7 (Term Time only)
Thursday	SGO Group	Parents/Carers	10.00-11.30am	Sharps Copse	First Thursday of the month
	Non-Violent Resistance (NVR) - FSS	Parents/Carers	10.00-12.00pm	Padnell School, Waterlooville	4/5-13/7 (Term Time only)
	Talking Teens- FSS	Parents/Carers	6.00-8.00pm	Sharps Copse	15/6-6/7
Friday	Talking Teens- FSS	Parents/Carers	9.30-11.30am	Sharps Copse	5/5-26/5



<p><b>Adverse Childhood Experiences (ACE's)</b> 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><b>Young Persons Adverse Childhood Experiences</b> This is also available for children 12 years and up.</p>	<p><b>Family links Nurture Programme</b> 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><b>Non-Violent Resistance (NVR)</b> 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><b>Resources and tools for supporting young people's mental health</b> 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... <a href="http://www.cwmt.org.uk/schools-families-resources">www.cwmt.org.uk/schools-families-resources</a></p> <p>This website has some great guided meditation that will help with anxiety <a href="http://franticworld.com/resources/">http://franticworld.com/resources/</a></p> <p>For teenagers and supporting them <a href="https://stem4.org.uk/">https://stem4.org.uk/</a></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><b>SOS</b> 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><b>SOS appointments available all term on referral</b></p>	<p><b>Talking Teens</b> 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><b>In times of crisis – all of the following are here to help you</b></p> <p><b>Contact the Safehaven</b> <a href="https://www.easthantsmind.org/crisis-services/adults-safe-haven/">https://www.easthantsmind.org/crisis-services/adults-safe-haven/</a> 0300 303 1560; 1800-2200 365 days</p> <p><b>Call 111</b> There is a mental health practitioner to help you, 24/7</p> <p><b>SHOUT Text Line</b> Text SHOUT to 85258 – available 24/7</p> <p><b>Visit 'Staying Safe'</b> <a href="https://stayingsafe.net/">https://stayingsafe.net/</a> by people who have got through similar experiences. Make a safety plan.</p>	<p><b>Havant Family Support Service Hub</b></p> <p><b>Sharps Copse Families centre,</b> <b>Prospect Lane,</b> <b>Havant, PO9 5PE</b></p> <p><b>Tel: 02392 441400</b></p>

<b>Self-Help Resources</b>	
<a href="https://selfhelp.samaritans.org/">https://selfhelp.samaritans.org/</a>	Use our self-help web-app to track your mood and find practical tips and techniques to look after your emotional health.
<a href="https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/">https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/</a>	NHS-produced self-help guides on a variety of mental health subjects
<a href="https://www.nhs.uk/every-mind-matters/">https://www.nhs.uk/every-mind-matters/</a>	Guidance on mental health and wellbeing, including creation of an individualised plan
<a href="https://lltff.com/">https://lltff.com/</a>	Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more
<a href="https://stayingsafe.net/home">https://stayingsafe.net/home</a>	Particularly useful if you suffer from thoughts of self-harm or suicide. You can create a free safety plan.
<a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health">https://www.nhsinform.scot/illnesses-and-conditions/mental-health</a>	A collection of resources on a wide range of mental health and lifestyle issues
<a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>	A personalised self-help tool for your mental health
<a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>	information and support to help achieve best possible mental health
<a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a>	This website provides CBT self-help and therapy resources, including worksheets and information sheets and self help mp3s

