








Spring '22 Citywide Parenting & Community Learning Programme

0-19 Early Help & Prevention



<p>Monday</p>	<p>Happy Baby Sure Start Townhill Park 9.30am - 11.00am 28th Feb – 4th April No crèche</p>	<p>Incredible Years Ashby Centre 9.30am - 11.30am 10th Jan – 4th April (Not running in half term) Free bookable crèche</p>	<p>Being A Parent Via ZOOM 10.00am – 12.00 noon 24th January – 28th March (Not running in half term)</p>	<p>Project You Pickles Coppice 12.30pm – 2.30pm 10th January – 14th Feb Free bookable crèche</p>	<p>Healthier Cooking Pickles Coppice 12.30pm – 2.30pm 7th Mar – 4th April Free bookable crèche</p>
<p>Tuesday</p>	<p>NVR Sure Start Thornhill 9.30am - 12.30pm 25th Jan – 22nd Mar (Not running in half term) No crèche</p>		<p>NVR Lordshill Church Hall 9.30am - 12.30pm tbc 25th Jan – 22nd Mar tbc (Not running in half term) No crèche</p>		<p>Healthier Cooking Sure Start Weston 9.30am – 11.30am 1st Mar – 5th April Free bookable crèche</p>
<p>Wednesday</p>	<p>Emergency First Aid Pickles Coppice 9.30am – 11.30am 16th Feb Free bookable crèche</p>				<p>*For course information & how to book your place please see over page</p>
<p>Thursday</p>	<p>Time For Me too Sure Start Clovelly 9.30am – 11.30am 13th Jan – 17th Feb Free bookable crèche</p>	<p>Being A Parent Ashby Centre 12.30pm – 2.30pm 27th January – 31st March (Not running in half term) Free bookable crèche</p>	<p>Living With Teenagers Oasis Academy Mayfield 6.00pm – 8.30pm 3rd Feb – 7th April (Not running in half term) No crèche</p>	<p>NVR Sure Start Swaythling 9.30am – 12.30pm 10th Feb – 7th April (Not running in half term) No crèche</p>	<p>*All courses will be run in accordance with the current COVID Safe regulations & may be subject to change</p>
<p>Friday</p>	<p>Happy Baby Sure Start Northam 10.00am – 11.30am 4th Mar – 8th April No crèche</p>		<p>Understanding Behaviour Sure Start Weston 10.00am – 2.00pm 11th March No crèche</p>		<p>Emergency First Aid Ashby Centre 9.30am – 11.30am 8th April Free bookable crèche</p>

Further Information & Bookings

For more information on the course and how to book your place please contact:

Nicola Ward
T: 02380 540 135
M: 07823 369539

E-mail referrals to: eh&p.training@southampton.gov.uk

Hub Co-ordinator

Amy Reid:
Tel: 07920 088499
Email: amy.reid@southampton.gov.uk



We will be in touch to confirm places on the course



EMPOWERING
PARENTS
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COMMUNITIES

Being a Parent

**A FREE 9 week course
for parents and carers of children
aged between 2-11 years
Crèche Available**

**Supporting parents to learn practical
communication skills to enable our children
to be, confident, happy and co-operative**



**Venue: Ashby
Dates: 27th January – 31st March
Day: Thursday's
Times: 12:30-14:30**

What does the EPEC Being a Parent Course Cover?

Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect' parent
- Taking care of ourselves

Feelings

- Remembering what it was like to be a child
- Acknowledging and accepting feelings
- Expressing feelings

Play and listening

- Non-directive play – Special time

Valuing my Child

- Avoiding 'labels' and describing behaviour
- Using descriptive praise to change behaviour

Understanding Children's behaviour

- Understanding children's needs and their behaviour in response to needs
- Discipline
- Commands, consequences, rewards and star charts



Discipline Strategies

- Understanding what we mean by boundaries
- Time out and saying 'No'
- Household rules

Listening

- Communication styles
- Helping a child when upset
- 'Open' and 'Closed' questions
- Reflective listening

Review and Support

- Coping with stress
- Reviewing the course & knowing where to get support
- Ending and celebration

What parents say about EPEC

- *Because the volunteers are so good they have motivated me to keep bettering myself and improving parenting skills. Me following this has already had a positive impact on my home life and the children and school.*

Parent Southampton Ashby Children's Centre

- *I feel I have more confidence as a mum and a person. Really glad I took part in this course.*

Parent Southampton Townhill Children's Centre



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EMPOWERING
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Being a Parent

Online Zoom Course

**A FREE 9 week course
for parents and carers of children
aged between 2-11 years**

**Supporting parents to learn practical
communication skills to enable our children
to be, confident, happy and co-operative**



**Venue: Online Via Zoom
Dates: 24th January -28th March
Day: Monday's
Times: 10:00-12:00**

What does the EPEC Being a Parent Course Cover?

