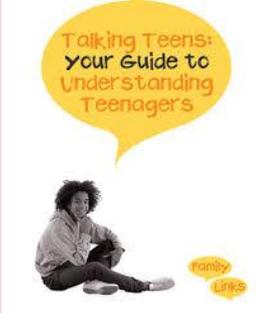


Test Valley Family Support Service Core Time Table

January 2019- March 2019

Day	Time	Group Name	Age Group	Venue	Frequency	Booking
Monday	9:30am to 11:30am	PEEP on Talking 	For parents with children age 2- 3 in need of Speech and Language support	Spring Meadow Centre Andover (Copse)	10 week course Monday 28 th January Monday 11 th March- (Including February Half Term)	Abigail Courtney 01264 387453 and Sarah Farrow Level 2 referral form to be completed and sent to FSS Duty testvalley.early help@hants.gov.uk
	1:15pm to 2:45pm	Five to Thrive workshops 	For Parents and children age 0-5	Spring Meadow Centre Andover (Copse)	4 week course 21 st January – 11 th February	Julie Ridge Barnardo's 07925 893654
Tuesday	9am to 1pm	SOS (30 minute appointment with a FSW for sign posting and guidance single issue of need)	All ages 0-19 years	Flexible to suit the needs of the parent	Weekly appointments	Level 2 referral form to be completed and sent to FSS Duty 01264 387453 testvalley.early help@hants.gov.uk
	12.30pm to 1.30pm	Growing Together 	For mothers 35 years and under	Spring Meadow Centre Andover (Hall)	Every Tuesday 8 th Jan -2 nd April	Yes, contact admin@ybrp.org.uk
	12:30pm – 2:30pm	Nurture Group (Primary) 	For Parents with children aged 5 – 12 years positive behaviour and emotional development	Romsey Library (No crèche)	10 week course Tuesday 22 th Jan – Tuesday 02 nd March (Term time only)	Rosie Reeves 01264 387453 Chris Hancock testvalley.early help@hants.gov.uk Level 2 referral form to be completed and sent to FSS Duty
Wednesday	9:30am to 11:30am	HENRY 	For parents with children 0-8 years interested in healthy lifestyle and eating	Spring Meadow Centre Andover (Crèche Available)	Wednesday 16 th - January – Wednesday 20 th March 2018 (Including a family session during half term 20 th February)	Abigail Courtney 01264 387453 or Julie Ridge Barnardo's 07925 893654 testvalley.early help@hants.gov.uk Level 2 referral form to be completed and sent to FSS Duty

	6:30pm –8:30pm	Talking Teens 	For parents with or preparing for teenage children (Positive behaviour strategies and emotional development)	Spring Meadow Centre Andover (No Crèche)	Course of 4 weeks Starting Wednesday 23th January- Wednesday 13th February (Term time only)	Faye Ratsey-Woodroffe and Rosie Reeves 01264 387453 testvalley.early help@hants.gov.uk Level 2 referral form to be completed and sent to FSS Duty
Thursday	9:30am to 11:30am	0-5 Early Years Workshops 	For parents with children age 0-5 positive behaviour and emotional development	Youth In Romsey	Course of 4 weeks Thursday 28th February - Thursday 21st March (Term time only) (Crèche available)	Chris Hancock 01264 387453 And Faye- Ratsey Woodroffe testvalley.early help@hants.gov.uk Level 2 referral form to be completed and sent to FSS Duty
	1:30pm to 3:30pm	HUB	Professionals only	Spring Meadow Centre Andover	Every Thursday	Professional invite only please contact Lucy-Ann Read Admin for more info (01264) 387484 testvalley.early help@hants.gov.uk
Friday	9am to 1pm	SOS (30 minute appointment with a FSW for sign posting and guidance single issue of need)	All ages 0-19 years	Flexible to suit the needs of the parent	Weekly appointments	Level 2 referral form to be completed and sent to FSS Duty 01264 387453 testvalley.early help@hants.gov.uk
Saturday	9.30am to 11.30am	Dad's Club 	Dad's with children 0-8	Spring Meadow Centre Andover	Fortnightly (Term time only)	Joint Delivery with FSS once a month Just turn up

Agency	Address	Telephone Numbers
Family Support Service, Test Valley	Spring Meadow Hub, Smannell Road, Andover, SP11 6JP Facilitating Hub, Nurture programmes, HENRY , PEEP on Talking and SOS	Professional Consultation Line Daily – Monday to Friday 01264 387453 (8.30am to 12.30) 01962 846363 (12.30 to 5pm, until 4.30pm on Fridays) Or email testvalley.earlyhelp@hants.gov.uk
Yellow Brick Road	Facilitating You Matter and Growing Together	admin@ybrp.org.uk
Me and My Dad's Club	Spring Meadow Children's Centre on Saturdays	https://en- gb.facebook.com/MeandMyDadClub/
Hampshire Healthy Families Barnardo's	Facilitating Five to Thrive and Henry	Julie Ridge Barnardo's Community Health Development Worker Andover & Winchester Email: Julie.ridge@barnardos.org.uk Mobile: 07925 893654

What is HENRY? – Healthy eating in the really young. A holistic approach to supporting families in recognising that **emotional wellbeing** and confident, responsive parenting is just as important for a **healthy lifestyle** as nutrition and activity. In a **group of 10-12 parents** HENRY provides information about food and activity - to give babies and young children a good start in life and to support the whole family to adopt a healthy lifestyle. HENRY provides information and support to help parents develop the confidence and skills to support a healthy lifestyle and improve emotional wellbeing in the family. It focuses on changing behaviour using **solution-focused** support as part of a **strength based** partnership approach to help families change old habits and achieve their goals. It works with **parents and carers of children aged 0-8 years** old through a **9-week programme** for parents and where children can attend an **activity session** during half term with parents. www.henry.org.uk.

