



Local Children's Partnership

Newsletter for Hart Families: Winter 2017

A photograph showing several pairs of hands clasped together in a supportive gesture. The hands are of different skin tones, and the background is blurred, showing people in a room.

ONE YOU WELLBEING DAY

Make a change for **YOU** in 2018

Friday 19 January 2018
Hart Shopping Centre, Fleet

Want to make a change for 2018 but don't know where to start?

Pop along any time between 10am and 3pm to:

- Get tips and support to make manageable changes for better health & wellbeing
- Find out about ways to stay active and connected in Hart
- Free NHS Health Checks for ages 40-74*

An event for all ages.

* Eligibility criteria applies, please visit www.hart.gov.uk/oneyou for more information or call **01252 774228**.

BECAUSE THERE'S ONLY
ONE YOU





Latest News from The Base Youth Centre

To register your interest in any of these or future programmes, please contact Sandra Tidy (manager@thebaseyouthcentre.co.uk) or call 01256 761897

The Base is a large, purpose-built youth centre offering a wide range of activities including sports, recreation, education and personal development, for school ages Year 3 to Year 11.

Coming up in January...

Monday: Base 567, 6 - 7.30pm, £2 on the door (with a variety of themed nights)

Tuesday: Base 345, 6 - 7.30pm, £2 on the door (with a variety of themed nights)

Wednesday: Self-Defence classes

Hampshire Self Protection group will be delivering this new course to help children gain in self-confidence from real training, and learn self-protection skills. This 5-week course from 7.45pm – 8.45pm, from Wednesday 10th January - Wednesday 7th February.

Cost: £20 (payment to confirm booking, non-refundable), open to ages 11-17 years. Please reserve your place ASAP to avoid disappointment.

Thursday: Circuits, Boxercise, Fitness & Fun

Beginners/Intermediate, 5.45 - 6.45pm, £12.50 for 6-week course (payable in advance).

Advanced, 7 - 8.30pm, £15 for 6-week course (payable in advance).

Friday: Youth Options, FREE drop-in

13 years and above, 6pm – 8pm. Run in conjunction with Youth Options, who support, develop and engage with young people (www.youthoptions.co.uk).

Free snacks, free pool, free Wifi, free gaming, so please come along!

Website: www.thebaseyouthcentre.co.uk

Facebook: 'The Base Youth Centre'

Address: Hook Community Centre, Ravenscroft, Hook, RG27 9NN

Office: 01256 761897



Training courses for parents and carers

Connecting With Your Teen

Being a parent is one of the hardest jobs in the world at the best of times. When children reach their teenage years, connecting can become very different from how it was in earlier years. Communication forms the basis of relationship which can sometimes be a strain on the whole family during this time.

This interactive workshop looks at exploring ways of reaching your young person so that you both feel heard and understood. We will look at ways of finding common ground and enhancing listening skills.

Tuesday January 30th, 9:30-12:00

What's All This Anger About?

Anger and aggressive confrontations can be the most difficult situations to deal with. It may seem like your teenager is angry all of the time or they may just have an outburst now and again. It may not feel like it but this is all very normal! This workshop looks beyond the face of anger and explores what is going on within the angry young person.

We will look at the process of anger, how this affects us and what strategies we can use in times of crisis that are helpful. By the end of this workshop you will have learnt effective de-escalation techniques and developed your understanding to give you confidence in the future.

Tuesday February 6th, 9:30-12:00

For information and booking visit www.inclusionhampshire.org.uk/courses-for-parents/



Home-Start Rushmoor & Hart

Big HOPES Big Future
SUPPORTING parents and their
CHILDREN to be 'ready for SCHOOL'

Everyone needs a bit of help sometimes...

Home-Start's Big Hopes Big Future programme has been designed to help you and your children get ready for the important first steps of going to school or nursery. You might want help with one, two or all of the steps below so that your child can:

- Arrive at school fed and on time
- Play and share with other children
- Recognise their own name when written
- Understand simple hygiene
- Dress and put on shoes
- Eat and drink unaided
- Cope away from you
- Use the toilet

With support from specially trained Home-Start volunteers the Big Hopes Big Future programme will help you to make sure that you and your child are ready to make the change from being at home, to going to nursery or school.

Support from Home-Start is free and confidential and will respect your privacy. We are a national charity with hundreds of schemes up and down the country and we've been supporting families for over 40 years. All of our volunteers are recruited and trained by paid workers in local schemes, and they undergo criminal record checks before being carefully matched to a family.

For more information, please contact:

Phone: 07718 424321

Email: Toni@homestarrushmoor.org.uk

Web: www.homestarrushmoor.org.uk



Yateley School
Adult & Community Learning

Family Learning



We have a dedicated programme for families to learn and have fun together and to build stronger relationships with each other.

All the events are FREE to attend.

**To see what's on offer please visit our website
or call 01252 877190**

www.adultandcommunity.co.uk



Yateley School
Adult & Community Learning

Understanding your Teenager

£5.00

As parents it can be difficult to understand and cope with challenging teenager behaviour. This two hour session will offer evidence based information and strategies to help parents minimize conflict, engage co-operation and strengthen their relationships with their teenagers.

The session is run by a parenting expert and relevant to parents with children aged 11rs-19yrs.

Tuesday 20th February 7.00pm-9.00pm

Held at Yateley School, School Lane, Yateley, GU46 6NW

Information and booking at www.adultandcommunity.co.uk



Local Children's Partnership

The Hart Local Children's Partnership is made up of people working in schools, health services, the district and county councils, and community organisations. More information from Hart Voluntary Action info@hartvolaction.org.uk