



# Hampshire

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## Family Wellbeing



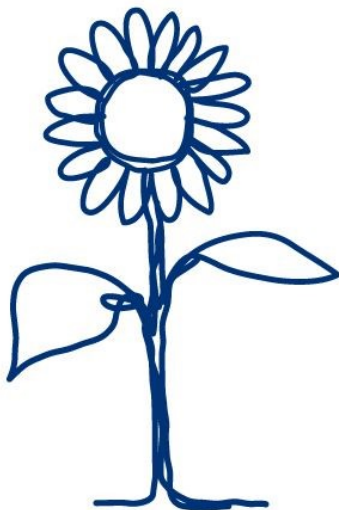
**Supporting Families Programme**  
**Same service, new providers**

# Same service, new providers

As of 1st July 2020, the Supporting Hampshire Families Programme will be delivered by HEH Mind and Motiv8.

CSW will no longer be a provider in this service. If you have previously been supported by CSW, you will be supported by either HEH Mind or Motiv8 (as indicated on the table on next page).

This service is available across Hampshire, excluding Portsmouth, Southampton and the Isle of Wight.



After 1st July 2020 you will be contacted by your new service provider (either HEH Mind or Motiv8).

## Location and provider

Service provided by HEH Mind across:

- Basingstoke
- Eastleigh
- Hart and Rushmoor
- New Forest
- Test Valley
- Winchester



## Location and providers

Service provided by HEH Mind or Motiv8 across:

- East Hants
- Havant
- Fareham
- Gosport



# Supporting Families Programme

Families are often trying to deal with more than one problem at a time. This can make it difficult for families to get the right help and support. The Supporting Families Programme is designed to make this easier. With this level of support, your Family Support Practitioner will visit you once a week to support you with a range of issues. We can liaise with school and other agencies to ensure you and your family get the specialist help needed.

## Visits

Home visits allow you and your Family Support Practitioner to talk things through and work out the best way to support your family. These visit may also be used to support you in filling out forms, managing debt or making phone calls to agencies. Your Family Support Practitioner may also go into school to support your child if you are happy with this.



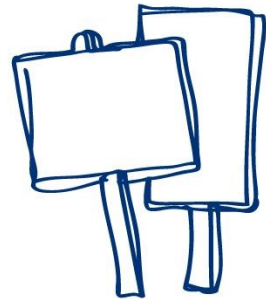
## Our support

Our experienced team of Family Support Practitioners can work with your family for up to six months on a range of issues, with a key focus to improve mental health and wellbeing. The support involves regular home visits, working with the whole family, signposting, team around the family meetings and liaising with key agencies.



## Other agencies

To help you access specialist support for your family, you may be signposted to other organisations to better support you and your families needs. For example: School Nurse Team, Stop Domestic Abuse (formerly SDAS) or CAMHS.



# How we support

To encourage positive mental health and wellbeing we support families to:

- Increase emotional coping skills
- Improve practical living skills
- Build self-confidence and resilience
- Become stronger, and more independent
- Improve physical and mental wellbeing
- Improve social networks and support
- Engage peer support
- Build parenting techniques and strategies



## Team around the family meetings

Team Around the Family (TAF) meetings will happen approximately every 6 weeks for families under the Supporting Families Programme. You are encouraged to attend these meetings and your children are also welcome. These meetings are used to co-ordinate support for you family and plan the next steps. To effectively do this, other agencies supporting your family will also attend these meetings.

## Contact our Team

Monday to Thursday: 9.00 am to 4.30 pm

Friday: 9.00 am to 4.00 pm

Outside of these hours, please leave a message on our answer phone: 02392 498916

**Phone:** Service users provided with direct numbers to their Family Support Practitioner

**Email:** [families@easthantsmind.org](mailto:families@easthantsmind.org)

**Website:** [www.easthantsmind.com](http://www.easthantsmind.com)





At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community.

## Our services include

Adult wellbeing, family wellbeing, children and young peoples wellbeing, training and workplace wellbeing, advocacy, volunteering, anti stigma/ discrimination campaigning, fund and awareness raising.

## Contact Us

Havant and East Hants Mind  
Leigh Park Community Centre  
Dunsbury way, Havant,  
Hampshire, PO95BG  
02392498916  
info@easthantsmind.org  
www.easthantsmind.org

Registered Charity No. 1116301

