

FAMILY SUPPORT SIGNPOSTING



Support services for further advise and guidance

Children's Mental Health

Hampshire Youth Access (HYA)
<https://hampshireyouthaccess.org.uk>

Anxiety UK www.anxietyuk.org.uk

Young Minds - parent helpline
0808 802 5544 /
www.youngminds.org.uk

CAMHS website -
www.hampshirecamhs.nhs.uk/help/young-people
(Lots of really useful tips / hints / advise)

Perfectionists

Big Life Journal -
a blog with a wide range of accessible
resources and information

<https://biglifejournal-uk.co.uk/blogs/blog/perfectionist-child>

Mindfulmazing-
Articles, resources and advise to use at
home with your family.

www.mindfulmazing.com

A couple of books:

- The Girl Who Never Made Mistakes
- The Boy, The Mole, The Fox and The Horse
- Beautiful Oops

Anxiety

EP Service Telephone support line -
Tuesday and Thursday mornings (01962
876 239)

www.hampshirecamhs.nhs.uk - links to
anxiety information/ podcasts/ apps/
workbooks for children, young people,
parents / carers & professionals.

Book available on Amazon:
"Starving the Anxiety Gremlin"

Primary Wellbeing Service:
A service which provides support for
children with Social, Emotional and
Mental Health and behavioural needs.
Contact Inclusion Lead or Family
Support in school for further
information.

<https://pbs.hants.gov.uk/wellbeing-support-service>

Hampshire Services:
Emotionally Based School Avoidance
<https://documents.hants.gov.uk/children-s-services/EBSA-good-practice-guidance>

Parental Mental Health Support

italk - www.italk.org.uk

Solent Mind - Lots of services and info
on website.

Eastleigh Wellbeing Service
<https://www.solentmind.org.uk/wp-content/uploads/Eastleigh-Winchester-Info-Sheet-2018-final-002.p>

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Separated Families

Family Lives -
helpline 0808 800 2222 /
www.familylives.org.uk

Gingerbread -
www.gingerbread.org.uk

Relate-
<https://www.relate.org.uk/relationship-help/help-separation-and-divorce/talking-about-separation/telling-children>

Mediation -
<https://www.nfm.org.uk>

Managing Challenging Behaviour

Family Lives -
helpline 0808 8002222
<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour>

Short video with slides around Positive Parenting (this was originally recorded for Botley Families).
<https://www.loom.com/share/7901c9408cdd424fbaf3de8bd48fe6db>

Family Links website - useful resources and parent tips:
<https://www.familylinks.org.uk/resources-for-parents>

Health Support

Eastleigh School Nursing Team
02382 318752
www.southernhealth.nhs.uk

ChatHealth5-19 - 07507 332417

Text support services for parents, carers, families and young people in Hampshire.

Bowel / Bladder issues

ERIC - The Children's Bowel and Bladder Charity
<https://www.eric.org.uk>

Sleep

The Sleep Council -
<https://sleepcouncil.org.uk/where-to-get-help>

The Children's Sleep Charity-
<https://www.thechildrenssleepcharity.org.uk/parents.php>

Sleep Hygiene CAMHS -
<https://www.camhsnorthderbyshire.nhs.uk/sleep-hygiene>

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Bereavement

Simon Says -
02380 647550
www.simonsays.org.uk/support-and-help/support-groups/

Winstons Wish -
www.winstonswish.org

Child Bereavement UK-
<http://www.childbereavement.org.uk/>

Books:

- Badger's Parting Gifts
- The Invisible String
- The Memory Tree

Food Support

Hedge End Food Centre

Kings Community Church, Hedge End
Mondays and Thursdays 10am – 1pm
Contact them by calling or texting
07543 925959,
sending a message via their Facebook
page or dropping in during
their opening hours.

Eastleigh Basics Bank

<https://eastleighbasicsbank.co.uk/>

SEN Support

Hampshire Local Offer -
<https://fish.hants.gov.uk/kb5/hampshire/directory/localoffer.page>

Autism Hampshire -
<http://www.autismhampshire.org.uk/>

SOSSEN - <https://www.sossen.org.uk/>

Parent Guide to SEN:
<https://sen.hias.hants.gov.uk/pluginfile.php/3246/course/section/319/Parent-Guide-SEN.pdf>

Anger

Books-

"The Red Beast" - book available on Amazon

"A Volcano in My Tummy" - book available on Amazon

Lemon Lime Adventures-
Free resources and articles
<https://lemonlimeadventures.com/best-parenting-tips-parenting-an-angry-child/>

Lorraine Lee -
<https://www.lorrainelee.org/store/#!/Managing-Anger-&-Frustration-Video-Audio-Notes-Bundle/p/235757319/category=0>

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Support services for further advise and guidance

Parent Programmes

Parenting Puzzle-

This programme is delivered throughout the school year at St James COE Primary by trained parent group leads. Details will be emailed out ahead of planned sessions. Details about the accompanying book and resources can be found here:

<https://www.centreforemotionalehealth.org.uk/parent-zone>

Barnardo's Specialist Parenting-

<https://www.barnardos.org.uk/get-support/services/hampshire-and-iow-support-neurodiverse-families>

NVR Programme-

Further information can be found here:

<https://fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=c8uXFpFFJ0E>

<https://youthoptions.org.uk/what-we-do/targeted/family-support/>

Additional Parent Programmes

Solihull Approach

Online parent course which can be completed in your own time with a certificate upon completion

<https://solihullapproachparenting.com/online-courses-for-parents/>

Back to Basics

Empowering parents / carers to support their children's emotional wellbeing within the home

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>