

# 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.

February 2024 edition

This month's newsletter is all about the exciting new sessions that are live or are coming soon across Portsmouth's five Family Hubs, in addition to the public groups already available.

## Solihull Parenting Programmes - Antenatal, Postnatal & Understanding your Child groups - now LIVE

Co-delivered by Home-start Portsmouth's Family Hub Champions & Solent NHS, three new Solihull parenting courses have launched to support families in the early years and beyond. Topics include: supporting your transition to parenthood, connecting with your baby and supporting your child's development. To book, email [familyhubchampions@hsportsmouth.org.uk](mailto:familyhubchampions@hsportsmouth.org.uk)



**Solihull Postnatal course** - 6 week course now live at Somerstown & Northern Parade Family Hubs & launching end of February at Milton Park Family Hub. For parents with babies up to 9 months.



**Solihull Understanding Your Child course** - 10 week course now live at Somerstown Family Hub & launching end of February at Paulsgrove Family Hub. For parents with children up to 19 years (25 years if SEND).



**Solihull Antenatal course** - 6 week course launching in the spring at Milton Park Family Hub, Buckland Family Hub & Northern Parade Family Hub.

## Infant Feeding drop-in sessions - coming soon



Delivered by Solent NHS, soon you can book to see an Infant Feeding Specialist for supporting your breastfeeding journey, maximising breastmilk for prolonged breastfeeding and support with safe formula feeding. Suitable for infants around 1 year of age and under. For more information, email Karenza James, Infant Feeding Co-ordinator, via [Karenza.James@solent.nhs.uk](mailto:Karenza.James@solent.nhs.uk).

Launching in the spring:

- Tuesday mornings at **Buckland Family Hub**,
- Thursday mornings at **Paulsgrove Family Hub** and **Northern Parade Family Hub**,
- Friday mornings at **Milton Park Family Hub**.



# 'Get Set Go' School Readiness Programme - now LIVE



- Monday afternoons at **Milton Park Family Hub**,
- Thursday afternoons at **Buckland Family Hub**,
- Friday mornings in **Paulsgrove, Beacon View Primary Academy**.

Delivered by The Parenting Network, 'Get Set Go' is a PEEP-inspired free school readiness programme designed for all children aged 3-5 years. The 5-week course centres learning through fun and play and will also share resources and ideas for fun home learning. To book, visit The Parenting Network website and search 'Get Set Go'.

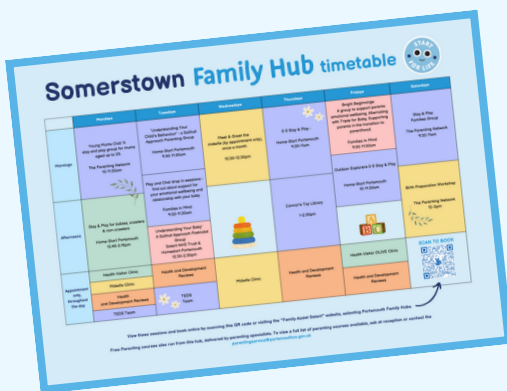


# 'Families in Mind' Mental Health Services - now LIVE

Solent NHS has recently launched the 'Families in Mind' project, delivered by Specialist Health Visitors, a Mental Health Nurse and Community Nursery Nurses. The project will support families experiencing mild-to-moderate difficulties, with the aim to improve parents' emotional well-being and early relationships, targeting parents from conception until their child starts school.



The project offers evidence-based interventions in a flexible and adaptable way to meet family's needs, in groups or 1:1, both in the Family Hubs and via outreach. Find out more about these services by scanning the QR code or searching online for the 'Family Assist Solent' website, then search on this website 'Families in Mind Portsmouth'.



# Family Hub Timetables - coming soon

There are many public groups available across the Family Hubs, and soon timetables will be available to view all sessions in one document. These will be sent out in our next bi-monthly newsletter and will be available at your local Family Hub in the spring.

