

Parenting Offer Autumn Term 2023

For Parents

Support for Under 5s

The Lead Professional for under 5s is either the Health Visitor or Family Nurse. They will provide parenting support directly.

Where there is no Lead Professional, all requests for parenting support, should be made via the Duty Health Visitor on 0300 123 6629.

Parenting Surgeries

Parents who do not have a Lead Professional can access a parenting surgery. These are one off 30-minute- an hour sessions for those that need support around a specific issue or, general behavioural management support.

All requests for a parenting surgery should be emailed to the Parenting Service inbox ParentingService@portsmouthcc.gov.uk with the following information:

- Name of parent(s)
- Contact number and email address
- Name and DOB of focus child
- Address
- Summary on the areas of support needed.
- Availability for surgery

Sessions will be arranged to suit the parents.

Parents should contact the Parenting Service themselves to request a Parenting Surgery; where this is not possible, those supporting the family (e.g. SENCo, pastoral support etc.) should make it clear that the parents are fully aware and on board with this request.

Lead Professionals who are working with a family should **not** refer to the surgeries but should request a TAW following the agreed process.

Triple P Discussion Groups

A focused program of sessions designed to support school-aged children (5-16). Sessions will be offered across the city and will include some evening sessions. Parents or Lead Professionals will be able to call the Family Hubs to book on.

Please refer to the Discussion Group posters or ring your local Family Hub to find out when the Discussion Groups are taking place.

Topics in discussion this term will be:	
Managing Fighting & Aggression	Reducing Family Conflict
Dealing with Disobedience	Coping with Teen Emotions
Getting Teens to Cooperate	

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Courses

Rebuilding Relationships (RR) 3 week course 2 every half term - 'Creating new possibilities using NVR approaches, that defiance, aggression and conflict has taken away'

<p><u>Option 1</u></p> <p>Thursday Afternoon</p> <p>1pm-2:30pm</p> <p>21/09/23, 28/09/23 and 5/10/23</p>	<p><u>Option 2</u></p> <p>Monday Evenings</p> <p>5pm-6:30pm</p> <p>20/11/23, 27/11/23 and 04/11/23</p>
<p>Venue</p> <p>Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, PO6 3PL</p>	<p>Venue</p> <p>Northern Parade Family Hub, Doyle Avenue, Hilsea, PO2 9NE</p>

Rebuilding Relationships (RR) 1:1 - 1:1 RR sessions with parents/carers should they meet the criteria. Please follow the same referral process listed below and make clear your referral is for 1:1 sessions

(Both are a 3-week course for parents/carers)

Non-Violent Resistance (NVR) 10 week course run termly January, April and September - 'Overcoming a child's or young person's violent, aggressive, harmful, self-destructive or risk-taking behaviour using Non-Violent Resistance'

There is a new NVR option for children who are at risk of or being exploited this is still a 10-week course based on NVR principles. This is being trialled so if you have a family, you feel would benefit from this add that into your referral.

<p><u>Group 1</u></p> <p>Monday mornings</p> <p>10am - 12pm</p> <p>18/09/23 - 04/12/23</p>	<p><u>Group 2- Exploitation</u></p> <p>Tuesday evenings</p> <p>6pm - 8pm</p> <p>19/09/23 - 05/12/23</p>	<p><u>Group 3</u></p> <p>Wednesday afternoons</p> <p>12:30 - 2:30pm</p> <p>20/09/23 - 6/12/23</p>	<p><u>Group 4</u></p> <p>Thursday Morning</p> <p>10am - 12pm</p> <p>21/09/23 - 07/12/23</p>
<p>Venue</p> <p>Somerstown Family hub Omega Street PO5 4LP</p>	<p>Venue</p> <p>Online virtual</p> <p>Please see over re using Microsoft Teams</p>	<p>Venue</p> <p>Somerstown Family hub Omega Street PO5 4LP</p>	<p>Venue</p> <p>Paulsgrove Family Hub Cheltenham Road PO6 3LP</p>

Fear-Less Triple P 6 week course run every half term - 'Anxiety is a normal and adaptive human response. Learn to manage your child's anxiety effectively in order to avoid excessive distress and interference with day-to-day functioning'

<u>Group 1</u>	<u>Group 2</u>	<u>Group 3</u>
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Thursday Evening 6pm-8:30pm 21/09/23- 02/11/23	Wednesday Afternoon 12pm-2:30pm 01/11/2023- 06/12/23	Tuesday Morning 10am-12:30pm 19/09/23- 31/10/23
Venue Paulsgrove Family Hub Cheltenham Road PO6 3LP	Venue Paulsgrove Family Hub Cheltenham Road PO6 3LP	Venue Somerstown Family hub Omega Street PO5 4LP

Course Referrals

In order to attend RR, NVR, or Fear-Less a referral **must** be made by the Lead Professional working with the family and sent to ParentingService@portsmouthcc.gov.uk .If you are a parent/carer interested in completing any of the above courses, please reach out to your Lead Professional to discuss this further.

Parenting Specialists

- North & Central - Debbie Silk: Debbie.silk@portsmouthcc.gov.uk
- South & Central- Tracy Brooks: tracy.brooks@portsmouthcc.gov.uk