

Basingstoke Family Support Service Timetable – Summer 2021

Day	Group Name	Age Group	Time	Venue	Frequency/ Starting
Monday	<i>Community SOS</i>	Parents of children 0 - 19	9.30 – 11.30am	Virtual – Telephone call	Weekly - Term time only
	<i>TEEN NURTURE</i>	Parents of children 11 - 19	1.00 – 2.30pm	Virtual – TEAMS	Weekly for 4 weeks from May 10
	<i>NURTURE (with Barnardo's)</i>	Parents of children 0 - 19	11.00 – 12.30pm	Virtual – ZOOM	Weekly for 10 weeks from April 26
	<i>HENRY 3</i>	Parents of children 0 - 5	10.30 – 11.45am	Virtual – TEAMS	Weekly for 8 weeks from May 24 (except half term)
Tuesday	<i>YOUNG STARS Story and Rhyme Time</i>	Parents of children 0 - 5	1.30 – 2.00pm	Virtual - TEAMS	Fortnightly – Term time only
	<i>NURTURE</i>	Parents of children 0 - 19	10.00 – 11.30am	Virtual – TEAMS	Weekly for 10 weeks from April 27
	<i>ACE</i>	Parents of children 0 - 19	12.00 – 1.30pm	Virtual - Teams	Weekly for 10 weeks from May 11
Wednesday	<i>Community SOS</i>	Parents of children 0 - 19	12.00 – 2.00pm	Virtual – Telephone call	Weekly - Term time only
	<i>ACE</i>	Parents of children 0 - 19	Twilight 6.00 – 7.30pm	Virtual – TEAMS	Weekly for 10 weeks from May 5
	<i>NURTURE</i>	Parents of children 0 - 19	Twilight 6.00 – 7.30pm	Virtual – TEAMS	Weekly for 10 weeks from May 5

Thursday	<i>TALKING TOTS</i>	For parents/ carers of 2-year-olds at risk of language delay	10.00 – 11.00am	Virtual - TEAMS	Weekly for 8 weeks from May 13
	<i>ANXIETY WORKSHOP</i>	Young people 11– 16 years	3.45 – 5.00pm	Virtual - ZOOM	Weekly for 6 weeks from April 22
	<i>TEEN NURTURE</i>	Parents of children 11 – 19	Twilight 6.00 - 7.30pm	Virtual – TEAMS	Weekly for 4 weeks from June 17
	<i>HENRY 1</i>	Parents of children 0 - 5	10.00 – 11.15am	Virtual – TEAMS	Weekly for 8 weeks from April 29 (except half term)
	<i>HENRY 2</i>	Parents of children 0 - 5	10.00 – 11.15am	Virtual – TEAMS	Weekly for 8 weeks from May 6 (except half term)
Friday	<i>NURTURE</i>	Parents of children 0 - 19	10.00 – 11.30am	Virtual – TEAMS	Weekly for 10 weeks from May 7
Parenting programmes will run through half-term unless otherwise stated.					

<p><u>NURTURE</u></p> <p>A solution focused 10-week course for parents of children of all ages.</p> <p>Parenting strategies & tools to equip parents to deal with the challenges of the parenting journey through the years, at various ages and stages of a child's development.</p>	<p><u>TEEN NURTURE</u></p> <p>A solution focused 4-week course for parents of teenagers.</p> <p>Teen Nurture offers parenting strategies and tools to equip parents to deal with the challenges of the teenage years.</p>	<p>COMING NEXT TERM!</p> <p><u>NON-VIOLENT RESISTANCE</u></p> <p>For parents/ carers experiencing child to parent violence.</p>	<p><u>ANXIETY WORKSHOP</u></p> <p>For young people aged 11-16 years (6-week workshop)</p> <p>A solution focused programme, which will explore the cause and effects of the anxiety and support strategies to manage this positively.</p>	<p><u>ACE RECOVERY TOOLKIT</u></p> <p>Looks at the consequences for parents whose early childhood experiences resulted in a high number of adverse childhood experiences and resultant toxic stress. It aims to provide parents with a toolkit for resilience, and protective factors to minimise the impact of ACEs on their own children.</p>
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<p><u>YOUNG STARS</u></p> <p>Story & Rhyme Time</p> <p>For parents aged 25 and under with their children.</p> <p>Tuesday afternoons</p>	<p><u>TOTS TALKING</u></p> <p>A parenting programme aimed at parents/carers of two-year olds who are at risk of language delay.</p> <p>Parents/carers will gain information, skills and practical ideas to support the development of their child's communication and language skills.</p>	<p><u>SOS/ COMMUNITY SOS</u></p> <p>SOS - Sessions of Support</p> <p>Individual 30-minute sessions</p> <p>SOS supports with a single issue and will help you identify where you can gain further support or which parenting course will suit you best.</p>	<p><u>HENRY</u></p> <p>Health, Exercise & Nutrition for the Really Young</p> <p>HENRY is an interactive course designed to support parents in making healthy lifestyle choices for their children.</p>	
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<p>BASINGSTOKE FAMILY SUPPORT SERVICE & EARLY HELP HUB</p> <p>Honeycomb Children's Centre Behind Chiltern Primary School, Chiltern Way Basingstoke RG22 5BB</p> <p>01256 776189</p>	<p>BASINGSTOKE FSS PROFESSIONALS' DUTY LINE (for professionals only)</p> <p>Information & advice regarding concerns around a child or family, Level 2 referrals and the Early Help process.</p> <p>01256 776146 (8.30 – 12.30 weekdays)</p>	<p>BASINGSTOKE FAMILY SUPPORT SERVICE</p> <p>Email: basingsstoke.earlyhelp@hants.gov.uk</p> <p>01256 776189</p>	
		<p><u>Venue & partner agency contact numbers</u></p> <p>Costello School - 01256 321263</p> <p>Hampshire Youth Access – 02380 224224</p>	
<p>Please note - Honeycomb Children's Centre remains closed because of the Covid pandemic. All Summer 2021 courses are virtual.</p>			

Follow this link for Hampshire Healthy Families courses & workshops – HEART (Healthy Eating, Activities and Resources for Toddlers), Baby Talk, Toddler Talk, Five to Thrive and School Readiness.

<https://www.eventbrite.co.uk/o/hampshire-healthy-families-hhfbarnardosorguk-18591502869>

Or email HHF@barnardos.org.uk

PLEASE NOTE

Enrolment on FAMILY SUPPORT SERVICE courses is by professional referral.

Please ask your Health Visitor, Nursery or School to complete a FSS Level 2 referral – this should be signed by parent and referrer.

All referral forms should be sent to basingsstoke.earlyhelp@hants.gov.uk

