

Fareham and Gosport Family Support Service Timetable Summer 23

Day	Group Name	Age Group	Time	Venue	Frequency
Monday					
Tuesday	Family links Nurture Tots Talking NVR NVR	0-12+ Adult Adult Adult	9.30am -10.45am 9.30 --10.45am 12-45-2.30pm 12.45- 2.2.30pm 5.30-7.30pm	GMAT Oak meadow GMAT Oak meadow	10-week course 25/4/23 10-week course 10 weeks course 10 weeks starting
Wednesday	ACE Family links Nurture Life with your teenager (2 nd half) ACE	Adult 0-12+ 12-16 Child	12.45-2-30pm 9.30am-11.45am 5.30-7.30pm 9.30am-11.30am	GMAT Hub Oak meadow Face to face Oak meadow Wallisdean school	10-week course 26/4/23 10 weeks starting 24/4/23. 4-week course starts 8-weeks course
Thursday	Family links Life with your teenager	Child Adult	9.30-11.30am 5.30- 7.30pm	Face to Face oak meadow Crofton secondary	10-week course 27/4/23 4 weeks 27/4/23



<p><u>Life with your teenager Workshop</u></p> <p>Life with your teenager is a targeted 4-week course that is referral only.</p> <p>It is aimed at families with teenagers. The course covers the following:</p> <p>Being a parent of a teenager</p> <p>Understanding your teenager</p> <p>Communicating with your teenager</p> <p>Managing conflict</p>	<p><u>HENRY - Health, Exercise and Nutrition for the Really Young</u></p> <p>Working within a strength based and solution-focused approach the key elements of 'Let's get healthy' with HENRY are:</p> <p>Parenting skills</p> <p>Eating patterns and behaviour</p> <p>Healthy eating</p> <p>Physical activity</p> <p>Emotional wellbeing</p>	<p><u>SOS</u></p> <p><u>Why SOS?</u></p> <p>Build your skills as a parent</p> <p>Learn how to deal with specific concerns</p> <p>Get advice on managing your child's behaviour</p> <p>Discover new ways to help your child learn and develop</p> <p>Whether the single issue is dealing with specific problems, such as managing the household, supporting healthy lifestyles or attachment and bonding, then SOS can support families in finding the best solution.</p>	<p><u>Family links Nurture Programme</u></p> <p>The programme is 10 weeks long and covers: -</p> <p>Emotional Health and Mental Well-Being</p> <p>Relationship Skills and Positive Behaviour Management Strategies</p> <p>Self-Awareness and Self Esteem</p> <p>Appropriate Expectations and Empathy</p> <p>Positive Discipline</p>		
<p><u>Adverse Childhood Experiences (ACE's)</u></p> <p>The course has been created to inform and educate parents about the impact of ACEs on them and their children. The ACEs Recovery Toolkit Programme works with people who have experienced ACE's that have resulted in emotional trauma, the course aims to assist parents at looking at ways of developing positive lifestyle changes.</p>	<p><u>Tots talking</u> an 8-week virtual programme developed with parents to improve the language skills of two-year olds.</p> <p>aim of getting parents to talk more to their two-year olds so that their children will talk more and so be ready to do well at nursery and school.</p> <p>Encouraging parents to use more contingent language behaviours by following the child's lead, using commentary on activities rather than asking questions and giving instructions</p>	<p><u>NVR</u></p> <p><u>Non-Violent Resistance</u></p> <p>A ten-week programme referral only</p> <p>Non-violent resistance (NVR) addresses violent, destructive, and harmful behaviours in children and adolescents. The methods and ideas of non-violent direct action and resistance from Mahatma Gandhi, Martin Luther King and Rosa Parks are used in community and family settings to help parents and carers with their parenting. NVR can help parents and carers overcome their sense of helplessness. It can help develop a support network that will stop violent and destructive behaviours both in and out of the home. It can improve relationships between family members and the outside world</p> <p>Non-violent resistance offers you a completely different pattern which aims to help you to stop the child's or young person's destructive behaviour and prevent escalation and violence. Experience and research show that it is very effective.</p> <p>The main principles of NVR are:</p> <ol style="list-style-type: none"> 1. Taking a firm stand against violence, risk-taking and anti-social behaviours. 2. Holding back from physical or verbal violence. 3. Increasing your positive presence in your child's life. <p>It is important that a professional support group of the family attend a briefing session so that they can support the family throughout the group.</p>			
<p>Early help hub Coordinators virtual Workshop for more information or to book a place contact</p> <p>Kathryn.Whittle@hants.gov.uk</p>	<p>Fareham & Gosport Young Carer to support those under 18 who provide regular, ongoing, and substantial care for member or siblings. They offer support and advice holiday activities and much more: For more 01329 312312 / 07584 23019</p> <table border="1" data-bbox="929 1145 2188 1295"> <tr> <td data-bbox="929 1145 1435 1295"> <p>Fareham Hub Wednesday 9.30-11.30am Virtual hub</p> <p>Gosport Hub Tuesday 9-11.30am Virtual hub</p> </td> <td data-bbox="1435 1145 2188 1295"> <p>Fareham and Gosport Family Support</p> <p>Contact details email f&g.earlyhelp@hants.gov.uk</p> <p>Duty line open 8.30-5pm 0370 7790 300</p> </td> </tr> </table>			<p>Fareham Hub Wednesday 9.30-11.30am Virtual hub</p> <p>Gosport Hub Tuesday 9-11.30am Virtual hub</p>	<p>Fareham and Gosport Family Support</p> <p>Contact details email f&g.earlyhelp@hants.gov.uk</p> <p>Duty line open 8.30-5pm 0370 7790 300</p>
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