Being a Parent

- Getting to know each other
- Goals for parent and child
- 'Good enough' vs 'perfect' parent
- Taking care of ourselves

Feelings

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0-19 Early Help and Prevention Service
Parenting & Community Learning Programme
Citywide Offer '21 - '22

We are pleased to be able to offer a range of parenting & community learning programmes as part of the 0-19 Early Help and Prevention service.

The advertisement of these courses will be via our 0-19 Early Help and Prevention Community Learning and Parenting leaflet and individual flyers for courses. These are widely distributed through our agency and community mailing lists and sent out to local community venues. Parents and professionals can access these training leaflets in all Sure Start centres. All courses are also available to see on the Sure Start Family Hub Southampton Facebook page.

Please note:

- There is not an ongoing waiting list for these training courses.
- Referrals **will only** be taken for advertised courses.
- Referrers need to assess & prioritise need & complete a referral form (attached) for the most appropriate course.
- Referrers will need to indicate which course they are referring to detailing **the date, venue and time** on the referral form. **Please do not indicate multiple courses on a single form.**
- Please give details of crèche places needed if crèche is being offered. Please note **not all courses will offer a crèche.**
- Please note that some courses have a **closing date** for referrals which will be adhered to.
- Please e-mail the referral form to eh&p.training@southampton.gov.uk
- Once the course has been advertised & the booking system opened, each referral will be considered and contacted. **Not all referrals will be guaranteed a place.**

Further Information, & Bookings

For more information on the course and how to book a place please contact:

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T: 023 8054 0135
M: 07823 369539

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EMPOWERING
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Living with Teenagers

Evening Course

**A FREE 9 week course
For parents of young people aged 11-16
years
Bring up happy and self-confident Young
people.**



**Venue: Oasis Mayfield Academy
Ashley Crescent
SO19 9NA**



**Day: Thursday's
Dates: 3rd February - 7th April
Times: 18:00-20:30**

Who is the course for?

The Living with Teenagers Course is aimed at parents in Southampton **who have one or more children between the ages of 11- 16 years**. The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication styles
- Expressing and acknowledging feelings
- Privilege removal
- Household rules
- Discipline

This evidence based course is recognised nationwide and is written by the Centre for Parent and Child Support in South London and Maudsley Hospital, which is funded by the NHS.



What is the EPEC Living with Teenagers Course?

The Empowering Parents Empowering Communities (EPEC) 9 week Living with Teenagers course offers accessible and effective community based parenting support for parents of adolescents aged 11-16 years. It creates a trusting group ethos, where parents are encouraged and supported to explore strategies to:

- Improve young people's social, emotional and behavioural development
- Improve young people's well being
- Reduce adolescent and family difficulties
- Improve parent confidence
- Improve parenting skills and satisfaction
- Improve social and community connectedness

Why is it different?

The Living with Teenagers course is completely free and is co-facilitated by certificated volunteer parent group leaders who have completed EPEC training. Their experiences, backgrounds, skills and qualities make each session inviting and engaging.



Referral for 0-19 Integrated Early Help & Prevention Parenting, Training & Community Learning CoursesPlease complete and return form to eh&p.training@southampton.gov.uk stating course title in subject bar

Parents Name		Date of Birth	
Address		Tel Number	
		Parents Email Address	
Child's Name		Child's Date Of Birth	
Referral By		Agency	
		Email: Address	
Date completed		Tel Number	
Learning History - please provide highest level qualification achieved (i.e. Level 2/GCSE 5 A-C)			
Privacy Notice			
<p>Southampton City Council is collecting this information in order to perform this service or function, and if further information is needed in order to do so, you may be contacted using the details provided. In performing this service, the Council may be required to share your information with other organisations or departments, but it will only do so when it is necessary in order for the service to be provided.</p> <p>The Council may also share personal information for the purposes of the prevention, investigation, detection, or prosecution of criminal offences, but will not share personal information, or use it for this, or any other purpose, unless provided for by law.</p> <p>More detailed information about the Council's handling of your personal data can be found in its privacy policy, available online (http://www.southampton.gov.uk/privacy), or on request.</p>			
Briefly outline support required			
Parents Consent			
Course Interest	Please enter the details of the advertised course you are referring this parent/family too.		
Course Name:	Course Start Date:		

Course Venue:

Course Start Time:

Do you require crèche places? Please provide details.

