



**Welcome to the newsletter from the Hart and Rushmoor Family Support Service. We produce a newsletter three times a year to keep professionals up to date with the services we offer.**

## SOS

Our lives have all been impacted over the last few months due to COVID 19 and we continue to be aware of the difficulties faced by many families. These may be in getting children back into a routine for school and the challenges this may cause as well as financial issues caused by loss of income or reduced work. If you know a family that need support around these, or any other **single need issue** such as parenting challenges, housing, or routines, please discuss an SOS (session of support) with them. An SOS is a Level 2 parent focused intervention held virtually by telephone or virtually by WhatsApp, Teams or Zoom. An initial appointment is held with the parent with one of the FSS team, with a follow up phone call being made after 1 month and 3 months.

Strategies are discussed that support the parent to resolve the issue and families are signposted to local services who can offer further support. To request support, please complete the Level 2 request for support form, which can be obtained from [hartandrushmoor.earlyhelp@hants.gov.uk](mailto:hartandrushmoor.earlyhelp@hants.gov.uk)

This form needs to be signed by yourself and the parent (*we do appreciate in the current situation, gaining a signature may be challenging, therefore we will accept*

*either an email or text message from the family giving consent, a copy of which will need to be sent onto us with the Level 2 form)*

*Please note: This is not an alternative for Level 3 support or for any safeguarding concerns. If you are not sure whether an SOS is the correct support for the family please ring our duty consultation line for professionals on 01252 796324, Monday to Thursday 8.30am – 5.00pm, Friday 8.30am - 4.30pm for advice.*

Please also share the documents sent with this newsletter which may help families to resolve several issues.

## Virtual Parenting Courses Available

At this time, we are unable to offer any face to face parenting courses however we will be delivering a limited selection of virtual courses in the January term to small groups of parents. A Level 2 request for support signed by the parent is still required before a space can be offered.



The following courses will be available:

## **Family Links Nurturing Programme**

<https://familylinks.org.uk/index>

Children are rewarding, stimulating and fun, but looking after them can be stressful and challenging. The Nurturing Programme helps deal with those challenges so that you can have a calmer, happier life. Over the 10-week programme, you will look at lots of different topics, including: Understanding why children behave as they do, Recognising the feelings behind behaviour (ours and theirs), Exploring different approaches to discipline, Finding ways to develop co-operation and self-discipline in children, Learning the importance of looking after ourselves, This group is all inclusive and would be suitable for parents with children who have low level SEN needs.

## **Family Links Parenting Puzzle Block of 4 workshops (need to attend all)**

Workshop 1: Understanding children's behaviour, Listening and communicating, Praise and encouragement

Workshop 2: Praise and guidance vs criticism, Child-led play and Positive moments

Workshop 3: Boundaries and parenting styles, Time Out to Calm Down, Dealing with stress and conflict

Workshop 4: Choices and consequences, Behaviour to ignore, Putting the puzzle together, Looking after ourselves

## **Family Links Talking Teens block of 4 workshops (need to attend all)**

The programmes include ideas and strategies for parents to maintain boundaries, motivation and support for young people in an emotionally healthy context. These workshops include the foundations of positive parenting: providing warmth and structure, the teenage brain, sleeping habits, handling difficult issues such as drugs and alcohol, social media, sex, sexuality, staying safe and boundaries and problem-solving.

## **Baby PEEP and Toddler PEEP**

**PEEP courses for a variety of age ranges from birth to five, each course varies in length from 6 weeks to 12 weeks**

<https://www.peeple.org.uk/>

Based on parents as principle educators for their children. Actual content of courses varies depending on the age of the children but includes early communication, early literacy, early math's, personal social emotional development and health and physical development. This is a structured course where parents are expected to fully participate with their children in joint activities. Current PEEP courses include Baby PEEP and Toddler PEEP.



