

Family hubs are here to provide greater local community support and guidance for families and young people aged from 0 to 19, extending to 25 for those with special educational needs and disabilities.

Use your mobile to scan the QR code to access the website where you will find a whole range of **FREE** events and activities across Wiltshire



<https://wiltshirefamilyhubs.org.uk>

Give us a call on 0800 970 4669 for more information

Find us on Facebook for regular updates and one off events



**Family Hub
Wiltshire Council**

Sensory Space

Book a **FREE** 30 mins in our sensory space in one of our three main hubs.
Available for children aged 0-5 years or up to 11 years with SEND

Family Support Service

One to one support when you need it most for a range of issues which can affect family life:

- Parenting and behaviour
- Routines and boundaries
- Children's emotional support
- Financial and budgeting support
- Childcare funding
- Parental relationship support
- Back to work
- Introductions to other services

Appointments can be at home, via the phone or in the community

Navigators

Come along to meet one of our family navigators at community venues across Wiltshire. They can help you access a whole range of local services and support and also access Healthy Start vitamins. Give us a call or check out the website to find out where we will be.

Parental Relationship Support

Explore these digital resources (provided by OnePlusOne) to help reflect on your relationship with either your current or ex-partner(s) and the impact these have on your children. Find more information here.



Triple P - Family Transitions

This 5 week course addresses specific areas around separation and divorce and for parents/carers who need support around managing the transition of separation and divorce.

Baby Steps

A programme covering the weeks just before and after having your baby. (Speak to your health professional to be introduced to this service).

Time Out for Parents

These courses are designed to help you increase your skills and confidence and give you the tools to improve your relationships with your children.

Early Years - 7 weeks

Children with additional needs - 8 weeks

Teens with additional needs - 7 weeks

Primary Years - 7 weeks

Dads - 6 weeks

Teens - 7 weeks

Baby Massage

For parents and their non-mobile babies. Join us for 5 weeks learning how to encourage bonding and communication through soothing touch.

Most courses run both virtually with Microsoft Teams and Face to Face

Within My Reach

This 5 week course can help current relationships that are becoming or have become increasingly stressful and communication often ends in conflict.

PEEP

For children ages 0-5 years and their parents/carers. Join us for a series of sessions Sharing stories, sing, play and talk.



Five to Thrive

Five to Thrive is the simple things that you can do to connect with your child and build a strong relationship. Join us for 5 fun sessions to support you with this.

Early
Years

Primary
years

Teenage
Years



Give us a call on 0800 970 4669 for more information or to book your FREE space