

# Family Hub Professionals Newsletter



We hope you enjoy these bi-monthly updates on all things new and coming soon to Portsmouth families, thanks to the UK government Family Hubs Start for Life funding.



## New Family Hub Champions

Each of the five Portsmouth Family Hubs now has a resident Family Hub Champion, employed by Home-Start, to act as a single point of contact for parents and carers who visit the hub and have questions or need information. They will also be co-delivering new parenting groups alongside Solent NHS in the new year.

A virtual Family Hub Champion can also be contacted by calling 07821 302233 or texting 07860 025516, or by visiting our digital family hub, Family Assist Solent. For more information, please contact your local Family Hub. Pictured from left to right: Jen, Abby, Alyson, Yasmin, Denise, Hannah.

## Free online parenting courses now available on Family Assist

Portsmouth City Council and Solent NHS Trust have partnered with the Solihull Approach to offer free access to expertly designed online courses for families living in Portsmouth. Available in over 100 languages, they include antenatal, postnatal and familial courses covering a variety of subjects. To gain access for your families, search online for 'Family Assist Solihull Approach' and use the password 'PARENTSUPPORT'.



## Perinatal Infant Mental Health (PIMH) Drop-in Sessions for professionals

Informed by the Anna Freud Parent-Infant Supervision model and using a restorative, trauma-informed approach, drop-in consultations have begun for services with families experiencing PIMH challenges. Running from Oct 4th to Dec 27th, practitioners can either drop in or book a time for a virtual or face to face appointment. To book an ad-hoc session outside this pilot period, please email [kathryn.hammond@solent.nhs.uk](mailto:kathryn.hammond@solent.nhs.uk).

# Parenting Service

For adults with children over 5, the parenting service offers both face to face and virtual parenting courses. These include **Triple P discussion groups**, **NVR (non-violent resistance)**, **Rebuilding Relationships** and **Triple-P Fearless**. This offer will increase soon with the introduction of a new Separated Parents course.

Soon we will share a full visual timetable showcasing all parenting sessions running in the new year. In the meantime, to access parenting support for your families, please email the Parenting Service on [parentingservice@portsmouthcc.gov.uk](mailto:parentingservice@portsmouthcc.gov.uk)



## Feedback from Family Emotional Wellbeing Consultation Events

Thanks to the new Family Hub and Start for Life offer, new services are being launched to support families' emotional wellbeing and early relationships with their baby. To understand how families want to access support, during October & November we held 4 face-to-face consultation events at the family hubs, launched an online survey and invited families to be involved in co-design. You can view families' feedback by scanning the QR code below.

We are using this feedback to design referral pathways and service delivery for a new offer, as well as work to improve access to mental health support in the perinatal period in general. If you would like to find out more, contact Charlotte Gatehouse – Specialist Health Visitor and Project Lead for the Family Hubs and Start for Life Programme, via [charlotte.gatehouse@solent.nhs.uk](mailto:charlotte.gatehouse@solent.nhs.uk)

