

# Havant Family Help Course Timetable

## April 2025

Havant Family Help is pleased to announce our April 2025 timetable.  
Please note NVR and ACES require a pre course assessment.

To book a place on our courses please complete the Request for Family Help –  
Course / Group Nomination form and return to [havant.earlyhelp2@hants.gov.uk](mailto:havant.earlyhelp2@hants.gov.uk) or by post to Sharps Copse (address below)  
Or you can complete an online form <https://forms.office.com/e/VV3mtUK9ak>

Day	Group Name	Age Group	Time	Venue	Dates
Monday	Family Links Nurture	Parents/carers	9.30 to 11.30am	Sharps Copse	28/4-7/7 (Term Time only)
Tuesday	Adverse Childhood Experiences (Aces)	Parents/carers	10.00am to 12 noon	Sharps Copse	22/4- 1/7 (Term Time only)
	Non-Violent Resistance (NVR)	Parents/Carers	12.30 to 2.30pm	Sharps Copse	22/4-1/7 (Term Time only)
Thursday	Special Guardian Order Group	Parents/Carers	10.00-11.30am	Sharps Copse	First Thursday of the month

Sharps Copse Families centre,  
Prospect Lane,  
Havant, PO9 5PE  
On site of Sharps Copse school

<p><b>Adverse Childhood Experiences (ACE's)</b> ACE's is for parents who are presenting with trauma related experiences due to events that have taken place in their childhood and/or adulthood. These experiences are having a negative impact on their ability to move forward and make positive, sustainable changes to their lives. As a result, their parenting, mental health, emotional wellbeing and ability to manage from day to day is being restricted.</p>	<p><b>Family links Nurture Programme</b> This is a programme to develop emotional and mental well-being which is crucial for effective relationships and family life. The course recognises that in order to fulfil our potential, sustain close relationships and enjoy parenting our children we need to be emotionally healthy. The aim is to help parents understand their emotions in order to manage feelings and behaviour.</p>	<p><b>Non-Violent Resistance (NVR)</b> If you are experiencing child to parent violence, you don't have to face it alone. We have supported hundreds of parents, carers and children through our workshops. In 78% of cases, there is a reduction in violent and aggressive incidences as well as improved life chances for children, reduced stress levels and improved relationships at home. We support parents with children aged 5 to 18 years.</p>
<p><b>Resources and tools for supporting young people's mental health</b> Great resources and tools for supporting young people's mental health and resources and info to give to parents....coping with self-harm, depression, anxiety etc... <a href="http://www.cwmt.org.uk/schools-families-resources">www.cwmt.org.uk/schools-families-resources</a></p> <p>This website has some great guided meditation that will help with anxiety <a href="http://franticworld.com/resources/">http://franticworld.com/resources/</a></p> <p>For teenagers and supporting them <a href="https://stem4.org.uk/">https://stem4.org.uk/</a></p> <p>The distrACT app gives you easy, quick and discreet access to information and advice about selfharm and suicidal thoughts. Find in your APP store.</p> 	<p><b>In times of crisis – all of the following are here to help you</b></p> <p><b>Contact the Safehaven</b> <a href="https://www.easthantsmind.org/crisis-services/adults-safe-haven/">https://www.easthantsmind.org/crisis-services/adults-safe-haven/</a> 0300 303 1560; 1800-2200 365 days <b>Call 111</b> There is a mental health practitioner to help you, 24/7 <b>SHOUT Text Line</b> Text SHOUT to 85258 – available 24/7 <b>Visit 'Staying Safe'</b> <a href="https://staying-safe.net/">https://staying-safe.net/</a> by people who have got through similar experiences. Make a safety plan.</p>	<p><b>Solihull Approach</b> 10 free online courses to offer evidence-based information and strategies to support families to understand child behaviours, development and feelings to strengthen relationships. Courses cover the journey of the child from conception through to the teenage years and are available for anyone with caring responsibilities to access. Learners for both sets of courses can register via the HCC landing page <a href="http://www.hants.gov.uk">The Solihull Approach   Health and social care   Hampshire County Council (hants.gov.uk)</a>. The access code FAMILY for parents/carers and FAMILY_PRF for professionals are required at registration along with a Hampshire or IOW postcode for unlimited access."</p>
<p><b>Self-Help Resources</b></p> <p><a href="https://selfhelp.samaritans.org/">https://selfhelp.samaritans.org/</a></p> <p><a href="https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/">https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/</a></p> <p><a href="https://www.nhs.uk/every-mind-matters/">https://www.nhs.uk/every-mind-matters/</a></p> <p><a href="https://littf.com/">https://littf.com/</a></p> <p><a href="https://staying-safe.net/home">https://staying-safe.net/home</a></p> <p><a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health">https://www.nhsinform.scot/illnesses-and-conditions/mental-health</a></p> <p><a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a></p> <p><a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a></p> <p><a href="https://www.getselfhelp.co.uk/">https://www.getselfhelp.co.uk/</a></p> <p><a href="https://hampshirecamhs.nhs.uk/videos-podcasts/">https://hampshirecamhs.nhs.uk/videos-podcasts/</a></p>	<p><b>Children and Young People's Safe Haven</b> Children and Young People's Safe Haven is open to all 11- to 17-year-olds living in Havant, East and South East Hants. Just drop in for face-to-face mental health support. There is no need to book an appointment before attending.</p> <p>We are open 5-8pm Tuesdays and Wednesdays and 5-7pm Thursdays all year round including school holidays</p> <p>Further information can be found at <a href="https://www.easthantsmind.org/crisis-services/children-and-young-people-safe-haven/">https://www.easthantsmind.org/crisis-services/children-and-young-people-safe-haven/</a> or email us at <a href="mailto:cypsafehaven@easthantsmind.org">cypsafehaven@easthantsmind.org</a></p>	<p><b>Lighthouse Youth Group</b> Working together we provide a safe, informal and supportive environment for young people to take part in activities with peers, make friends, have fun and access immediate 1:1 support from our experienced youth workers and mental health practitioners.</p> <p><b>Tuesdays: 4.30-6.30pm, year groups 6, 7 &amp; 8 at Motiv8, The Hub, Leigh Park, Havant, PO9 5AA</b> <b>Wednesdays: 5.30-7.30pm, year groups 9, 10 &amp; 11 at Leigh Park Community Centre, PO9 5BG</b> <b>Thursdays: 5.30-7.30pm, 6th form &amp; college age at Motiv8, The Hub, Leigh Park, Havant, PO9 5AA</b> Further information can be found on: <a href="http://www.easthantsmind.org">www.easthantsmind.org</a> or email us at: <a href="mailto:cyp@easthantsmind.org">cyp@easthantsmind.org</a>.</p>
	<p>Use our self-help web-app to track your mood and find practical tips and techniques to look after your emotional health.</p> <p>NHS-produced self-help guides on a variety of mental health subjects</p> <p>Guidance on mental health and wellbeing, including creation of an individualised plan</p> <p>Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more</p> <p>Particularly useful if you suffer from thoughts of self-harm or suicide. You can create a free safety plan.</p> <p>A collection of resources on a wide range of mental health and lifestyle issues</p> <p>A personalised self-help tool for your mental health</p> <p>information and support to help achieve best possible mental health</p> <p>This website provides CBT self-help and therapy resources, including worksheets and information sheets and self help mp3s</p> <p>This CAMHS Link is full of videos to help parents and young people with ADHD, anxiety, autism, challenging behaviours, bereavement, self esteem, bullying. Self-harm, low mood, fire setting, violence, sexualised behaviours</p>	