

# Thank you to all who came to the coffee morning!



It was really informative with different local support groups represented.

Olivia, from the School Nursing service, shared how the service can support children aged 4-16 with sleep, continence issues, fussy eating, health and wellbeing. School Nursing can offer parents support up to 6 contacts. Parents can self refer 0300 1236629 or send a text using the PULSE TEXT messaging service: 07491163276. Information leaflets are available in the office.



Flo from Portsmouth Parent Voice shared the support available for parents. They are trying to start parent hubs and are looking for SEND champions to support parents in school through signposting them to appropriate support. Please contact [vgidney@thevictory.portsmouth.sc.h.uk](mailto:vgidney@thevictory.portsmouth.sc.h.uk) if you are interested.

Rachel from Home Start shared the following:  
Hello from Home Start!

We are delighted to announce that Home Start Portsmouth are now working with RNRMC to run three projects within the Portsmouth area for families with children aged 11 and under.

These projects are set up and in place and I've shown details below of each project:

**Stay & Play Groups 0-5 years - starting Friday 22 April - free of charge**

Fridays 10.00-11.30

High Slopes Community Centre, Off Carlton Rd, Portchester, Fareham PO16 8JH

Families can use this link to book their place - <https://www.picktime.com/portsmouthfamilyhub>

**Home Visiting Support - free of charge**

Any family with a child aged under 11 who has a Royal Navy or Royal Marines serving family member can be referred or refer themselves. A co-ordinator will then be touch and can arrange weekly support from a volunteer who will offer practical and emotional support.

Attached is a referral form should you wish to refer a family to us. Alternatively, please ask the family to call or email us directly and we will be in touch.

**Nurturing Programme - starting Tuesday 5 April - free of charge**

This 11 week programme (term time only) at Paulsgrove Family Hub. It empowers parents to build positive relationships. It helps parents to consider all aspects of parenting including:

- The Question of Discipline
- Rewards & Penalties
- Choices & Consequences
- Time to Calm Down
- Behaviours to Ignore
- Nurturing Ourselves
- Problem Solving & Negotiating

These services are offered free of charge for families within the PO1 - PO6 areas. .

If you have any questions, please call us on 02392 734 400.

Kind regards,

Rachel Benjamin 





Offer Self-Esteem Courses, open to both men and women. The course is experiential and will give you the opportunity to understand and find inner strength to break free and create what you really want in your life.

Leaflets are in the office, contact :

Carey on 07851 295674

Email [PIPSinPaulsgrove@gmail.com](mailto:PIPSinPaulsgrove@gmail.com)

## Visit

<https://www.pycportsmouth.co.uk/haffunpompey/>

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FREE  
Holiday activities and  
food. Follow the link

Don't forget there is lots of information on Portsmouth local offer:

