

# Family Support Service Timetable

## September 2023

For more information on courses and to book a place call **02392 441400** 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 September timetable. If you wish to book onto one of our courses, please call **02392 441400** 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	Family Links Nurture- FSS	Parents/Carers	9.30-11.30 am	Waterloo school	25/9-4/12 (Term Time only)
	Non-Violent Resistance (NVR) - FSS	Parents/Carers	6.00-8.00pm	Sharps Copse	9/10-18/12 (Term Time only)
Tuesday	Adverse Childhood Experiences (Aces) – FSS	Parents/carers	9.30-11.30am	Sharps Copse	5/9-14/11 (Term Time only)
	Talking Tots- FSS	Parents/Carers	10.00-11.15am	Sharps Copse	12/9-17/10
	Talking Teens- FSS	Parents/carers	6.00-8.00pm	Sharps Copse	26/9-17/10
Wednesday	Young Persons ACE's – FSS	8-12 year olds	3.30-5.30pm	Sharps Copse	27/9-6/12 (Term Time only)
	Family Links Nurture- FSS	Parents/Carers	6.00-8.00pm	Sharps Copse	27/9-6/12 (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	10.00-12.00noon	Sharps Copse	28/9-14/12 (Term Time only)
Friday					

Havant Family Support Service Hub  
 Sharps Copse Families centre  
 Prospect Lane,  
 Havant, PO9 5PE  
 Tel: 02392 441400



<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. <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>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>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>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>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>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 <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>Tots Talking</b> 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><b>Solihull Approach</b> 10 free online courses to offer evidence-based information and strategies to support families to understand child behaviours, development and feelings to strengthen relationships. Courses cover the journey of the child from conception through to the teenage years and are available for anyone with caring responsibilities to access. Learners for both sets of courses can register via the HCC landing page <a href="http://TheSolihullApproach.org.uk">The Solihull Approach   Health and social care   Hampshire County Council (hants.gov.uk)</a>. The access code FAMILY for parents/carers and FAMILY_PRF for professionals are required at registration along with a Hampshire or IOW postcode for unlimited access."</p> <p><b>Lighthouse Youth Group</b> Working together we provide a safe, informal and supportive environment for young people to take part in activities with peers, make friends, have fun and access immediate 1:1 support from our experienced youth workers and mental health practitioners.</p> <p><b>Tuesday – Year group: 6, 7, 8</b> <b>Session time: 4:30PM – 6:30pm</b></p> <p><b>• Wednesday - Year group: 9, 10, 11</b> <b>Session time: 5:30pm – 7:30pm</b></p> <p><b>• Thursday - College / 6th form age</b> <b>Session time: 5:30pm – 7:30pm</b></p> <p><b>Further information can be found on: <a href="http://www.easthantsmind.org">www.easthantsmind.org</a> or email us at: <a href="mailto:cyp@easthantsmind.org">cyp@easthantsmind.org</a>.</b></p>
<p><b>Self-Help Resources</b></p> <p><a href="https://selfhelp.samaritans.org/">https://selfhelp.samaritans.org/</a></p> <p><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></p> <p><a href="https://www.nhs.uk/every-mind-matters/">https://www.nhs.uk/every-mind-matters/</a></p> <p><a href="https://llttf.com/">https://llttf.com/</a></p> <p><a href="https://stayingSAFE.net/home">https://stayingSAFE.net/home</a></p> <p><a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health">https://www.nhsinform.scot/illnesses-and-conditions/mental-health</a></p> <p><a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a></p> <p><a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a></p> <p><a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a></p>	<p>Use our self-help web-app to track your mood and find practical tips and techniques to look after your emotional health.</p> <p>NHS-produced self-help guides on a variety of mental health subjects</p> <p>Guidance on mental health and wellbeing, including creation of an individualised plan</p> <p>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</p> <p>Particularly useful if you suffer from thoughts of self-harm or suicide. You can create a free safety plan.</p> <p>A collection of resources on a wide range of mental health and lifestyle issues</p> <p>A personalised self-help tool for your mental health</p> <p>information and support to help achieve best possible mental health</p> <p>This website provides CBT self-help and therapy resources, including worksheets and information sheets and self help mp3s</p>	

