

Havant Family Support Service



**Havant Family Support
Service Hub**
Sharps Copse Families
Centre
Prospect Lane
Havant PO9 5PE
TEL: 02392 441400

Free online support programme
for Anxiety, Depression and
Stress

Italk.silvercloudhealth.com/signup

or call

023 8038 3920

We Know the Summer
holidays can be a stressful
time for parents without the
support of schools.

This timetable will show you
groups courses and services
you can access over the
summer holidays.

Places to get Support and Advice during the Summer Holidays

Family links Nurture Programme -

This is a programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course recognises that in order to fulfil our potential, sustain close relationships and enjoy parenting our children we need to be emotionally healthy. Therefore the aim is to help parents understand their emotions in order to manage feelings and behaviour.
18th July – 19th September

Stay and Play Sessions

These bookable sessions will offer a range of learning experiences through fun activities and themes. Each session will have a theme with activities to match and have a food related activity e.g. make your own milkshake, ice a biscuit, make fruit kebabs. Themes will be **Splash Time, Messy Play, Get Active.**

Aimed at 8 and under.

Thursday 3rd August 10.00-11.30am

Monday 14th August 1.30-3.00pm

Friday 1st September 10.00-11.30am

SOS

SOS sessions are bookable appointments made by a professional working with the family to meet with a Family Support Worker to discuss a single issue, families are invited to attend the centre or local venue.

To Book onto one of the
FSS courses or for more
information please email

Havant.FSS@hants.gov.uk

Young Parents group in Partnership with Family Nurse Partnership

A group only for first time parents 24 and under, these sessions are designed to make you feel comfortable in getting the help and support you 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 your experiences with each other.

Every Monday 2.00-3.30pm @Sharps

Every Wednesday 11.00-12.30pm @ Acorn centre, Wecock Farm

@Park Community School

We recognise school holidays can be a concern to parents for a variety of reasons, especially those who access free school meals or find themselves in financial difficulties. During the summer holidays we can provide a two course meal for children attending ALL schools in Leigh Park. Parents and carers are welcome to join their children. It is free but a donation pot is available for those who are able to make a contribution.

Weekdays during Summer Holidays 12.00 - 1.30pm

SDAS Drop-in @Sharps

Southern Domestic Abuse Service will be running a drop-in service at Sharps Copse for families that have experienced domestic violence.

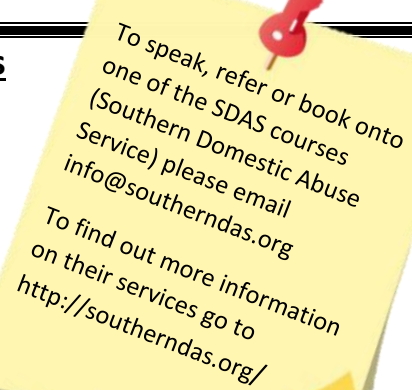
Every Tuesday 26th July – 29th August

SDAS Helping Hands @ Sharps

Helping Hands is a preventative education programme for child survivors and victims of domestic abuse. It is delivered to children aged 7-11 years.

7th/8th/9th August

29th/30th/31st August



To speak, refer or book onto one of the SDAS courses (Southern Domestic Abuse Service) please email info@southerndas.org
To find out more information on their services go to <http://southerndas.org/>

Introducing Solid Food and moving forward with food during baby's first year Workshop

For parents/Carers with babies aged 4 - 12 months old. Interactive workshop.

**Wednesday 26th July and 30th August
1.30 - 2.30pm**

Hart Plain Church, Waterlooville, PO8 8RG

NO booking required. Call for more information 02392 238 114

Drop-in Child Health Clinics

Monday

Hayling Island Library 0300 555 1387

9.30-11.30am

Oak Park Childrens Services 02392 683700

1.00-3.00pm

Tuesday

Emsworth Community Centre 01243 373805

1.30-3.00pm

Clanfield Memorial Hall 02392 238114

2nd & 4th Tuesday of every month 9.00-10.45

Wednesday

Sharps Copse Childrens Centre 02392 441400

9.00-11.30am

Waterlooville Community Centre 02392 238114

9.00-10.45am

Thursday

Park Parade Library 0300 555 1387

12.00-3.00pm

Denmead Health Centre 02392 238114

1st & 3rd Thursday of every month

Youth Cafe

Are you aged 11-19? Got the midweek boredom blues? Then come along to Youth Cafe and meet like minded people! We have discounted food on offer and a host of activities, sports and games!

If you require further information please contact Aaron on 02392 258423 or email aaron.carr@acorncentre.org.uk

Wednesdays 6pm- 8.30pm

