

Your virtual Family Hub

An online information library for parents and carers

You can access a wide range of parenting information and resources online at any time by visiting Family Assist, an innovative information library for parents and their friends and families.

Find out more

Search '**Family Assist Solent**' online or scan the QR code.



In Our Place portal

We're proud to offer In Our Place as your portal for online courses tailored to children's emotional health, well-being, and developmental stages, offering you the opportunity to learn in your own time, at your pace and safe and private space.

For more information and courses the available, please visit **inourplace.co.uk** or scan the QR code.

All the courses are free by using the access code '**PARENTSUPPORT**'



For more information about parenting support

✉ parentingservice@portsmouthcc.gov.uk

🔍 Search '**early help and prevention**' at www.portsmouth.gov.uk

☎ Call your local Portsmouth Family Hub at **023 9288 2588**

📍 Or **visit your local Family Hub:**

- **Buckland Family Hub**
Turner Road, Buckland, PO1 4PN
- **Somerstown Family Hub**
Omega Street, Southsea, PO5 4LP
- **Milton Park Family Hub**
Perth Rd, Southsea, PO4 8EU
- **Paulsgrove Family Hub**
Cheltenham Road, Paulsgrove, PO6 3PL
- **Northern Parade Family Hub**
Doyle Avenue, Hilsea, PO2 9NE

Parenting support for school aged children



Portsmouth
**Family
Hubs**

In partnership with



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Parenting support

› Parenting Surgery's

One-off sessions with a parenting specialist, to explore how you can be supported with a specific behavioural challenge.

› NVR Lite

NVR Lite is an approach to improve parent and child relationships, it offers parents/carers new ways to manage their child's behaviour, giving parents/carers confidence and strength to feel present in their child's life, so promoting a calmer household.

› Parenting when separated

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

› Triple P Fearless

Anxiety is a normal and adaptive human response. This course will support parents/carers to manage their child's anxiety effectively in order to avoid excessive distress and interference with day-to-day functioning.

› Parent Plus Children's Programme

A 9-session course for parents/carers with children between 6–11 years, who want to learn about their child's behaviour, learning and emotional development.

› Parent Plus Special Needs programme

A 7-session course for parents/carers of children between 11–18 years with a mild, moderate or severe learning disability, who may have an additional diagnosis such as autism or a physical disability. It aims to improve parental stress and wellbeing.

How to access parenting support

Email parentingservice@portsmouthcc.gov.uk

Include the following information:

- child's name, their address and date of birth
- parent/carer contact details including address, contact number and email address
- any special requirements or adjustments needed for the parents/carers to attend.

Please also include a brief summary of the current situation and what impact this is having on the child and parent/carer.

Non-violent resistance (NVR)

This course is open to families with a lead professional and supports parents and carers to learn skills to overcome harmful behaviours in children and young people. This can include school avoidance, self-harm, children at risk of exploitation and risk-taking behaviour.

How to refer NVR courses

Ask your lead professional to submit a Family Support Plan or Child and Family Assessment to parentingservice@portsmouthcc.gov.uk

Include the following information:

- child's name, their address and date of birth
- parents/carers contact details including address, contact number and email address
- any special requirements or adjustments needed for the parent to attend.

Please also include a brief summary of the current situation and the impact on the family.

Support for parenting with children aged 0–5

For information about parenting support for children aged 0–5, contact your health visitor or speak to a Family Hub Champion at your local Family Hub.