


Fareham and Gosport Family Support Service Timetable Summer 2026

Day	Group Name	Age Group	Time	Venue	Frequency
Monday	Child PAACE	School ages	12.30 - 2.30 pm	Newtown School	8 week course starting 27.4.26
	Family Links Nurture	2-11 years	9.30 -11.30 am	Lee on Solent Junior School	10 week course starting 20 th April
	SOS	All ages	2.30 - 6.00 pm	Virtual	Ongoing weekly
Tuesday	NVR	12+ years	9.30 - 11.30 am	Fareham Library,	8 week course starting 28 th April
	Talking Teens	12+ years	9.30 - 11.30 am	Virtual	4 week course starting 28 th April
	SOS	All ages	10.00 - 1.30 pm	Fareham Library	Ongoing weekly Sarah R
	Talking Teens	12+ years	12.30 - 2.30 pm	Virtual after half term	4 week course starting 30 th June
Wednesday	NVR	12+ years	9.30 - 11.30 am	Fareham and Gosport Family Centre, Kent Road	8 week course starting 29 th April
	SOS	All ages	10.00 - 1.30 pm	Gosport Discovery Centre	Ongoing weekly
	Family Links Nurture	2-11 years	9.30 – 11.30 pm	Fareham Library, The Makery	10 week course starting 29 th April
Thursday	Adult PAACE	Adult	9.45 - 11.45 am	Gosport Discovery Centre	10 week course starting 16 th April
Friday	NVR	5-11 years	9.45 – 11.45 pm	Gosport Discovery Centre	8 week course starting 17 th April
	SOS	All ages	10.00 - 1.30 pm	Virtual	Ongoing weekly

<p><u>Talking Teens - 4 week course</u></p> <p>This course is aimed at families with teenagers. The course covers the following:</p> <ul style="list-style-type: none"> • Being a parent of a teenager • Understanding your teenager • Communicating with your teenager • Managing conflict 	<p><u>Positive and Adverse Childhood Experiences (PAACE) - Child PAACE is an 8 week course, Adult PAACE is a 10 week course</u></p> <p>This course has been created to inform and educate parents about the impact of PAACE on them and their children. The PAACE Toolkit Programme works with people who have experienced PAACE which have resulted in emotional trauma. The course aims to assist parents to look at ways of developing positive lifestyle changes.</p>	<p><u>Family links Nurture Programme (FLNP) - 10 week course</u></p> <p>This course covers the following:</p> <ul style="list-style-type: none"> • Emotional Health and Mental Well-Being • Relationship Skills and Positive Behaviour Management Strategies • Self-Awareness and Self Esteem • Appropriate Expectations and Empathy • Positive Discipline 	<p><u>Non-Violent Resistance (NVR) - 8 week course</u></p> <p>For parents/ carers with a child who exhibits controlling or violent behaviours Is an approach for parents and other caregivers that helps to increase presence and overcome impulsive and dangerous behaviours, while reducing conflict and escalation? It supports the creation of deep connective bonds between parent and child. NB: This is not a restraint course</p>
<p><u>Tots Talking - 8 week virtual course</u></p> <p>Programme developed with parents to improve the language skills of two-year-olds, with the aim of getting parents to talk more to their two-year-olds so their child will be ready to do well at nursery and school. The course encourages parents to use more contingent language behaviours such as following the child's lead and using commentary on activities rather than asking questions and giving instructions.</p>	<p><u>Stepping Out Stronger SOS (Single issue support) – 3 x 1-1 Teams calls or face to face appointments</u></p> <p>Whether the single issue is dealing with specific problems such as managing the household, supporting healthy lifestyles or attachment and bonding, SOS can support families in finding the best solution.</p> <ul style="list-style-type: none"> • Build your skills as a parent. • Learn how to deal with specific concerns. • Get advice on managing your child's behaviour. <p>Discover new ways to help your child learn and develop.</p>	<p><u>Additional online support for parents</u></p> <p>Back to Basics Children and Families Hampshire County Council (hants.gov.uk)</p> <p>Togetherness Health and social care Hampshire County Council Portal : Hampshire Healthy Families Home Hampshire CTSH</p> <p>Strengthening Parental Relationships - Hampshire SCP</p>	<p><u>To book onto any of these sessions please use the QR code below</u></p> <div data-bbox="1675 754 2123 1201" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Fareham and Gosport Family Help Booking Form</p>  </div>
<p>Early Help Lead Practitioner Workshop – Oak Meadow, Nashe Way, Fareham. PO15 6NB 24th June 2026 1–2.30 pm Gosport Home School Link Worker Meeting Monday 18th May 2026 10-11.30 am, Lee Junior School Fareham Home School Link Worker Meeting Monday 11th May 2026 1-2.30 pm, Oak Meadow Family Centre</p>			