

ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'



Ringwood Road
Totton
Southampton
SO40 8EB

Telephone: (023) 8086 3159
E-mail: admin.office@abbsch.co.uk
www.abbotswood.hants.sch.uk

Headteacher: Mr G Moore

'It Really Does Matter'

19th June 2023

Free online courses for families

Hampshire County Council has partnered with the Solihull Approach to provide free, evidence-based online courses with practical tips and advice to boost parents' and carers' confidence, help them navigate family life, and strengthen their relationships.

Families receive unlimited access to the courses and can go back to them as their needs change. The interactive courses cover topics like:

Understanding your child with additional needs (0-19 years)

Understanding your child's mental health and wellbeing

Understanding the impact of the pandemic on your child/teenager

Understanding your brain (for teenagers only)

Understanding your feelings (for teenagers only)

These courses are being funded by Hampshire and Isle of Wight Public Health for professionals and families to access.

To register for parent courses the following steps will need to be completed:

1. Visit <https://inourplace.co.uk/>
2. Select 'start now: Buy courses or apply code'
3. Enter the access code: FAMILY.

Enter your information and select the relevant course.

If you have any queries, please contact me via the school office.

Thank you,

Fiona Brocklesby
Deputy Headteacher and Designated Safeguarding Lead