

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.

November 2024
edition



Co-parent pad

The Co-ParentPad is for all non-birthing parents who identify as LGBTQI+ and want to give their child the very best start in life. Whether they are about to become a first-time parent or whether they want to ensure that they can still cover all the bases with a new addition, and however that new baby is arriving within their family – birth, adoption, surrogacy, etc – the Co-ParentPad is the high-value resource that new LGBTQI+ parents will want to always have within arm's reach throughout the perinatal period. It's also for perinatal healthcare professionals wanting more information and guidance on how best to support the LGBTQI+ parents-to-be and new parents in their care, to ensure that those people feel safe, welcomed, comfortable and respectfully cared for.

The Co-ParentPad will be available in all the Family Hubs soon.

Parenting when separated

Parenting When Separated is a new addition to the parenting offer. It is practical, positive and evidence-based for parents who are preparing for, going through or have gone through a separation or divorce.

The course focuses on the needs of the child, by exploring how to solve co-parenting problems in a positive way. It encourages parents to support their child to cope with the impact of the separation both emotionally and practically.

Parents also learn stress management techniques, to enhance communication with their child and the other parent.



Anya App

Introducing the Anya App – Pregnancy, Parenting and Infant Feeding Support for Families in Portsmouth!

We are excited to announce the arrival of Anya, a ground breaking app dedicated to supporting families through the first 1,001 days of parenting. Launching this November in Portsmouth, Anya offers a comprehensive suite of tools designed to enhance the parenting experience, with a focus on supporting infant feeding.

How do parents access Anya?

1. Download the Anya Health App from the Android or Apple App store
2. Enter their Portsmouth Postcode when signing up
3. Parents will then be automatically upgraded to FREE PREMIUM ACCESS from pregnancy up until baby turns 2!
4. The app can be downloaded by co-partners and anyone who provides caregiving for the child (including grandparents/extended family) as long as they live within Portsmouth.

Need more support or information?
Contact Karenza James (Family Hub Infant Feeding Coordinator)

Bump & Beyond - NEW Perinatal Support for parents in PO1-PO6.

Perinatal Groups - Fridays at Somerstown Family Hub - 11am-12.30pm

A NEW free friendly group for parents-to-be and those with babies up to 2 years old. There is a different focus each week on caring for your baby and yourself with a hot cup of tea!

Home Visits - free 1-1 support in your home from a dedicated perinatal support volunteer. These visits will help build confidence and create resources to help you through pregnancy and/or the first 2 years of baby's life.



BUMP & BEYOND

NEW Perinatal Mental Health Support

A NEW weekly drop-in group for parents to be and those with babies up to 2 years old



A different focus each week on caring for your baby and you!

Perinatal Support Group
Fridays
Somerstown Family Hub
11am - 12.30pm



Family Hubs

Dads Support

Dads Outreach Project

NEW 1-1 free support for dads with children under the age of 2. For dads wanting to build their confidence, create resources, and feel connected to all things fatherhood as they navigate through the early years of parenting.

Dads can get in touch with Andrew, the Dads Coordinator, for a phone call, 1-1 meeting in the home or community, or even a walk and talk.

Coffee mornings will be held in the hubs where dads can pop along for a chat, meet Andrew and get a hot cuppa! andrewr@hsportsmouth.org.uk [023 9273 4400](tel:02392734400).



DADS SUPPORT

NEW free 1:1 support for dads with children under 2

Are you a new dad? Want to build your confidence, create resources, and feel connected to all things dad life as you navigate your way through this new part of your life?

Contact Andrew, our Dads Coordinator, to arrange a 1-1 meet up [023 9273 4400](tel:02392734400) andrewr@hsportsmouth.org.uk



COFFEE MORNINGS

Milton Park Family Hub

Thursday 21st November and 19th December - 10.30am-12pm

Somerstown Family Hub

Monday 9th December - 10.30am-12pm

Paulsgrove Family Hub

Monday 16th December - 10.30am-12pm

Buckland and Northern Parade Family Hubs coming soon!

The Haven, 17 Lake Road, PO1 4HA
023 9273 4400
www.homestartportsmouth.org.uk
office@homestart.org.uk

Home-Start Portsmouth. A charitable company limited by guarantee.
Charity no. in England 1124943 Company no. 6666439.
Registered office: The Haven, 17 Lake Road, Portsmouth, PO1 4HA

Upcoming Coffee Mornings

Milton Park Family Hub

Thursday 21st November - 10.30am-12pm

Thursday 19th December - 10.30am-12pm

Somerstown Family Hub

Monday 9th December - 10.30am-12pm

Paulsgrove Family Hub

Monday 16th December - 10.30am-12pm

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Funded by
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