November 2024

Pastoral NEWSLETTER

FERNHURST JUNIOR SCHOOL
Together Towards Success

Dear Parents,

ND Team Sleep Support

Unfortunately the ND team were unable to support our Coffee Morning this week due to sickness. Information can be found on Family Assist Solent.

https://solent-family-assist.custhelp.com/app/answers/detail/a_id/44/kw/sleep

The school nurse can also offer support around sleep difficulties – appointments can be made via the school office.

Should you require any further support ND related, please get in touch directly with the ND team

Neurodiversity0-19Enquiries@portsmouthcc.gov.uk

ND Team Telephone Number – 02392 606051

Neurodiversity Platform (contains all the resource information that was previously in paper copies)

Family Assist Home (custhelp.com) – click on the neurodiversity tab


NHS
Hampshire and
Isle of Wight Healthcare
NEURODIVERSITY
ADVICE CLINICS
The Neurodiversity team have regular advice clinics at your local family hubs.
Buckland Family Hub
1st Monday of every month 1.00pm-3.00pm
Northern Parade Family Hub
1st Tuesday of every month 1.00pm-3.00pm
Milton Park Family Hub
1st Tuesday of every month 1.30pm-3.30pm
You need to book an appointment
Please contact the team on 02392 606051 or email
Neurodiversity0-19Enquiries@portsmouthcc.gov.uk to book.



Research shows that by making sense of traumatic events, people can process them and effectively manage triggers

This course is designed to support a better understanding of trauma, and it will guide your personal journey – everyone's experience of trauma is different and finding the right way to process and manage your experience is personal.



For all parents, carers and grandparents of children 0-19.
No matter your family set up the important relationships is child's life help shape their emotional health and wellbeing.

This transformative course offers a reflective space to think about your child's development, their behaviour and how they are communicating.
It is created by clinical psychologists, child psychotherapists, and family practitioners in partnership with parents who share their experiences.



Triple P Discussion Groups
Triple P discussion group workshops, being run at the family hubs until the end of term, please display and share with parents/carers. On the reveres of the poster you will find other useful information on Family Assist on-line portal, where parents/carers can access Solihull On-line parenting course and information on other areas of support.
Parents/carers can book there place on the Discussion groups by calling the hosting family hub.



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 Teen emotions

Tuesday 5th November 10:00am - 12:30pm

Paulsgrove Family Hub, Cheltenham Road

Paulsgrove PO6 3PL

Dealing with Disobedience

Tuesday 19th November 11:30 - 2:00

Milton Park Family Hub, Perth Road

Southsea PO4 8EU

Hassel - free Shopping

Wednesday 11th December 12:00 - 2:30

Buckland Family Hub, Turner Road

Portsmouth PO1 4PN

Getting Teens to Co-operate

Tuesday 5th November 10:00 - 12:30

Somerstown Family Hub, Omega Street

Southsea PO5 4LP

Managing Fighting and Aggression

Friday 6th December 9:30 - 12:00 Paulsgrove

Family Hub, Cheltenham Road Paulsgrove

PO6 3PL

Building Teenagers Survival Skills

Tuesday 17th December 10:00 - 12:30

Paulsgrove Family Hub, Cheltenham Road

Paulsgrove PO6 3PL

Developing A Bedtime Routine

Wednesday 13th November 10:00 - 12:30

Paulsgrove Family Hub, Cheltenham Road

Paulsgrove PO6 3PL

Reducing Family Conflict

Tuesday 10th December 10:00 - 12:30

Paulsgrove Family Hub, Cheltenham Road

Paulsgrove PO6 3PL

To book a place call the Family Hub on 02392 88 25 88— Choose the hosting Family Hub from the menu

Portsmouth Family Hubs

Triple P Discussion groups November—December 2024

Suitable 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.

Small changes, big differences.

For more information about parenting support Email

ParentigService@portsmouthcc.gov.uk

Or visit

WWW.portsmouth.gov.uk

and search

'Early help and prevention'

Or contact your local Portsmouth Family Hub:

Tel: 023 9288 2588

Buckland Family Hub
Turner Road, Buckland, PO1 4PN.

Somerstown Family Hub
Omega Street, Southsea, PO5 4LP.

Milton Park Family Hub
Perth Road, Southsea, PO4 8EU.

Northern Parade Family Hub
Doyle Avenue, Hilsea, PO2 9NE.

Paulsgrove Family Hub
Cheltenham Road, Paulsgrove, PO6 3PL.

Portsmouth CITY COUNCIL

Family Assist Solent

An online portal to help parents and families access key information and support for all ages.

What is Family Assist?

What are the benefits of signing up?

- Access to online Solihull parenting courses for allages and stages.
- Regular information by e-mail at the time it's important.
- Access to local information, advice and resources.
- Access the 'Ask a Question' email facility for non-
  - urgent questions, responded to within2 working days.
- Ability to invite family and friends to become members of your child's record so everyone around you and your family receives the same information.

How to sign up

Scan the OR code or visit the portal by using the link below to create an account. Be sure to create a record for each child to make the most of what Family Assist has to offer.

https://www.solent.nhs.uk/familyassist

Scan me

Yours sincerely



Mrs Hudson
SENDCO/Assistant Headteacher