Child's name

Date of birth

Child's name

Date of birth

Courses will be provided with crèche where possible.

PLEASE NOTE: Filling in this form will NOT guarantee a place on this course, a member of the team will contact you and the learner to confirm their place prior to the start of the course.

Additional needs / alerts / access requirements

FOR EARLY HELP HUB COMPLETION ONLY

Date received

Decision (Y/N)

Name of person receiving referral

Course booked on

Course details

Informed referrer / allocated social worker or family engagement worker (Y/N & date)

Summary of course outcome monitoring - evaluation / attendance / level of engagement / etc.

Understanding Behaviour

The aim of this short workshop is to provide a safe, non-judgmental environment for parents to discuss & explore their children's behaviour.

- Understand why our children behave the way they do
- Helps to empower parents to understand behaviour & feel motivated to respond in a more positive way

Living With Teenagers

The Living with Teenagers Course is aimed at parents in Southampton who have one or more children between the ages of 11- 16 years.

The course content includes:

- Managing risk
- Family meetings
- Exploring what it is like to be a teenager today
- Parental wellbeing
- Listening and communication styles
- Expressing and acknowledging feelings
- Privilege removal
- Household rules
- Discipline

Incredible Years

Incredible Years Programme aims to:

- Promote positive parenting
- Support parent-child relationships
- Increase use of positive strategies to enhance children's positive behaviours, including play, praise and rewards

Course information & how to book your place, including venue

NVR (Non Violent Resistance)

For parents/ carers with a child over 7 years of age who exhibits controlling or violent behaviours. This can include withdrawing from the relationship, isolating or hurting themselves as well as becoming outwardly angry and verbally and physically aggressive. The course may be especially helpful for families who have tried other parenting methods and find they need a different approach. The course will teach specific strategies using the concept of peaceful protest.

Being A Parent

For parent/carers of children aged 2-11 years. Learn practical communication skills to enable our children to be confident, happy and co-operative. Includes:

- Discipline strategies
- Feelings
- Communication
- Understanding behaviour
- Valuing your children
- Non-directive play - special time

Happy Baby

Whether you are a new parent, or you want to update your knowledge this course is perfect for you! Learn useful tips on the best way to give your babies the very best start in life.

Emergency First Aid

Gain confidence & learn how to deal with everyday lumps, bumps & bruises and accidents in the home.

Project You

After such a difficult year have you found yourself feeling lost? This course is a self-recovery journey using a range of activities to help you find you.

Follow Us On Facebook



SureStart Family Hub Southampton



Healthier Cooking

Become more confident in the kitchen. Learn new skills. Cook healthier family meal options on a budget. Take home what you cook!

Time For Me Too

Help to improve your emotional wellbeing, anxiety & stress & take responsibility for your future wellbeing.

How To Book

For further information please email or to book your place please complete & return a referral form to:

eh&p.training@southampton.gov.uk

(Please state course title in subject bar)

Venue Address

- Ashby Centre:** Stratton Road, Shirley, SO15 5QZ
- Lordshill District Church:** Lordshill District Centre, SO16 8HA
- Oasis Academy Mayfield:** Ashley Crescent, SO19 9NA
- Pickles Coppice Children's Centre:** 65 Windermere Ave, SO16 9QX
- Sure Start Clovelly:** 60-68 Clovelly Road, SO14 0AU
- Sure Start Northam:** Kent Street, SO14 5SP
- Sure Start Townhill Park:** Cutbush Lane, SO18 2GF
- Sure Start Thornhill:** Byron Road, Thornhill, SO19 6FH
- Sure Start Swaythling:** Honeysuckle Road, SO16 3BZ
- Sure Start Weston:** Foxcott Close, SO19 9JQ