## HENRY

<http://www.henry.org.uk/homepage/>

HENRY is an evidence-based programme which runs for 8 weeks and supports families with a child 0-8 years to develop a healthier lifestyle. Sessions cover topics relating to physical and emotional wellbeing, i.e. activity ideas, portion sizes, looking after yourself, exploring feelings, managing behaviour

Parents are supported to set realistic goals for lifestyle change at their pace, based on their knowledge of their own family and circumstances. Each parent receives a free set of resources, including a handbook containing recipe and activity ideas, children's story books and ball, charts, reward systems etc

Due to the ongoing COVID situation, we have had to make the difficult decision to suspend our priority groups until we are able to run Face to Face groups safely. These are Forces Support (Service Families) and Little Stars (Young Parents).

Support Available from Other agencies:

### Young Carers groups

The main focus of the clubs is on the young carers having fun, meeting other young people who are in a similar situation and receiving respite from their caring responsibilities. An additional aim is to give the young carers as many enjoyable, educational and challenging activities as possible to help improve their confidence,

develop new skills and cope with issues that affect their lives. Attendance at the clubs is free and there is no charge for any of the activities. Refreshments are available on each club night, which are also provided free of charge, and there is a tuck shop which sells a variety of chocolate bars and sweets. Transport may also be available for those young carers with parents without a car or where family circumstances make it difficult for parents to transport them.

To refer a child please go to <https://www.hartvolaction.org.uk/services-for-residents/young-carers-support/> and complete the request for support form.

### Cygnets

This course is delivered by Barnardos and is for parents with a child with ASC/ASD. The Cygnet Programme is a 12 week programme made up of a core of 7 weeks followed by 3 weeks of PSR (Puberty, Sexual Health and Relationships) and 2 weeks of Siblings. To refer a parent please visit [www.barnardos.org.uk/hspss](http://www.barnardos.org.uk/hspss) where the criteria for the course is explained further.

### Stop Domestic Abuse Services

is an innovative and unique provider of all services to those affected by domestic abuse. They do not just protect and work with victims, they help perpetrators, the police and many other organisations. For more information or to refer please go to <https://stopdomesticabuse.uk/professionals>



**Freedom Programme Online** - Is a programme for victims and survivors of domestic abuse looking at identifying abusive behaviours and reducing the risk of revictimization. There is a charge of £12 per course.

<https://www.freedomprogramme.co.uk/online.php>

## L3/EHH Peer Supervision

Peer Supervision provides an opportunity to come together as professionals; to share expertise and experience of working with families for which you are the Early Help Hub Coordinator. These monthly, interactive sessions with the Family Support Service Assistant Team Manager will offer support and ideas to ensure families are making progress against the Early Help Hub/Family Plan actions. These sessions will be virtual via teams and *Booking is essential. (You will be given a 20-minute timeslot)*

**Mondays once a month 1- 3pm**

**Dates:** 11<sup>th</sup> January  
8<sup>th</sup> February  
15<sup>th</sup> March  
19<sup>th</sup> April  
17<sup>th</sup> May  
14<sup>th</sup> June

To book, please contact Faye Powell on [faye.powell@hants.gov.uk](mailto:faye.powell@hants.gov.uk) (spaces limited to 5 per session)

## Virtual Early Help Hub Workshops

These virtual workshops will be delivered to professionals via Microsoft Teams and will include the following:

- A history of the Family Support Service
- How to access Early Help /Interagency Referral Forms (IARF)
- Early Help Hub process
- Thresholds explained
- Acting as an Early Help Co-ordinator
- Where to go for support
- Level 2 service and how families can access this

Date	Time
Monday 18 <sup>th</sup> January 2021	4.00pm - 5.30pm
Monday 1 <sup>st</sup> March 2021	4.00pm - 5.30pm
Monday 19 <sup>th</sup> April 2021	4.00pm - 5.30pm



Booking is essential. To book your place, please email Faye Powell at [faye.powell@hants.gov.uk](mailto:faye.powell@hants.gov.uk)



## **If in doubt! Give us a shout!**

Our duty consultation line is open to professionals only, Monday to Thursday 8.30am to 5.00pm, Friday 8.30am –

4.30pm on 01252 796324 for advice and guidance on what support is available for families or how to refer to one of our parenting programmes.