

#### North and East Hampshire Hub

(Basingstoke & Deane, Hart District, East Hampshire and Rushmoor) 4 Elmwood Parade, Elmwood Way, Winklebury, Basingstoke RG23 8LL Tel: 01256 472767  
Drop-in hours are 9.30am to 12.30pm Mon -Fri.  
You are welcome to visit us other times by appointment.  
Information Line - **0844 257 1893** - Open 6pm to 9pm  
Tuesday and Thursday evenings



parentvoice

.info

#### South East Hampshire Hub

(Havant, Gosport and Fareham)  
94 West Street, Fareham, PO16 0HF Tel 01329 823140  
Drop-in hours are 9.30am to 12.30pm Mon – Fri.  
You are welcome to visit us other times by appointment.

Information Line - **0844 257 1893** - Open 6pm to 9pm  
Tuesday and Thursday evenings

### *Emailing*

10<sup>th</sup> December, 2010

**Important Notice - We are sorry if you have tried to contact us during adverse weather conditions when our offices were closed. Our offices will close in the event of adverse conditions making it unsafe to travel. If you leave a message by telephone or email staff will respond as soon as possible.**

- ◆ **INFORMATION LINE!** This is an important service for parents and carers who find it difficult to call during the day so please do help us to spread the word.
- ◆ The number is **0844 257 1893** and the line is open 6pm – 9pm on Tuesdays and Thursdays.
- ◆ **COFFEE AND CHAT** in the Parent Voice Basingstoke Hub on TUESDAY 14th December, 2010 10 – 12 noon. **DUE TO POPULAR DEMAND** *All welcome to come and relax and get together with other parents to have a chat and enjoy a mince pie or two!*
- ◆ **THE BASINGSTOKE MENCAP YOUTH CLUB** runs the 2nd and 4th Friday of the month, at The Dome, Brighton Hill 7-9pm costs £4 and they also have a tuck shop. The criteria is that young people are aged 11-18 years and attend a special needs school as the club is for youngsters with learning disabilities. The Youth Club mobile number which is 07514002091.
- ◆ **CAM'S DEN** is a new interactive emotional wellbeing website developed by the **Tavistock and Portman NHS Foundation Trust** in north London. It is designed for use by children aged **7-10 years**. The site is based on Cam, a friendly sock puppet, and his crew of pals who are named after different emotions: Happy, Sad, Calm, Confused, Angry and Scared. It is the **first website of its kind for this age group in the UK** and each section of the site was developed in line with the **social and emotional aspects of learning (SEAL)** national curriculum. The site was created to address an existing **gap in mental health and wellbeing education** for primary school children, promote the development of coping skills and combat mental health stigma by raising awareness about what actually happens in a therapy session and how common emotional difficulties are. Read more about the development of Cam's Den at the Parentline web site: <http://www.parentlineplus.org.uk/default.aspx?page=viewarticle&module=articles-view&id=694>
- ◆ **UNIQUE** is a charity supporting families of children with a rare chromosome disorder. They have produced a guide for families who have a pre-school child who has been diagnosed with either a chromosome disorder or developmental delay. It seems to contain lots of helpful info and signposts. <http://www.rarechromo.org/information/Other/After%20Diagnosis%20FTNP.pdf>

- ◆ **BAGS – BASINGSTOKE** – *Please see attached a new flyer* about the BAGS Group in Basingstoke
- ◆ **SURVIVING ADHD COURSE** – FRIMLEY What this group offers: The chance to meet other parents and carers facing similar difficulties for mutual support - The opportunity to share information and exchange ideas -Tips and ideas of some strategies that may help. *See attached flier*
- ◆ **HAMPSHIRE GOLF PARTNERSHIP** is planning to run a project for disabled 16-19 year olds ("Aim High - Get into Golf") and a project for disabled 19+ ("Feel Inspired - Get into Golf") throughout Hampshire. The format is the same for both. I would be very grateful for any help you can give in identifying persons who would be potentially interested in participating. *Beverly Huke, County Development Officer, Hampshire Golf Partnership Mobile 07973 307880*
- ◆ **SPECIAL NEEDS CINEMA VIEWING - ANDOVER**, Sunday 2nd January 2011 at 8 am to be held at Andover Reel Cinema. The lights will be low and the sound turned down, children can move about and not be restricted too seats. The film this time is Megamind. Tickets are £7 per child and career goes free. Siblings welcome. limited tickets so please contact Toria on 07969811195 or toria\_moonlight@hotmail.com to book your place.
- ◆ **FOOTPRINTS – PORTSMOUTH DOWN SYNDROME SUPPORT GROUP.** *Please see attached flyer*
- ◆ **PARENT VOICE LEAFLETS/POSTERS.....would you like us to post some to you for your contacts? We need to get more parents signed up to our service – the more parents who sign up the bigger our voice. Special appeal to those of you working in the Havant, Fareham and Gosport areas!**  
*NB!! If you like a stock of leaflets/posters please let us know. We would be very grateful if these could be displayed in waiting rooms and on noticeboards*