What is Family Links Parenting? –Nurture programmes provide adults and children with understanding and skills to lead **emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships**. 2015 research showed: On average 8 out of 10 parents attending groups report significant improvements in their children's behaviour and family life. For example a significant reduction in conduct problems and hyperactivity, improvement in mental health outcomes for both children and their parents, an increase in levels of self-efficacy in 8 dimensions of parenting: emotion and affection, play and enjoyment, empathy and understanding, control, discipline and boundary setting, self-acceptance and learning and knowledge. Parent Group Leaders report more parents entering education, training and employment; and a reduction in the number of children subject to safeguarding plans. We have programmes suitable for parents of children from 0- 19 years. A **4 week 0-5 early years workshop** which focus' on early relationships, the importance of play, routines and early communication. A **10 week primary school age group** developing positive behaviour strategies, collaborative rewards , communication, negotiation, developing empathic and emotionally secure children, and building resilience and self-esteem in children and parents. A **4 week Talking Teens Programme** - Using the most recent research on adolescence, and consistent with the principles of the Nurturing Programme, the group provides a positive view of teenage development and focus' on improving relationships within the family, communication, negotiating,

decision-making and strategies to reduce conflict. The programme increases parents' understanding of teenagers' feelings and behaviour, and delivers key strategies for maintaining and improving relationships. Key topics include exploring the importance of parents for teenagers, developing parents' understanding of teenage development and influences of the brain. www.familylinks.org.uk

What is SOS? This is a **1/2 hour appointment** for a family to sit with a family support worker for **advice, guidance and sign posting at level 2** for a single issue of need. For example challenging behaviour, eating, financial concerns, housing, parenting challenges, substance misuse, routines, toileting, anxiety, personal hygiene, sleep or any other single issue. A **professional referral** should be made to the family support service by another agency or practitioner using the level 2 referral form. **Signed parental consent** on the form is essential. Once the referral has been received, an appointment will be made to see the family (not in the family home), to discuss the issue and provide advice and support. The Family Support Worker will then **follow up** after a period of time to review progress and find out if any further support is needed. To request referral level 2 referral form please email testvalley.earlyhelp@hants.gov.uk

You Matter? You Matter is a **Level 1 Laser Learning Awards accredited 12 week programme for mothers age 35 and under**. In a group setting, with out-side speakers contributing, the programme covers the following topics which help individuals feel more confident about their future. **Home Matters** - Understanding tenancies, where you can get help with questions about housing, home fire safety **Money Matters** - Paying bills, budgeting, benefits including Universal Credit, where to get help with money worries **Future Matters** - College, careers, CVs, interview skills, setting goals for your future **Life Matters** - Mental Health and Wellbeing, Healthy relationships, domestic abuse, on-line safety, making new friends, sexual health and contraception. <http://www.ybrp.org.uk/>

Five to thrive :We all know that there is nothing more important in the lives of young children than their parents. Recent research proves that how a parent behaves around their baby in the first three years of life has a direct impact on how their baby's brain develops. This is the foundation of how the brain will work as the child grows up and becomes an adult, so if a baby's brain develops healthily they are more likely to be happy and successful as older children and adults. Central to the five to thrive approach is the set of five key activities:

Respond · Cuddle · Relax · Play · Talk

These are our '**building blocks** for a **healthy brain**'. They are drawn from research into the key processes of **attachment** and **attunement** that forge bonds between young children and their carers. Crucially, they are designed to support positive feedback processes, enabling practitioners to observe and **reinforce positive interaction** between parents and their children. A **4 week** workshop for parents to attend with their children.

Me and my Dad Club is an Andover based group set-up to encourage **fathers** to spend more **quality time** with their **children up to age 8**. Meeting every other Saturday morning, fathers have fun and relaxed space to spend time with other dads. **Once a month** the **family support service** attend to **offer advice, sign posting and guidance to support** and local services and deliver **workshops**.

PEEP ON TALKING is a targeted programme for parents of **2 year olds** who have been identified as being **at risk of language delay**. The programme gives parents the **information, skills** and **practical ideas** they need **to develop their child's communication skills**. **Every session includes...****Talk time** (information and ideas focused on **communication** and **parent child interaction, Joint play and modelling** of strategies and activities **Snack time, Stories, songs and rhymes, Specific home learning** to encourage parents to practise the strategies at home e.g. asking fewer questions, waiting, face to face etc.