

# Wiltshire Family Hubs

Family Hub  
Wiltshire Council

All  
Together  
Supporting families in Wiltshire

## Support for Families to Build Healthier Relationships

Issue 8 - 2025

[www.wiltshirefamilyhubs.org.uk](http://www.wiltshirefamilyhubs.org.uk)

At the Family Hub we recognise that there are times when the family dynamic can become increasingly stressful with communication that often ends in conflict.

### Why not try Within My Reach?

Within My Reach is a four-week programme offered by Wiltshire Family Hubs, designed to support parents and carers living under the same roof who are seeking help in rebuilding a healthier relationship.

This program is ideal for couples and individuals alike—the flexibility allows either joint or solo participation.

Want to Get Involved? Here's How:  
Request your place online. Sign-up is easy:

[CLICK HERE](#)

### Why not try -

#### Triple P Family Transitions

Triple P Family Transitions is a five-week programme where co-parents can come along, separately, to learn strategies and skills to manage their emotions, learn coping strategies during separation and divorce and balance play, work and life as you transition through the change.

[CLICK HERE](#)

## Choking and Strangulation

Did you know?

- Asphyxia (which also includes choking and strangulation) is the third most common cause of child accident deaths in the UK. Most of these accidents happen to children under 5.
- It takes just a few minutes for a baby to suffocate, and they are too weak to move themselves out of a position where they can't breathe.
- For some top tips to avoid risk for your little one click the link →



[CLICK HERE](#)

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