

Fareham and Gosport Family Support Service Timetable Spring 2020

| Day | Group Name | Age Group | Time | Venue | Frequency |
|------------------|------------------------------------|-------------------|---------------------------|------------------------------|--------------------------------|
| Monday | Peep on Talking | 2-5years | 9.30-11.30am | Oak meadow (F) | 10-week course |
| | SING A RAINBOW | No age limits | 1.30 – 2.30pm | Oak meadow(F) | Weekly contact below |
| | Sensory Room | 0-4+ | 9.30- 4pm | Oak meadow(F) | Daily bookings only |
| | Family links Nurture | 0-12 | 5.30-7.30pm | Leesland Junior(G) | 10-week course |
| | Life with your teenager | 12-16 | 5.30-7.30pm | St Vincent College (G) | 4 weeks starts |
| | Life with your teenager | 12-16 | 5.30-7.30pm | Oak Meadow (F) | |
| Tuesday | Family links Nurture | 0-12 | 9.30-11.30am | Elson Junior Sch(G) | 10-week course |
| | Family Links Nurture | 0-12 | 12-45 2-45pm Harrison Jun | St Peters/St Pauls(F) TBC | 10-week course |
| | Young parents Group | | 1-2.30pm | HEDCA (G) | Weekly |
| | Parenting Puzzle | 2-4+ | 12.45-2.45pm | Discovery Centre (G) | 4 weeks starting TBC |
| | Sensory Room | 0-4+ | 9.30-4.30pm | Oak meadow (F) | Daily bookings only |
| | Special Guardianship support Group | Up -to school age | 9.30-11.30am | Gosport discovery Centre (G) | Monthly – second Tues of month |
| | Baby PEEP | 0-1 | 9.30- 11.30am | Oak Meadow (F) | 10-week course |
| Wednesday | Family links Nurture | 0-12 | 12.45-2.45pm | Brockhurst Primary (G) | 10-week course |
| | Family links Nurture | 0-12 | 9.30-11.30am | Leesland Infant School (G) | 10-week course |
| | ACE | Children | 9.30-11.30am | Henry Court (F) | 10-week course |
| | HENRY | 0-8 | 9.15am-11.30am | Gosport discovery Centre | 8-week course |
| | Sensory Room | 0-4+ | 9.30-4pm | Oak meadow (F) | Daily bookings only |
| Thursday | Family links Nurture | 0-12 | 9.30-11.30am | Locksheath infants (F) TBC | 10-week course |
| | Family links Nurture | 0-12 | 12.45-2-45pm | Rowner (G) | 10-week course |
| | Peep on Talking | 0-4+ | 12-45-2.45pm | Discovery centre (G) | 10-week course |
| | Sensory Room | 0-4+ | 9.30-4pm | Oak meadow (F) | Daily bookings only |
| Friday | Ranger Home school group | 0- school age | 9.30-11.30am | Oak meadow(F) | Fortnightly |
| | Sensory room | | 9.30-3.30pm | Oak meadow(F) | Daily bookings only |



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| <p>Life with your teenager Workshop</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> <ul style="list-style-type: none"> Being a parent of a teenager Understanding your teenager Communicating with your teenager Managing conflict | <p>HENRY - Health, Exercise and Nutrition for the Really Young</p> <p>Working within a strength based and solution-focused approach the key elements of 'Let's get healthy' with HENRY are:</p> <ul style="list-style-type: none"> Parenting skills Eating patterns and behaviour Healthy eating Physical activity Emotional wellbeing | <p>SOS</p> <p>Why SOS?</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>Family links Nurture Programme</p> <p>The programme is 10 weeks long and covers: -</p> <ul style="list-style-type: none"> Emotional Health and Mental Well-Being Relationship Skills and Positive Behaviour Management Strategies Self-Awareness and Self Esteem Appropriate Expectations and Empathy Positive Discipline | <p>Young Parents</p> <p>A group for young parents, these sessions are designed to make young parents feel comfortable in getting the help and support you need. Our expert staff are on hand to provide any one-to-one support on specific issues, while the group sessions give you a chance to discuss your experiences with each other.</p> |
| <p>Adverse Childhood Experiences (ACE's)</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>Early help hub Coordinators on the 11/3/2020 1pm-2.30pm Workshop at Oak Meadow Centre, to book a place contact Kathryn.Whittle@hants.gov.uk</p> | <p>Peep on Talking</p> <p>A 10-week course designed to encourage speech and language skills. Delivered for parents and their children aged 2/reception years old, who would benefit from additional support with communication using a variety of fun activities that can be used at home to promote a child's verbal and listening skills.</p> | <p>To Book onto one of the FSS courses and Sensory room or for more information please email gosport.earlyhelp@hants.gov.uk fareham.earlyhelp@hants.gov.uk</p> <p>Or call 023 92 244023</p> <p><u>Please note FSS courses are by professional referral only</u></p> | <p>Professional development Group 18th March 2020 Oak meadow centre 1pm-3pm to confirm a place contact Marylou.Ashby@hants.gov.uk</p> |
| <p>Fareham Hub Wednesday 9.30-11.30am @ Oak meadow Centre Tewksbury Ave, Fareham, Po15 6LL</p> <p>Gosport Hub Tuesday 9-11.30am @ Rowner community Centre, Falcon Meadow Way, Gosport Po13 8AA</p> | <p>Attendance Legal Panel workshop 12/3/2020 1.30-3pm or 17/3/2020 9.30- 11am at Oak Meadow Centre contact Niki.Baker@hants.gov.uk LICO</p> | <p>Contact details for Rangers Home School Group</p> | | |
| <p>Sing a Rainbow Contact 0797 082 9685 arwosborne@hotmail.co.uk</p> | | <p>Fareham and Gosport Family Support Contact details email gosport.earlyhelp@hants.gov.uk . Or fareham.earlyhelp@hants.gov.uk . Duty line open 8.30-5pm 023 92 244023</p> | | |
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