

# The Community Offer



# Meet the Team



**Lynne**  
Admin



**Debbie**  
Senior CHDW  
Havant & Waterlooville



**Melissa**  
Manager



**Maria**  
Volunteer  
Co-ordinator



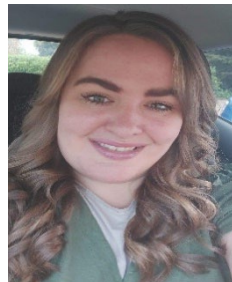
**TBA**  
Digital Officer



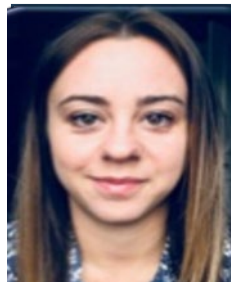
**Linda**  
Fareham & Gosport



**Kay**



**Becky**  
East Hants



**Kirsty**  
Eastleigh & Romsey



**Sophie**



**Wendy**  
New Forrest



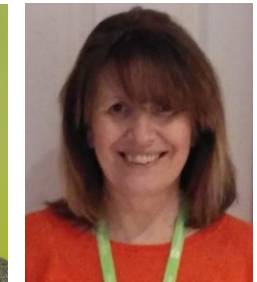
**Cass**  
Havant &  
Waterlooville



**Julie**  
Andover &  
Winchester



**Suzanne**  
Basingstoke



**Elaine**  
Hart &  
Rushmoor

## Community Health Development Workers

# The Community Offer

- Public health outreach
- Volunteering opportunities
- Ready Steady Mums
- Befriending services



# Digital Innovation

- Online workshop delivery
- Online self-serve booking
- Universal offer with priority places for vulnerable families
- Vimeo channel pre-recorded sessions
- Social media



**Hampshire Healthy Families**



**hampshire\_healthy\_families**



**@Hantsfamilies**



# Five to Thrive New Parent

- For parents & carers with babies from 6 weeks to 6 months
- 4-week course covering the five things babies need for healthy brain development
- 1.5-hour sessions



# Baby Talk

- For parents & carers of babies from 9-18 months
- Interactive workshop covering practical ways to develop communication, speech & language
- 1.5-hour session



# Toddler Talk

- For parents & carers of toddlers of around 2-3 years old
- Interactive workshop with lots of tips on how to extend toddlers' vocabulary
- 1.5-hour session



# Family Food, Fun & Fitness

- For parents & carers of children aged 12 months+
- Interactive workshop covering healthy eating and activity for young families
- 1.5-hour session





# School Readiness: Nurturing Young Brains

- For parents & carers of children aged 3 years+
- 1 x interactive workshop
- **Or** interactive 4-week course covering brain development, emotional safety, readiness to learn



# Hampshire Healthy Heroes

- For early years settings
- Approximately one hour
- Promotes oral, physical, emotional health and healthy eating
- Provides activities and resources for settings to use with children



# Hampshire Healthy Families Website

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)



**For all things health and families in Hampshire**



**Hampshire  
Healthy  
Families**


*Today's Health, Tomorrow's Future*

Find out about activities and events happening near you and our range of workshops for parents and carers.



**School Age Immunisations**


Immunisation information for school-aged children and access to the e-consent form.



**Healthier Together**

Improving the health of children and young people

Clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.



**ChatHealth**

Offers a simple, convenient & confidential text messaging service for young people and parents to provide health related support. Find out more here or text the numbers below.

**Health for  
Under 5s**

This website has been produced specifically for prospective parents as well as parents and carers of children from 0-5 years. It contains information to support you during those initial formative years.



**Health for Kids!**

This website is created especially for children to learn about staying healthy and looking after their health. With a Separate sections for parents and teacher.

**HEALTH:TEENS**

Created especially by and for young people, this website empowers young people to learn and take ownership about their physical health and mental wellbeing.



# Where you can find us on social media



Facebook: [www.facebook.com/hampshirehealthyfamilies](https://www.facebook.com/hampshirehealthyfamilies)



Instagram@Hampshire\_healthy\_families



X:@HantsFamilies



# Any Questions?

