Gosport & Fareham Family Support Services Information for Practitioners
Course Delivery

The family support service can deliver courses across the Gosport and Fareham district, in local venues. If your service is interested in co facilitating one of the mentioned courses or request a specific course due to need please contact gosport.earlyhelp@hants.gov.uk or fareham.lt@hants.gov.uk.

Referring to a course

If you are working with a family who would benefit from any of the following courses, please complete our Request for level 2 service form which can be obtained by emailing gosport.earlyhelp@hants.gov.uk or fareham.lt@hants.gov.uk or call Gosport 02392 244030 or Fareham 01329 316197 for further information.

Cook and Eat

This is a targeted 6 week course, which also provides a free crèche.

How does it work?
With weekly sessions, you'll learn basic cookery skills, as well as hear advice on health and nutrition. You'll also learn to apply your new skills in creating menus for the family, and how to budget and reduce your food bills. It's a great way to interact with your child and get them involved in the cooking process. Plus, you'll be able to taste the fruits of your hard work at the end of every session!

Why Cook and Eat?

Following the course, you'll be able to:
• get the confidence to cook more at home
• boost your child's knowledge of food and cooking
• keep your family healthy
• produce affordable, healthy meals

HENRY - Health, Exercise and Nutrition for the Really Young

1. 'Right from the Start with HENRY' is the advanced 1-1 programme that is by referral only.
It is a solution-focused and strength-based approach to targeted work with families.
It is a structured 1-1 intervention delivered over several weeks to support targeted work with families of babies and young children at risk of obesity. It aims to build on parents' knowledge, skills and confidence in each of the key elements for a healthy lifestyle:
The programme aims to make a real difference to a child’s future health and wellbeing and uses a range of resources to:

- Explore lifestyle issues
- Develop motivation for change
- Set goals with the family
- Record outcomes and evidence of impact

2. 'Let’s get healthy with HENRY’ is a free 8 week course for parents with children under fives:

- The course is fun and informal, exploring together what makes a healthy family lifestyle and giving parents the tools and skills to give their child a healthy start and to deal with some of the challenges along the way.
- It offers practical support for parents and carers to help develop their confidence, boost their self-esteem and build on their strengths
- Let’s get Healthy with HENRY’ offers practical strategies to help families change old habits, eat more healthily and become more active
- It is a family intervention based on building trust, respect and doing things with families rather than to them.

Working within a strength based and solution-focused approach the key elements of 'Let’s get healthy' with HENRY are:

- Parenting skills
- Eating patterns and behaviour
- Healthy eating
- Physical activity
- Emotional wellbeing
**Speakeasy**

*This is a targeted course for 8 weeks.*

**What is the course?**

Speakeasy courses are designed to encourage parents to deliver positive sex and relationships education within a family environment. It helps to prepare parents to face those awkward questions and difficult conversations with their children about sex, with confidence, knowledge and new found skills.

**What’s in it**

The course runs for 8 weeks and covers puberty, sex education, sexually transmitted diseases, strategies to keep children safe, including the increasing pressure on children from media and advertising and how to deal with it.

It uses creative methods within the groups, including collage and artwork, role play and games, as well as more traditional written work for those who wish to gain Open College Network (OCN) accreditation. The emphasis is on making the course as accessible as possible for those who will benefit.

**Incredible Years Parenting Programme**

*This is a targeted course that lasts for 10 weeks.*

**What is it?**

This course is designed to encourage positive parenting. It is aimed at parent/carers with children aged from the very young up to 8 years old. Many of the skills gained can be adapted for use with older children. It combines videos, group discussions and practical examples of strategies for managing child behaviour. Parents will build on their existing skills and be encouraged to identify goals and work towards them.

**Why Incredible Years?**

- Build their skills as a parent
- Get advice on handling their child’s behaviour
- Learn new ways to help them learn and develop
- Meet other parents and share your experience.

**What will be covered?**
Using play to build warm sensitive relationships and increase positive feelings in the child and parent.

