Basingstoke FAMILY HELP Timetable – January 2027

DAY	COURSE	METHOD OF DELIVERY	COURSE AGE RANGE	VENUE	TIME	START DATE	DURATION
MONDAY	NVR (Option 1)	Face to Face	Aimed at parents of children 5 years and above	Longbourn room, First Floor, Basingstoke Discovery Centre	10am-12pm	11 January	10 weeks Excluding half term
	PAACE (Option 1)	Virtual	Aimed at parents and children who have experienced ACES	Microsoft Teams	6pm-7.30pm	11 January	10 weeks
	TEEN NURTURE (Option 1)	Virtual	A program for parents of teenagers 11-19 years	Microsoft Teams	6pm-7.30pm	18 January	4 weeks
TUESDAY	NURTURE (Option 1)	Virtual	A program for parents of children aged 0-19	Microsoft Teams	6pm-7.30pm	12 January	10 weeks
	PAACE (Option 2)	Face to Face	Aimed at parents and children who have experienced ACES	Lifestyle Fitness, Everest Community Academy	10am-12pm	12 January	10 weeks
THURSDAY	NURTURE (Option 2)	Face to Face	A program for parents of children aged 0-19	South View School	10am-12pm	14 January	10 weeks Excluding half term
	NVR (Option 2)	Virtual	Aimed at parents of children 5 years and above	Microsoft Teams	6pm-7.30pm	14 January	10 weeks

NURTURE	TEEN NURTURE	PAACE	NVR
A solution focused 10-week course for parents of children of all ages. Parenting strategies & tools to equip parents to deal with the challenges of the parenting journey through the years, at various ages and stages of development.	A solution focused 4-week course for parents of teenagers. Teen Nurture offers parenting strategies and tools to equip parents to deal with the challenges of the teenage years.	PAACE looks at the consequences for parents whose early childhood experiences resulted in a lot of adverse childhood experiences and resultant toxic stress.	NVR is aimed at supporting parents to address violent, destructive and harmful behaviours in children from the age of 5 years.
Delivered in a Nurturing way to engage all attending. Nurture helps parents to reflect in a positive way, helps them think about what can be achieved, why we do it and how it makes us feel. Over 10 weeks it covers different parenting needs and styles	*A tried and tested programme to allow parents to think about how, what and why they do, and try to answer questions about the teenage years such as: How do I stop my child getting the last word? What's normal? Why won't they tell me how they are feeling?*	*Aims to provide parents with a toolkit for resilience, and protective factors to minimise the impact of ACEs on their children. Aimed at adults who have experienced ACEs or are parents of children who have experienced ACEs. It helps to realise, recognise, respond and resist re-traumatization.*	*NVR can help parents and carers overcome their sense of helplessness. Helps parents to think about their support network, who can in turn help to support parents and carers to prevent the violent and destructive behaviours both in and out of the home. It can help to improve relationships between family members and the outside world.*
<u>Learning Objectives:</u> To be able to Understand – *Why children behaviour as they do* Recognising feelings behind behaviour— *theirs and parents* Exploring approaches to discipline– *different approaches and strategies* Finding a way forward– *to develop cooperation and self-discipline in children* *Discover – the importance of parents looking after themselves*	<u>The four sessions are:</u> Being a parent of a Teenager- *The role of the parent and responding to difficult feelings* Understanding you teenager- *Understanding Teen development, parenting styles, praise and criticism* Communicating with your teenager – *Talking and listening, communicating clearly, handling difficult issues*	<u>Definition of recovery – to help reach full potential – This is the aim.</u> *Adults are provided with strategies to heal and move forward.* *Help shift mindset and to see positive aspects. To develop positive lifestyle coping strategies.* *Evokes thought process to move forward.* *Promotes healthy relationships.*	<u>Key concepts of non-violent resistance in parenting:</u> *De-escalating conflicts.* *Increasing parental presence* *Taking a firm stance against any acts of violence done by yourself and your child or adolescent.* *Announcing this commitment to your child or adolescent.* *Breaking the cycle of shame and silence.*

SOS/ COMMUNITY SOS	TOTS TALKING	
SOS - Sessions of Support Individual 30-minute sessions face to face or virtual 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.	A parenting programme aimed at parents/ carers of 2-4-year-olds at risk of language delay. They will gain information, skills & practical ideas to support the development of communication & language skills. Tots Talking aims to get parents to talk more to their child so that they will talk more and so be ready to do well at nursery and school. Parents are encouraged to use more contingent language behaviours, such as following the child's lead, using commentary on activities rather than asking questions and giving instructions.	
These are for single issues such as: *Challenging Behaviour* *Routines* *Separation/ Anxiety* *Emotional Well being* *Sleep* *Toileting/ Personal Hygiene* *Housing* *Financial Concerns*	*This is an 8-week programme.* *Provides information about 2-year-olds language development.* *Explains the link between language skills and being ready for nursery and school.* *Explains what contingent language is and how to use it.* *Helps parents create games and toys, and practice using them* *How to role play and use contingent language with toddlers.* *Enables parents to check their child's language progress.*	
Held via telephone call or in the community throughout the month.	The child must be 2-4 to be referred to the course, and whilst the parent attends. Unfortunately, once out of this age bracket they are not eligible to join.	

FAMILY HELP TEAMS – CONTACT DETAILS & AREAS COVERED

Family Help 1	01256 362189	basingstoke.fh1@hants.gov.uk	Popley, Sherborne St John, Rooksdown
Family Help 2	01256 362085	basingstoke.fh2@hants.gov.uk	Norden, Brookvale, Kings Furlong, Basing, Upton Grey, Eastrop, Grove
Family Help 3	01256 362102	basingstoke.fh3@hants.gov.uk	South Ham, Kempshott, Buckskin, Winklebury, Manydown
Family Help 4	03707 792200	basingstoke.fh4@hants.gov.uk	Brighton Hill, Beggarwood, Hatch Warren, Overton, Whitchurch, Oakley, North Waltham, Laverstoke, Kingsclere, Evingar, East Woodhay, Burghclere, Highclere, St Mary Bourne
Family Help 5	01256 362133	basingstoke.fh5@hants.gov.uk	Chineham, Bramley, Sherfield, Baughurst, Silchester, Tadley

BASINGSTOKE EARLY HELP HUB ADMIN

Email: basingstoke.earlyhelp@hants.gov.uk

01256 776189

Venue contact numbers

South View School 01256 321928

Basingstoke Discovery Centre 01256 478670

Lifestyle Fitness Basingstoke, Everest school 01256 961347

Hampshire County Council

Please check if your course is face to face or virtual.

Please use the links below to register for FAMILY HELP parenting courses

https://forms.office.com/e/wpEP5GWYyZ Adult PAACE Registration Form - BASINGSTOKE

https://forms.office.com/e/JdWj8fmYA7 Family Links NURTURE Registration Form – BASINGSTOKE

https://forms.office.com/e/sw1gBssUA2 NVR Registration Form - BASINGSTOKE

https://forms.office.com/e/sfpRXuj9P1 TALKING TEENS Registration Form – BASINGSTOKE

LEVEL 2 Basingstoke Family Help Booking Form

FREE! Follow this link for HAMPSHIRE HEALTHY FAMILIES free courses & workshops including Family Food & Fun, Baby & Toddler Talk, Introduction to Solids, Two & Beyond and Five to Thrive.

Workshops, Courses and Events: Hampshire Healthy Families

Or email HHF@barnardos.org.uk