

Programme information for Parenting Support

Name of officer submitting programmes details.....Wendy Eves

District covered by programmes included below..... **Fareham**

Spring 2011

Name of Programme	Venue	Start date	End date	Time	Facilitators	Contact details	Targeted/universal *(if targeted state who and how)	Comments
Group PPP 0-12	Heathfield school	4/5/11	29/6/11	9.45-11.45	Sue King Carole Ross	Heathfield school	Targeted at parents of children with special needs	
Group PPP 0-12	Sarisbury Infants school	25/1/11	22/3/11	6-8pm	Stella Pratt Indeira Rowlatt	07748 631862	universal	
SCSP	Heathfield school	25/1/11	22/3/11	12.45-2.45	Sue King Carole Ross	Heathfield school	Targeted at parents of children with special needs	full
Teen PPP	Henry Cort secondary school	24/4/10	21/3/11	9.30-11.30	Stella Pratt Indeira Rowlatt	07748 631862	universal	
Attendance & Punctuality	Crofton Anne Dale Infant	Mon 7th February		0915-1130	Lisa/ Shirley	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
Attendance & Punctuality	Lee Junior?	Weds 16th February		1245-1500	Lisa/ Shirley	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
Building Self Esteem	Leesland Infants	Mon 28th February		0915-1145	Lisa/Shirley	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	

PPP Group	Gomer Juniors	Mon 7 th March		0915-1115	Lisa/ Shirley	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
PPP Group	Crofton Anne Dale Junior	Mon 7 th March		1300-1500	Lisa/Shirley	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
Dealing with Bullying	Broadlaw Community Centre	Weds 9 th & 23 rd March		1230-1500	Lisa/ Kate	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
Building Self Esteem	Crofton Hammond Junior	Thurs 10 th March		0930-1200	Lisa /Kate	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
Dealing with Bullying	Crofton Anne Dale Junior	Thurs 10 th & 17 th March		1300-1500	Lisa/ Shirley	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
		Thurs 24 th March		0930-1200	Lisa/ Kate	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	
Dealing with Bullying	Stublee Hill Childrens Centre	Thurs 24 th & 31 st March		1300-1500	Lisa/ Shirley	Tel: 07867970024 lisa.dalglish@hants.gov.uk l.dalglish@crofton.hants.sch.uk	universal	

PPP- Dads only	Crofton School	Mon 28 th March		1830-2030	Lisa/Shirley	Tel: 07867970024 lisa.dalGLISH@hants.gov.uk l.dalGLISH@crofton.hants.sch.uk	universal	
Building Self Esteem	Redlands	Tues 5 th April		1230-1500	Lisa/ Kate	Tel: 07867970024 lisa.dalGLISH@hants.gov.uk l.dalGLISH@crofton.hants.sch.uk	universal	
Attendance & punctuality	Crofton Hammond Junior	Weds 6 th April		0930-1200	Lisa/ Kate	Tel: 07867970024 lisa.dalGLISH@hants.gov.uk l.dalGLISH@crofton.hants.sch.uk	universal	
Assertiveness	Fareham Through Oak Meadow childrens centre	9 May 11	13 Jun 11	12:45–14:45			Parents of 0-5's	Course: Free Crèche: £1 per week per child
Confidence Building	Fareham Through Oak Meadow childrens centre	4 Mar 11	1 Apr 11	09:30–11:30			Parents of 0-5's	Course: Free Crèche: £1 per week per child
Strictly Come Parenting	Fareham Through Oak Meadow childrens centre	18 Mar 11	15 Jul 11	12:30–14:30		This course will guide you through playing, talking and listening to your babies and toddlers. A great way to help you give your child the best start in life.	Parents of 0-5's	Course: Free Crèche: £1 per week per child

Understanding your child's behaviour	Fareham Through Oak Meadow childrens centre	8 Apr 11	20 May 11	09:30–11:30		0 - 5 years) Down to earth advice on communicating with your child, promoting positive behaviour and dealing with difficult situations. This course provides a opportunity to gain a qualification.	Parents of 0-5's	Course: Free Crèche: £1 per week per child
CPCK	Fareham Through Oak Meadow childrens centre	17 Jan 11	14 Mar 11	09:30–11:30		Oak meadow childrens centre	Parents of 0-5's	Course: Free Crèche: £1 per week per child
CPCK	Through Oak Meadow childrens centre	12 May 11	7 Jul 11	12:45–14:45		Oak meadow childrens centre	Parents of 0-5's	Course: Free Crèche: £1 per week per child
CDCK - Confident Dads Confident Kids	Through Oak Meadow childrens centre	18 Jan 11	15 Mar 11	19:00–21:00		Oak meadow childrens centre	Parents of 0-5's	Course: Free Crèche: none

PARENTING GROUPS

Triple P - Positive Parenting Programme, is an evidence based parenting intervention for supporting parents of children who have or are at risk of developing behaviour problems. The programme aims to promote positive, caring relationships between



parents and their children, and to help parents develop effective management strategies for dealing with a variety of parenting situations.

Triple P can be delivered in a range of contexts, large group, small group and individually. This information relates to group delivery which enables the maximum benefit to be derived from parents meeting with each other and building up supportive networks.

