

**How to refer:**

Please send the below details to the parenting inbox:  
[parentingservice@portsmouthcc.gov.uk](mailto:parentingservice@portsmouthcc.gov.uk)

<b>Course</b>	<b>Referral</b>
NVR	<ul style="list-style-type: none"><li>- Name of focus child &amp; DOB</li><li>- Parent(s) being referred</li><li>- Parent(s) contact number and email address where possible</li><li>- Address</li><li>- Brief summary highlighting why the <b>parents</b> are wanting to attend</li><li>- Up to date assessment</li></ul>
RR	<ul style="list-style-type: none"><li>- Name of focus child &amp; DOB</li><li>- Parent(s) being referred</li><li>- Parent(s) contact number and email address where possible</li><li>- Address</li><li>- Brief summary highlighting why the <b>parents</b> are wanting to attend</li><li>- Up to date assessment</li></ul>
Surgeries	<ul style="list-style-type: none"><li>- Parent Name &amp; DOB</li><li>- Contact Number and email address</li><li>- Focus Child Name and DOB</li><li>- Address</li><li>- Summary on the areas of support needed</li><li>- Availability for surgery</li></ul>
Fear-Less	<ul style="list-style-type: none"><li>- Name of focus child &amp; DOB</li><li>- Parent(s) being referred</li><li>- Parent(s) contact number and email address where possible</li><li>- Address</li><li>- Brief summary highlighting why the <b>parents</b> are wanting to attend</li></ul>

**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](mailto:ParentingService@portsmouthcc.gov.uk) with the following information:

- Parent Name
- Contact Number and email address

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- Focus Child Name and DOB
- 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, booking **directly** with the practitioner via Outlook.

### 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	

### 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'

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

**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

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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.

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

**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'

<b><u>Group 1</u></b>	<b><u>Group 2</u></b>	<b><u>Group 3</u></b>
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
<b>Venue</b>  Paulsgrove Family Hub Cheltenham Road PO6 3LP	<b>Venue</b>  Paulsgrove Family Hub Cheltenham Road PO6 3LP	<b>Venue</b>  Somerstown Family hub Omega Street PO5 4LP

### **Course Referrals**

In order for parents/carers 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](mailto:ParentingService@portsmouthcc.gov.uk).

We request that **all referrals** contain an up-to-date assessment, and must contain the following information in the referral cover email:

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- Name of focus child
- Parent(s) being referred
- Parent(s) contact number and email address where possible
- Address
- Brief summary highlighting why the **parents** are wanting to attend
- Fear-Less referrals should make clear how managing the young person's anxiety is impacting the family, and any other mental health support that is in place

Please continue to provide support to your allocated families throughout the booking-on process as this can be challenging for some.

After you have sent in your referral to the Parenting inbox it will be passed along to the specialist's course team who will review if it is the most appropriate course for the family. Once they have reviewed the referral we will contact to say if the family have or have not been approved for the course and instruct on when they will receive an invitation or alternative options. Parents will receive a letter 3-4 weeks before the course is due to begin detailing how they book themselves on.

### **Parenting Specialists**

- North & Central - Debbie Silk: [Debbie.silk@portsmouthcc.gov.uk](mailto:Debbie.silk@portsmouthcc.gov.uk)
- South & Central - Tracy Brooks: [tracy.brooks@portsmouthcc.gov.uk](mailto:tracy.brooks@portsmouthcc.gov.uk)