



**Rushmoor Parenting Update:
April / Summer 2010**

For more information on anything contained in this newsletter please contact:

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Parent Support Advisers (PSAs)

PSAs are a school based service offering support to parents with school based issues including behaviour and school attendance. PSAs offer **early intervention and prevention** support to parents whose difficulties would not trigger the intervention of another agency. On some occasions they will support parents who are already working with another agency, but only where clear school based issues are identified and can be included as a package of support. PSAs offer parenting groups, drop-in support and one to one support, and can help to build relationships between parents and schools. To contact PSAs for discussion of whether they can offer support to individual parents, contact the relevant PSA direct.

Rushmoor Contacts PSA's

Linda Parry: Wavell Cluster linda.parry@st-marks.hants.sch.uk, 07793308974

Tracy Clement: Fernhill Cluster, tracy.clement@guillemont-jun.hants.sch.uk 07545415192

Linda Graham: Oak Farm Cluster, linda.graham@farnboroughgrange.hants.sch.uk 07545735654

Clair Lester: Cove Cluster, clair.lester@farnboroughgrange.hants.sch.uk , 07545735670

Lesley Moffat: Aldershot Cluster, lesley.moffatt@newport.hants.sch.uk, 07590305065

Support for Parents of Children aged 0 to 5 – contact your local Children's Centre

Children's Centre's provide families a welcoming and approachable gateway to all the support services and activities they need to give their children the best start in life.

To find out where your local children's centre is you can phone the Hampshire Children's Information Service on 0845 603 5620 or visit www.hants.gov.uk/childrens-centres.

The Parent Support Team Newsletter ...

Triple P Group (for parents of primary school aged children), Triple P Teen Group (for parents of children from 11 – 16 years) These are open to any parent through self referral and by referral from other agencies. These 8 session parenting groups support parents to make lasting changes in their parenting skills, and impact on their child's behaviour. This is a flexible programme and some of the sessions are held in groups (session 1 – 4 and session 8), the remaining sessions are one to one (in person or by telephone) with the facilitator so that parents have a real opportunity to gain support from other parents and to tailor the strategies to their own particular family life. Parents have a reference book/workbook provided which is theirs to keep after the course and DVD materials are used throughout.

Parents or referrers who wish to find out more about a specific course running should contact the named Triple P programme facilitator direct. Places are generally offered on a first come first served basis. It is expected that parents or referrers will make contact with the facilitator BEFORE the programme starts. There is no charge for the parenting programme, although there may be a charge for crèche facilities if they are offered.

Please do not assume – that because a course is listed here that the course is running on the given dates at the given times or that there is an automatic place for an interested parent. Sometimes preference will be given to parents whose child attends a school in the cluster – you must contact the facilitator / organisation direct and have a conversation.

Date and Time	Type of Program	Venue	Facilitator Contact
5 th May to June 9 th	Understanding Behaviour 0 to 5 yr olds	The Grange Nursery and Infant School	Ring Owls CC 01252 519920
Wed 5 th May 2010 from 6.30 to 8.30 pm	Triple P Group	Southwood Infants	tracy.clement@guillemont-jun.hants.sch.uk 07545415192 clair.lester@farnboroughgrange.hants.sch.uk 07545735670
17 th June 2010 – 5 th Aug 2010	Triple P Group – under 8's	Owls Children Centre	Denise Carter - 01252 519920
Summer Term TBC	SCSP	Farnborough Grange	Maria Bolland and Liz Jones for more details