Using praise attention and rewards to decrease this behaviour setting limits giving realistic and appropriate commands.

Handling misbehaviour in ways that allow the parent to keep control.

Methods include consequences, ignoring and effective time out.

Parents will also be help with areas such as communication, listening skills and problem solving.

**SOS behaviour**

_This is a short term intervention designed to support the families with immediate needs e.g. managing the child’s behaviour/ managing household etc._

**What is it?**

_It is take the form of a 1-1 appointment with FSW to discuss the issues and provide support and advice to empower the parent to make the necessary changes._

_Anyone can refer/parent self referring is welcome to this service providing the family is at level 2/3. Following the initial appointment there will be follow up phone calls to check progress and offer further advice. If necessary a further appointment can be requested._

**Why SOS?**

- Build your skills as a parent
- Learn how to deal with problems
- Get advice on handling your child’s behaviour
- Learn new ways to help them learn and develop

Whether you want to deal with specific problems, such as managing the household, supporting healthy lifestyles, looking at opportunities in the local community, then SOS is for you.

**Family Nurture programme**

_This is a targeted group for parents with children between the ages of nought and 18._

**What is it?**
A 10 week course two hour weekly sessions. At the beginning of the course parents are provided with The Parenting Puzzle which provides an overview of the programme content and creates a framework in which parents can exchange ideas and support for one and another. Parents learn through role-play, group discussion and DVD clips. Homework is assigned to help parents generalise lessons form the weekly sessions.

Why do it?

The Nurturing programme aims to help understand and manage feeling and behaviour and become more positive and nurturing in their relationships with children and each other.

It encourages an approach to relationships that gives children and adults an emotionally healthy start for their lives and learning.

As the building blocks of emotional intelligence and relationship skills the Nurturing programme uses the Four Constructs.

- Self-awareness and self-esteem.
- Appropriate expectations
- Positive discipline
- Empathy.

**PEEP**

Why PEEP?

With all the knowledge they will gain about your child’s learning and development, they will be able to:

- Start their child’s education early
- Continue their child’s learning at home
- Develop the skills to support their development in the future

It’s also a great way to meet other parents, and boost your confidence in helping to support your child’s development.

**Baby-PEEP**

This group is for babies under 1 year. Help your child start to learn with weekly classes that will have you singing songs, reading together and getting to know more about their child’s educational needs

How does it work?

The weekly group sessions will provide parents with all the skills you need to support their child’s learning as well as providing time to talk with other parents.
Parents will join in with songs, crafts and games designed to show parents how their child learns. It will give parents loads of ideas to take away with them, so they can continue the learning and enjoyment at home.

**Healthy PEEP**

This group is for children aged 1 - 2 years. Helps the child with a health start, weekly classes that will have them singing songs, reading together and getting to know more about their child’s healthy lifestyle.

*How does it work?*

The weekly group sessions will provide parents with all the skills they need to support their child's healthy lifestyle as well as providing time to talk with other parents. Parent/carers will join in with fun, informative course looking at health lifestyles, positive parenting, mealtime issues and time for ourselves. This will be through songs, activities and games. It will give them ideas to take away with so they can continue the learning and enjoyment at home.

**PEEP on Talking**

*This is a group for children aged 18 months to 2 years*

*What is it?*

A course to help your child with their language development through play. The weekly group will provide all the skills they need to support their child's language and learning as well as provide opportunities to talk to other parents. parents and their child will join in with songs, activities and games designed to show how their language develops. Parents/carers and their child will take away many ideas so they can continue the learning and enjoyment at home.

**Young Parents Support Group**

*This is a targeted group.*

*How does it work?*

A group only for young parents, these sessions are designed to make them feel comfortable in getting the help and support their need. Our expert staff are on hand to provide any one-to-one support on specific issues, while the group sessions give you a chance to discuss their experiences with each other.

*Why Young Parents Group?*
• Get help and advice on being a parent.
• Grow in confidence as a parent.
• Understanding of ages and stages of child development.
• Meet other young parents and share your experiences