

## Early Years

### Five to Thrive

#### **Leigh Park Library**

Four-week course for families with babies aged 6 weeks to up 6 months old. Looking at the 5 building blocks for your baby's optimal brain development.

### Baby & Toddler Talk

#### **Leigh Park Library**

1.5 hr session for families with children aged 9 months and over, looking at your child's speech and language development.

Booking for July can be found [here](#).

### Two and Beyond

#### **Leigh Park Library**

For families with children over 2 years old, looking at your child's journey from being ready to learn at the age of 2 to being ready for school at the age of 5. Dates and times can be located on the **Weekly Schedule**.

### Breastfeeding Network

#### **Leigh Park Community Centre and The Spring Arts and Heritage Centre**

Peer support services supporting families with infant feeding.

Antenatal through until a family wants to stop accessing support. Dates and times can be located on the **Weekly Schedule**.

### Childcare & Early Years

#### Education

Explore a range of Ofsted or Independent Schools Inspectorate (ISI) registered group settings providing childcare and early years education in Hampshire.

### Soft Play session for preschool children

#### **Leigh Park Community Centre**

Monday and Tuesday,  
9.30am – 12.30pm £2 per child.

### Perinatal Mental

#### Health Support

#### Knowing Me, Knowing You

6-week online course designed for women or birthing parents to support their perinatal mental health.

### Havant Leisure Centre

#### Adventure Play and

#### Toddler Bounce

Structured gymnastics classes.

Tuesday, Wednesday and Thursday from 9.30am-11am

Ages 0 - 4 £4.50

Book online/over phone/in person

### Horizon Softplay - 0+ yrs old.

Term time 10.00am - 3.45pm.

Weekends, evenings, school holidays 10.00 - 11.45am, 12.00 - 1.45pm, 2.00 - 3.45pm, 4.00 - 5.45pm.

### Home Start Hampshire

Voluntary organisation in which volunteers offer regular support and practical help to families under stress to help give their children the best possible start in life.

### Hampshire Healthy Families

Partnership between Hampshire and Isle of Wight Healthcare NHS Foundation Trust Health Visiting and Barnardo's to deliver the healthy child programme across Hampshire. Barnardo's runs a number of sessions, courses and groups to support families with 0-5-year-olds.

### Family Nurse Partnership (FNP)

Voluntary programme offered to first time mums and dads under the age of 19. Home visits can be arranged Mon – Fri from 9-4pm.

Email: [hiow.fnphampshire@nhs.net](mailto:hiow.fnphampshire@nhs.net)

Tel: 0300 003 0338

## Advice Services

**ChatHealth** is a free confidential text support service for parents, carers, families and young people in Hampshire, provided by the Public Health Nursing Service.

Available – Monday – Friday from 9am – 4pm (excl. Bank Holidays)

All texts are responded to by a Public Health Nurse within 24 hours.

Messages sent to the service may incur your standard network provider charge.

**Children aged 0-5:** text 07520 615720

**Children aged 5-19:** text 07507 332417

**Digital Drop-in** provided by Citizen Advice

When: 3rd Tuesday of every month

Where: Leigh Park Library

Time: 2pm-4pm (drop in)

Bring your own device along for support with setting up an email, booking NHS appointments, online banking and much more.

## Younger Children

### School Holiday Activities

#### Connect for Families

Family Fun days at Park Community School during school holidays. Activities are for primary school aged children in school who are eligible for free school meals.

### Home Start Hampshire

Voluntary organisation in which volunteers offer regular support and practical help to families under stress to help give their children the best possible start in life.

### THRIVE After-School

#### programme

**40% off community card holders**

**FREE for THRIVE memberships**

**FREE for Family Memberships**

Scooter Club, non-contact boxing, family rackets, family non-contact boxing, dodgeball, UV dodgeball, Hangout Youth Club, rackets club, Family Boxercise.

### THRIVE SEND sessions

- Family Bounce & Play
- SENDsational Bounce & Move
- Public Swimming
- Soft Play
- Inclusive Sports Club
- SEN Swimming Lessons 1:1

## Older Children

### Motiv8 - The Hub

#### Free Youth Support Services

For young people who live or go to school in Havant.

### Off The Record

#### Young People Counselling

One to one counselling 11-25 yr olds, 1:1 counselling parent/carer, Groupwork.

### The Lighthouse

Wellbeing and mental health hub in Havant. Including supported activities, games, crafts, wellbeing focused workshops, refreshments, cooking sessions, 1:1 and

peer support, signposting.

### The Young Person's

#### Safe Haven

Out of hours crisis support service for any young person in the Havant Borough area aged 11 to 17 years old.

### Link Up Youth Hub

Employment and training support for 16-24 year olds living in Havant Borough post codes. Monday - Friday 10am-1pm and 2pm-4pm.

Please complete the referral form -

[Contact form – Link Up Youth Hub](#)

## Families

### Hampshire Healthy Steps

Focus on whole family health and wellbeing. Group sessions run by Family Health Coaches.

### Leigh Park Food Bank

#### Leigh Park Community Centre

Monday and Thursday

10.00am - 1.30pm

Txt 07935516529

### Citizens Advice Havant

Free confidential advice.

Various locations.

### Back to Basics

Empowering parents and carers to support their child's emotional wellbeing within the home.

### Munch Pantry -Park

#### Community School

Providing groceries at a lower cost than supermarkets. Held at the Dickinson Centre on the school site. Additional signposting and support available.

### Togetherness

Free online courses for all parents, parents-to-be, carers, grandparents and teenagers living in Hampshire. Plus, courses for professionals working with children.

### Early Help for Families

Early support for families. More info and guidance can be found here:

[Hampshire's Family Help Service | Hampshire CTSH](#)

To find out more visit [hants.gov.uk/beststartinlife](https://hants.gov.uk/beststartinlife), email [best.start.havant@hants.gov.uk](mailto:best.start.havant@hants.gov.uk), or drop into the hub to speak to your friendly hub connector.

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