Triple P Group (for parents of primary school aged children)

These are open to any parent through self referral and by referral from other agencies. These 8 session parenting groups support parents to make lasting changes in their parenting skills, and impact on their child's behaviour. This is a flexible programme and some of the sessions are held in groups (session 1 – 4 and session 8), the remaining sessions are one to one (in person or by telephone) with the facilitator so that parents have a real opportunity to gain support from other parents **and** to tailor the strategies to their own particular family life. Parents have a reference book/workbook provided which is theirs to keep after the course and DVD materials are used throughout to support parents.

Triple P Teen Group (for parents of children from 11 – 16 years)

These are open to any parent through self referral and by referral from other agencies. These 8 session parenting groups support parents to make lasting changes in their parenting skills and impact on their teenager's behaviour. This is a flexible programme and some of the sessions are held in groups (session 1 – 4 and session 8), the remaining sessions are one to one (in person or by telephone) with the facilitator so that parents have a real opportunity to gain support from other parents **and** to tailor the strategies to their own particular family life. Parents have a reference book/workbook provided which is theirs to keep after the course and DVD materials are used throughout to support parents.

Parents or referrers who wish to find out more about a specific course running can contact the named Triple P programme facilitator direct or contact me. Requests for parenting programmes can be completed which will influence future deliver (needs led) and form a waiting list for the next suitable group. It can also be used to source 1:1 deliver or groups to meet specific parental needs. Places are generally offered on a first come first served basis and some places may be catchment/agency specific. It is expected that parents or referrers will make contact with the facilitator **BEFORE** the programme starts. There is no charge for the parenting programme, although there may be a charge for crèche facilities if they are offered.

For information about parenting support in other areas of Hampshire please contact the relevant District Parent Support Officer:

East Hants, Rushmoor, Hart	Sharon Goodchild	sharon.goodchild@hants.gov.uk
Eastleigh	Julie Wells	julie.wells@hants.gov.uk
New Forest & Test Valley	Jackie Hilton	jackie.hilton@hants.gov.uk

SUPPORT FOR PARENTS OF PRE-SCHOOL AGE CHILDREN

Children's Centres

Children's Centres provide a wide range of support to parents and carers of children under the age of 5 years.

- Information about family support services and activities
- Parenting advice and support for mums, dads and carers
- Drop-in sessions including groups for parents, carers and child minders
- Access to early education and childcare for children under five
- Access to child and family health services
- Links with Jobcentre Plus, further education and training opportunities
- Antenatal and postnatal support
- A home visiting service
- Links to child minders
- Services for children with special needs
- Links to out of school activities and holiday play schemes
- Some children's centres also offer services for children older than five

To find out about Children's Centres throughout Hampshire and to identify which Children's Centre is closest to a family you have contact with use the Children's Centre website: <http://www3.hants.gov.uk/childrens-centres>

SUPPORT FOR PARENTS OF SCHOOL AGE CHILDREN

Parent Support Advisers (PSAs)

PSAs are a school based service offering support to parents with school based issues including behaviour and school attendance. PSAs offer **early intervention and prevention** support to parents whose difficulties would not trigger the intervention of another agency. On some occasions they will support parents who are already working with another agency, but only where clear school based issues are identified and can be included as a package of support. PSAs offer parenting groups, drop-in support and one to one support, and can help to build relationships between parents and schools. To contact PSAs for discussion of whether they can offer support to individual parents, contact the relevant PSA direct.

Parenting Specialists

The aim of Parenting Specialists Service in Hampshire is to offer targeted support to parents and carers covering the specific areas of:

Prevention, Substance Misuse, Mental Health Issues, Foster/Family and Friends Carers/Children on the Edge of Care. The support can

be 1:1 or offered in a group situation. For more information and discussion please contact the Parenting Specialist for your area. Neil Connolly office 02392 451727 email:neil.connolly@hants.gov.uk. **Neil will not be in post until the beginning of October 2009.**

Youth Inclusion Support Panel – YISP

YISP is part of the Wessex Youth Offending Team and is a voluntary service for young people aged 8-13 years old and their families, who are at risk of offending and have not received a final warning from the police. However if a young person has been involved with the police at a low level we aim to divert them from developing patterns of persistent and more serious offending in the future. We create an individual intervention plan to meet the needs of the young person working closely with the young person and their family. The service has dedicated Parenting Officers, trained to deliver Triple P parenting support, to support parents through individual and group based interventions

For more information please contact the Parenting coordinator Kerry Blanshard email: kerry.blanshard@hants.gov.uk

Hampshire Children's Information Service (CIS)

Hampshire CIS is a free, confidential and impartial information service for parents and carers. We provide information on childcare, including financial support for childcare, early education and related services in Hampshire for children and young people aged 0 -19 (including those with additional needs). You can contact the HantsDirect helpline on 0845 603 5620. The service also does have Outreach Workers who offer a brokerage service providing 121 support to families, that need it to help them secure the childcare to meet their needs. They have an excellent website which can be accessed by parents and professionals at www.hants.gov.uk/childcare.

Local contact is:

Sarah Mulholland CIS Outreach Worker - South East (Fareham, Gosport & Havant areas)

EECU, Mill Hill Children's Centre,
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Tel: 0751 508 4138
Email: sarah.mulholland@hants.gov.uk