# Test Valley Family Support Service Core Time Table

**Winter Term**

**January – March 2020**

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| **Day** | **Time** | **Group Name** | **Age Group** | **Venue** | **Frequency** | **Booking** |
|  | 1pm- 2:30pm | Thrive workshops | For Parents and children age 0-8months  | Spring Meadow CentreAndover(Copse) | 4-week course20th Jan-10th Feb | 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) 387453testvalley.early help@hants.gov.uk |
| 12:30- 2:30pm  | ACES Programme  | For parents whose children have experienced adverse childhood experiences | Cupernham Juniors School (Music Hall) | 9 Week Course14th January- 17th March (No session during February half Term) (No Creche) | Sarah Farrow or Abigail Courtney Level 2 referral form to be completed and sent to FSS Duty 01264 387453testvalley.early help@hants.gov.uk |
| 12.00pm to 1.30pm | Growing Together  | For mothers 35 years and under | Spring Meadow CentreAndover ( Hall)  | Every Tuesday (Term time) | Yes, contact admin@ybrp.org.uk(01264) 360589 |
| **Wednesday** | 9:30am-11:30am | Nurture Group(Primary) | For Parents with children aged 5 – 12 positive behaviour and emotional development | Roman Way Primary School | 9 Week Course29th January- 1st April (No session during February half Term) (No Creche) | Rebecca Jubb Billis or Stephanie Rhodes(01264) 387453testvalley.early help@hants.gov.ukLevel 2 referral form to be completed and sent to FSS Duty |
| **Thursday** | 9:30am- 11:30am | Talking Teens | For parents with or preparing for teenage children(Positive behaviour strategies and emotional development | Spring Meadow CentreAndover(No Crèche) | Course of 4 weeks5th March – 26th March | Claire Ford and Abigail Courtney (01264) 387453 testvalley.early help@hants.gov.ukLevel 2 referral form to be completed and sent to FSS Duty |
|  | 1:30pm to 3:30pm  | Early Help Hub | Professionals only  | Spring Meadow CentreAndover (Copse) | Every Thursday  | Professional invite onlyplease contact Lucy- Ann Read Admin for more info(01264) 387484testvalley.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 387453testvalley.early help@hants.gov.uk |

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|  | 10am to 11:30am | FSS Coffee Morning | Drop in just turn up- For any Parents who have accessed Early Help support via level 2 or 3  | Spring Meadow CentreAndover(Hall)(No Creche) | 31st January 28th February 27th March  | FSS Duty(01264) 387453testvalley.early help@hants.gov.ukLevel 2 referral form to be completed and sent to FSS Duty |
| **Saturday** | 9.30am to 11.30am | Dad’s Club | Dad’s with children 0-8  | Spring Meadow CentreAndover  | Fortnightly(Term time only) | Joint Delivery with FSS once a monthJust turn upDoes not run of the Summer holidays  |

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| **Agency** | **Address** | **Telephone Numbers** |
| Family Support Service, Test Valley  | Spring Meadow Hub, Smannell Road, Andover, SP11 6JPFacilitating Hub, Nurture programmes, HENRY, and SOS ACES and Peep on talking  | 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 emailtestvalley.earlyhelp@hants.gov.uk |
| Yellow Brick Road | Facilitating You Matter and Growing Together | Website - [www.ybrp.org.uk](http://www.ybrp.org.uk/)Twitter @ybrpyoumatterInstagram YellowBrickRoadProjectsGeneral enquiries:01264 360589 |
| 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 HENRY and Thrive  | **Julie Ridge****Barnardo’s Community Health Development Worker****Andover & Winchester**Email: Julie.ridge@barnardos.org.ukMobile: 07925 893654 |

**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](http://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

**Growing Together** : is a group for young parents who have either attended You Matter or would like to. The group is a space to meet others who have experienced some of life’s challenges, build friendships and have a place for their children to socialize with other children. <http://www.ybrp.org.uk/>

[**Thrive**](https://fivetothrive.org.uk/) **:**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 .**

# ACES A 10 week Course for parents of children who have experienced Adverse Childhood Experiences ACES. The course works from a strength-based perspective to help parents to understand the long term impact of ACES for their families emotional, psychological physical wellbeing , development and health empower them to address them.

Adverse Childhood Experiences (ACEs) are stressful events occurring in childhood including

* domestic violence
* parental abandonment through separation or divorce
* a parent with a mental health condition
* being the victim of abuse (physical, sexual and/or emotional)
* being the victim of neglect (physical and emotional)
* a member of the household being in prison
* growing up in a household in which there are adults experiencing alcohol and drug use problems.