

PARENTING COURSES & SUPPORT

Additional Support Courses for Parents

Three new courses offered by FACE, separate from the school membership.
Full access to all three courses for £6.99/month
Complete at your own pace, cancel anytime.



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk
Online Courses for Parents page
info@facefamilyadvice.co.uk



WYC
Winchester Youth
Counselling

£12/ticket

'Issues with Eating'

Thursday 9th July
6.00-7.30pm

Discussions will include information on:

- Helping parents understand the underlying causes of issues with eating.
- The importance of early intervention and recognising the signs.
- Encouraging a positive body image and a healthy attitude towards food and eating.
- Understanding your child's experience and family dynamics.
- Practical strategies and wellbeing, hope and understanding.

Wanting to do the best for your child?

Come and join us on the 10 week Nurturing Programme and find out how to get the best out of family life

St Stephen's Church, Oliver's Battery Rd North

23rd September - 2nd December (Wednesdays), 9.05 AM - 11.05 AM excluding half term
Free creche available

For parents of children aged between 2-12 years



To find out more or book a place, email nurturingprogramme@ccwinch.org.uk
or phone: 07942 284611.

Helping an ADHD Child with Homework



FREE one hour online session for parents
Thursday 25th June 7pm - 8pm

Join us online to get some advice on how to help your ADHD child start and complete their homework.

Book on the **PARENTS - Live Talks** page
facefamilyadvice.co.uk

NHS/SCHOOL NURSING TEAM ADVICE

Community Public Health Nursing

SAFE FOR SUMMER

June 2026

Protecting your skin
Spending too much time in the sun can damage your skin and getting sunburnt significantly increases your risk of skin cancer:
[Sun Safety: Just the facts](#)

Festivals
The ultimate guide to staying safe at festivals this summer:
[How to stay safe at festivals](#)
[Ultimate festival kit](#)
[Clinic Finder: Sexual Health](#)

Drink your water
Staying hydrated is important for a healthy body and mind and even more so, to keep topped up in the summer when you're more likely to sweat more.
[Seven reasons to stay hydrated](#)

Respect the Water
Spending time in the pool or sea is great way to cool off and keep fit during the summer but remember to respect the water, know your limits, and how to keep safe.
[Water Safety | Health For Teens](#)
[Float To Live – What To Do In An Emergency – RNLI](#)

Teens Talk Health Podcast
Made for young people, by young people
School's nearly out and the summer fun begins! But how do you enjoy your well earned break safely? Join our group of teens and nurses who run down topics like alcohol awareness, water safety, and protecting your skin from the sun. Chathealth is open all summer too so drop our nurses a text if you have a question on 07507 332160. Open Monday - Friday (except bank holidays) 8.30am-4.30pm.

 [Listen now!](#)


NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

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CHILD HEALTH CLINICS*

The Community Public Health Advisors from the Andover & Winchester Public Health Nursing Team(5-19y) are offering support with your primary aged child's health

Scan the QR code to book a 30-minute slot at Cromwell House, Winchester



How do I manage challenging behaviour?

Why does my child wet the bed?

Where can I access support for my child's anxiety?

How do I encourage healthy eating?

* These slots should not be used as a place to seek advice regarding specific medical conditions



Get in touch:

Phone: 01962 864720

Mobile: 07436 409533

Email: mail@winchesterbasicsbank.co.uk

The Food Basics Bank are inviting families with school-aged children (who live or attend a school in the city of Winchester and some surrounding areas, including Alresford) who feel they need some extra help over the school holidays to register for the Holiday Lunch Scheme.

The aim of the scheme is to provide food to cover 5 lunches per child per week. Please note that the holiday lunch scheme is in addition to the normal operation, and does not count towards the number of standard vouchers you can receive. However, they ask that you don't claim both during the same period of time. If you need more support, please register for a full food parcel for all the family – www.winchesterbasicsbank.co.uk/get-help

Please be aware that the food supplied is designed to replace the hot meal and will be tinned/dried; we do not have food items suitable for packed lunch style meals. They can offer food suitable for most dietary requirements.

This summer we have 5 locations for you to collect from:

Badger Farm (Community Centre, SO22 4QB) – Mondays, 10 a.m. to 12.30 p.m.

Bar End (The Vineyard Church, SO23 9NR) – Mondays and Thursdays, 10 a.m. – 12 p.m.;

Highcliffe (21a Penton Place, Milland Road, SO23 0PZ) – Tuesdays and Fridays, 10 a.m. to 3 p.m.

New Alresford (St Gregory's Church, SO24 9HD) – Wednesdays, 10 a.m. – 12 p.m.;

Weeke (St Barnabas Church, SO22 6DS) – Thursdays, 10 a.m. to 12.30 p.m.

You will be asked to nominate which location you will be collecting your food from – please think carefully about this as they cannot change it!

Collections will be necessary 3 times from your chosen hub – each collection will contain 10 lunches.

The dates will be:

Week 1/2 Between Monday 13th July and Friday 17th July.

Week 3/4 Between Monday 27th July and Friday 31st July.

Week 5/6 Between Monday 10th August and Friday 14th August.

Those who need a delivery can apply online.

[To access the application form, please click here.](#)

Flu Vaccine

The NHS School Age Immunisation Service are planning the roll out of the 2026 winter flu vaccination programme to all year groups. The service offers the flu vaccine between September and December. You will receive an email, with details on how to complete the online form, for your child to receive the vaccine in school.

Flu can be a very unpleasant illness for children and young people. High vaccine uptake reduces the risk of flu spreading rapidly in school settings. This helps ensure they remain well, do not miss school days and continue to learn. Vaccinating children also helps protect others who are at higher risk of getting seriously ill from flu, such as babies, anyone who's pregnant and older people.

The vaccine is given as a painless nasal spray. An alternative porcine free injection is offered to those who cannot have the nasal spray.



Vaccines offered to secondary age students during the spring and summer term include:

Human Papillomavirus (HPV)

HPV vaccine is offered to boys and girls in year 8. This vaccine protects against different types of cancers in the future.

Meningitis ACWY (MenACWY)

Meningitis vaccine is offered in year 9. This vaccine protects against four different strains of bacteria (groups A, C, W, Y) and protects against Meningitis and Sepsis (blood poisoning).

Tetanus, Diphtheria and Polio (3-in-1) booster vaccine

The 3-in-1 booster vaccine is offered in year 9. This vaccine protects against serious and potentially life-threatening diseases and provides long lasting immunity against these specific conditions.

Community clinics are available during the school holidays for missed vaccinations.

Find out more about the vaccine programmes and our contact details here: [School Age Immunisation Service - Hampshire - Parents: Health for Kids](#)