

September 2023

Pastoral NEWSLETTER



Dear Parents and Carers

Hello and welcome to our first Pastoral Newsletter. We hope this finds you safe and well and this newsletter is helpful and informative. Our aim is to guide you to a range of services that are available across the city that can support you as parents and your families.

As a pastoral team, we strive to support all families and children who need our support and help; however, we do have limited capacity, and there may be waits for appointments. In the meantime we would like to keep you up to date with the wide range of support services available across our city. Many of these are things you can access directly and without a school referral.

Courses and advice for parents – Local Family Hubs

Your local family hub is a great source of support if you would like some help and advice on parenting, or you are experiencing some difficulties at home with your child. Our nearest family hub is:

Milton Park Family Hub, Perth Road, Southsea, PO4 8EU Tel : 02392 88 25 88

Parenting Surgeries and Triple P Discussion Groups

Parents who do not have a Lead Professional can access a parenting surgery.

These are one off 30-minute- an hour sessions for those that need support around a specific issue or, general behavioural management support.

All requests for a parenting surgery should be emailed to the Parenting Service inbox **ParentingService@portsmouthcc.gov.uk** with the following information:

- Name of parent(s)
- Contact number and email address
- Name and DOB of focus child
- Address
- Summary on the areas of support needed.
- Availability for surgery

Sessions will be arranged to suit the parents. Parents should contact the Parenting Service themselves to request a Parenting Surgery.

Triple P Discussion Groups - For School-Aged Children

Learn how to set boundaries and create routines that work for your family. All sessions will offer basic strategies and ideas for anyone who wants to help their child to be the best they can be.

Dealing with Disobedience - Thursday 21st September 2023, 10:00am-12:30pm

Paulsgrove Family Hub, Cheltenham Road, Paulsgrove, Portsmouth, PO6 3PLT:
02392 88 25 88

Coping with Teen Emotions - Tuesday 10th October 2023, 11:30am - 14:00pm

Reducing Family Conflict - Tuesday 17th October, 10:00am - 12:30pm

Managing Fighting and Aggression - Thursday 23rd November, 6:00pm – 8:30pm

TO BOOK YOUR PLACE, PLEASE CALL THE RELEVANT FAMILY HUB

https://solent-family-assist.custhelp.com/app/answers/detail/a_id/212/~/-/portsmouth-neurodiversity-team

Email - snhs.portsmouthschoolnursingservice@nhs.net

Alternatively make an appointment via the school office for one of the drop in sessions – dates are on the school website.

PPV aims to have the voice and active involvement of parent carers in the service planning and decision-making processes within the local authority and how services are shaped and delivered locally for families with a disabled child or young person, and to make them more focused on the needs of the families with disabled children and young people.

Please note they are an appointment only service. Please email **ppvadmin@hiveportsmouth.org.uk** or call **02394 350 257** (Monday to Thursday 9.30am-2.30pm) Term time only, to make an appointment. Guildhall Square, Hive

Portsmouth, Lower Ground Floor, Central Library, Portsmouth, PO1 2DX.
www.portsmouthparentvoice.org/ppv/

Uniform Share Store

HIVE Portsmouth's Uniform Share Store helps families across the city by getting children and young people kitted out in their school uniform. Constantly having to buy new uniform including school shoes, PE kit, items with logos and other essentials means that costs can soon mount up. This can add to the financial pressure on parents, especially in these challenging times.

Simply email them via uniform@hiveportsmouth.org.uk and the team will put together your order and arrange a convenient day and time for collection from Central Library, Guildhall Square.

They'll also be able to talk you through other ways in which you can access support locally.

They are always very grateful for donations of good quality pre-loved school uniform. Items can be dropped off at the HIVE Portsmouth helpdesk, Portsmouth Central Library, Guildhall Square during library opening hours (Mon and Fri 9.30am to 5pm, Tues, Weds, Thurs 9.30am to 6pm, Sat 10am to 3.30pm.)

General Support available in Portsmouth

Advice Portsmouth – qualified professionals can support advice with debt, welfare and benefits, employment, and housing.

023 9279 4340 / advice.portsmouth@theyoutrust.org.uk

<https://adviceportsmouth.org.uk/>

Anchor house, 116 Kingston Crescent, North End, Portsmouth, PO2 8AL.

Food Cycle – free meals available on Wednesdays at 6pm.

All are welcome. **020 7729 2775** / portsmouth@foodcycle.org.uk

<https://foodcycle.org.uk/location/foodcycle-portsmouth-john-pounds-centre/>

Food Cycle Portsmouth, John Pounds Centre, 23 Queen Street, PO1 3HN.



Fernhurst Junior School Coffee Morning – Tuesday 10th October 9am in the Library

Please come along and join us on World Mental Health Day. This will be an opportunity to learn more about local support services and chat with other parents over coffee and cake! We will also taking donations for Macmillan on the day. Both Mrs Hudson and Mrs McDonald will be available to answer any queries and signpost you in the right direction.

We hope you find the above information of use. Any questions or worries please feel free to chat to Mrs Goodall, Miss Rayner or Mrs Hudson who will be on the playground before school each day.

Wishing everyone a happy and positive start the school year,

Yours sincerely
Mrs Hudson