

Welcome to the Sure Start Family Hub Parenting and Community Offer.

For more information on the courses please contact

Caroline Hallett - Referral and Allocation Officer Mobile No. 07818 588 480

Amy Reid - EPEC Hub Co-Ordinator Mobile No. 07920 088 499

or **email:** familyhub@southampton.gov.uk

To book your place:

Use the link below where you will find everything you need to know about our Family Hubs including What's on, our parenting courses and Referral form. **(Click what's on tab)**

<https://www.southampton.gov.uk/familyhubs>

Incredible Years

12 Week Course

For parent/carers of children aged
Aged 1 - 7 years.

Incredible Years Programme aims to: Promote positive parenting, Support parent-child relationships, increase use of positive strategies to enhance children's positive behaviours, including play, praise, and rewards.

New Forest Parenting Programme

6 Week Course

For parent/carers of children aged
Aged 5 – 12 years.

For parents/carers of children aged 5-12 years showing traits of ADHD, with or awaiting a diagnosis. The NFPP Program is designed to help parents whose children are displaying difficulties with their attention, who are hyperactive and impulsive. This programme is specifically designed to target these difficulties.

Venues

West

Ashby Centre: Stratton Road, Shirley,
SO15 5QZ

Pickles Coppice: 65 Windermere Ave,
SO16 9QX

Central

Surestart Clovelly: 60-68 Clovelly Road,
SO14 0AU

Surestart Northam: Kent Street,
SO14 5SP

Surestart Swaythling: Honeysuckle Road,
SO16 3BZ

East

Surestart Townhill Park: Cutbush Lane,
SO18 2GF

Surestart Thornhill: Byron Road, Thornhill,
SO19 6FH

Surestart Weston: Foxcott Close,
SO19 9JQ

Being A Parent

9 Week Course

For parent/carers of children
aged 2 - 11 years.

Learn practical communication skills to enable our children to be confident, happy, and co-operative. Includes: Discipline strategies, Feelings, Communication, understanding behaviour, valuing your children non-directive play - special time

Living With Teenagers

9 Week Course

For parent/carers of children
Aged 11 – 16 years.

This course is aimed at parents who have one or more children between the ages of **11- 16 years.** The course content includes managing risk, family meetings, exploring what it is like to be a teenager today, parental wellbeing, listening & communication, expressing & acknowledging feelings.

First Aid Workshop with Parents

2-hour Workshop

For parent/carers of children of any age

To gain confidence & learn how to deal with everyday lumps, bumps & bruises, and accidents in the home.

Cook And Eat

6 Week Course

For parents/careers of children

Aged 2 - 4 years.

Cook with your children & learn new healthy recipes to try at home.

Get Outside

6 Week Course

Make the most of learning getting outside spaces with fun activities for you & your children (**2 yrs. & over**) Including stories, nature, crafts & more.

Project You

6 Week Course

Project You is a self-discovery journey, enabling parents to find themselves, take some self-care and learn coping strategies for when life gets a bit too much!

All our parenting and community programmes provide a safe, non-judgemental environment for parents to discuss and explore their parenting experiences.

Being a Parent -Together

10 Week Course

For Parents and main carers who co-parent their children, aged 2-11 years, whether living together or apart who want to attend a parenting programme together.

Parents want the best for their children, and sometimes it can be hard to agree about how to do this.

Understanding Behaviour

2 x 2-hour Workshop

For parent/carers of children

aged 2 and above.

When it comes to developing an understanding of why our children behave the way they do it can be CONFUSING.

This workshop helps to empower parents to understand behaviours and feel motivated to respond in a more positive way.