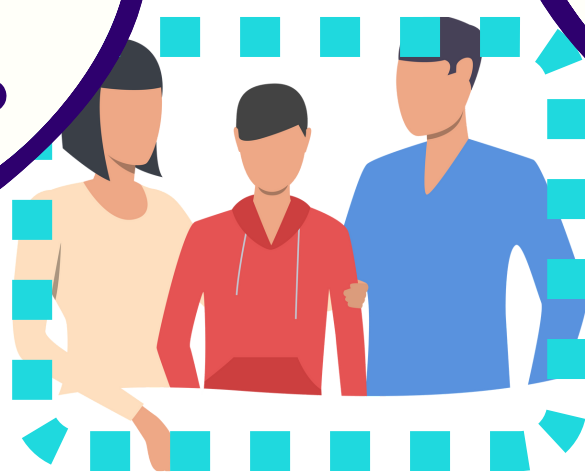


Celebration of Five to Thrive

The five to thrive model is a way of understanding how connected relationships are fundamental to human wellbeing and help us to build resilient communities.

In addition to our Early Years courses we are expanding our reach! Our evening virtual teen offer has been a standout success this quarter, with high attendance and growing demand. We're expanding these sessions to ensure more families can benefit. If you're a parent or carer of a teenager aged 11+, we invite you to join our sessions. Share ideas, learn strategies, and build stronger connections with your teen.

"Really useful sessions with an informed and supportive member of staff."
"Information on how the teenage brain works was particularly useful, giving lots of things to think about."



"This has helped me to understand how Five to Thrive can be used at home. I now react completely differently when frustrated, and this has helped us all to actively listen. We are already seeing changes in our house and the frustrations have become less obvious."

Five to Thrive session options:

- Early Years - 0-5
- Primary 6-10
- Teens 11-18

What parents are saying about Five to Thrive the Teenage Approach

To find out more about the Five to Thrive courses on offer or to request a space when we are next in your area please

[CLICK HERE](#)

We're excited to continue offering Five to Thrive - Teens and Primary in partnership with schools, settings, and local communities. These collaborations help us reach more families and provide consistent support across environments.

Firework Safety

Stop.



Drop.



Roll.



If clothes do catch on a flame, don't panic - STOP, DROP, and ROLL:

STOP what you are doing.

DROP to the ground and cover your face with your hands.

ROLL over and over to put out the flames.

The instinct is to run. So, before your fireworks celebrations, encourage children to practice stopping, dropping to the ground, covering their face with their hands, and rolling over a few times to put out the pretend flames.

Why not make it into a game in the garden?

[CLICK HERE](#)

Contact us by email:
wiltshirefamilyhub@spurgeons.org

Contact us by phone:
0800 970 4669

Support We Offer

We are here to help with a whole range of topics including:

Ideas around implementing routines and setting boundaries.

Help to understand your child's needs and build your confidence as a parent.

Help around finances, housing applications, debt support and accessing benefits.

Supporting you 'back to work'

Volunteering opportunities

We can help families access:

Healthy start vitamins

3-4 Year old Bookstart packs

Advice on local childcare and applying for funding.

Introductions to other services

Facebook

Our Wiltshire Family Hub Facebook page is another way for families to stay up to date with current services. Make sure you like and follow to stay in touch with us.

Simply click here:



Get in touch with us

If you have any questions or would like more information about our services please call us on one of our numbers below or check out our website:

Freephone:
0800 970 4669

wiltshirefamilyhub@spurgeons.org

Other useful numbers:

Health visitor – Single Point of Access

0300 247 0090

National Breastfeeding helpline
0300 100 0212

Fearfree (Domestic Abuse support Service)

01225 775276

National Domestic Abuse Helpline
0808 2000 247

Click here to visit our website

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