

MON	TUES	WED	THUR	FRI
10-12pm Ferndown Pinehurst Church School Readiness 12 week programme – Rowena & Anne Luke Cover Silvia (Referral only)	10-12pm Verwood Hub School Readiness 12 week programme Silvia (group leader) & Helle (Vol) (Referral only)	10:30-12:30pm Kinson Haven family group (Referral only) Silvia & Alison 10-12 Upton School Readiness 12 week programme Val (group leader) & Becca (Vol) (Referral only) 1-3pm Harmony Beach 10/05/23-19/07/23 Stay & Play Kerry, Silvia & Alison	10– 12pm Kinson Haven Bumps & Babies (Referral only) Silvia & Sarah loader (vol) 10–12pm Swanage School Readiness 12 week programme Val (group leader) Kerry 1-3pm Quay Foyer ‘Stay & Play’ (Residents only) Kerry onsite from 11:30am	10-12pm Wimborne East Wimborne Museum School Readiness 12 week programme Silvia, Claire, Leanne (Referral only) 1- 3pm Churchill Gdns Harmony outdoor ‘Stay & Play’ Boscombe Silvia

Haven Family Group

For parents of children under 5 who are struggling with emotional, physical, or mental health needs? We aim to help both children and parents to develop their confidence to overcome anxiety and isolation, whilst increasing their parenting skills and knowledge. We encourage and nurture supportive networks within the local community and address the individual and often complex needs of each family. Weekly groups will provide:

- Outcome based support and assessments of need for each individual family
- Individual plans which are regularly reviewed
- A supportive network with other parents
- Strategies leading to improved child/parent relationships
- Information and support around child development
- Big Hopes Big Futures framework for school readiness
- Mindfulness

Bumps & Babies

For some women, their journey through pregnancy, birth and the initial postnatal period can be difficult. Support may be needed for many reasons: bereavement, anxiety, mental health needs, homelessness/poor housing, or other challenges. Feeling isolated or having trouble connecting with the local community can impact across all aspects of life especially during pregnancy.

Home-Start believes that the basic social support can make an enormous difference to the life of the most vulnerable families. We liaise with other organisations in the community helping woman to build a wider support network and access practical resources.

The focus within group is to provide no judgemental and emotional support, whilst tackling isolation. Home-Start helps by promoting self-esteem, reducing isolation, and connecting families to their local community.

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- Outcome based support and assessments of need for each individual family
- Individual plans which are regularly reviewed
- A supportive network with other parents
- Strategies leading to improved child/parent relationships
- Information and support around child development
- Mindfulness
- Trauma Birth Recovery

12wk School Readiness Programme – Various locations

Referral only School readiness programme in various locations under Dorset Council for children starting school in September 2023.

When children start school there is suddenly an expectation that they should have the same skills and abilities and behave in exactly the same way. While research has shown that children go through the same stages of development in the same order, it is important to remember that each child has his or her own unique rate and way of development.

Another key part of school readiness involves looking beyond the child to the wider environment, true school readiness involves not only the child ready but also the family ready and the home readiness and our groups are open to discussion for that age group only in a playgroup style approach.

Stay & Play drop in groups – various locations

An isolation busting community based drop in group, the magic of Home-Start without the targeted support packages or referrals, open to all and all parents welcome. No questions asked. Complete an induction form only, Stay & Play drop-in sessions for children and their parents or carers all year round - for local families in Dorset and visiting. A wide range of activities for the children and parents. We will offer support and information for families, snacks & drinks provided, an overall sense of belonging.

We aim to help both children and parents to further develop parenting abilities whilst increasing their skills and knowledge. We encourage and nurture supportive networks within the local community.

Extra support:

- A supportive network with other parents
- Strategies leading to improved child/parent relationships
- Information and support around child development
- Big Hopes Big Futures framework for school readiness
- Mindfulness

Wellness Walks

Our 'Wellness Walks' groups have been developed to provide a way for families who are isolated and struggling to cope with their mental health to get outside and connect with others, whilst having fun and getting some exercise.

During each session, our trained staff and volunteers provide 1-1 emotional support to parents, listening to any worries confidentially and without judgement. Parents can talk to each other and provide peer support whilst children have fun being outdoors with each other the walks are a free and easily accessible way of combatting isolation, improving parent and child health and wellbeing, and discussing life. We meet weekly in different beautiful locations.