

As a result of Southampton's "hot topics survey" last year, Parentline Plus is pleased to be offering the following workshops for parents and carers in stepfamilies in various venues across the city:

Being a stepfamily - stepparents workshops:

Thursday 22 nd May	9.30 am	Warren Centre, Shirley Warren
Thursday 5 th June	7.00 pm	Forest View, Lordshill
Thursday 12 th June	12.45 pm	Weston Park, Woolston
Thursday 19 th June	9.30 am	Redbridge Community School
Thursday 26 th June	7.00 pm	Woodlands, Harefield
Thursday 3 rd July	1.00 pm	Surestart Central, St Mary's

Run by a Parentline Plus Parent Support Worker, these one off, two hour, workshops will allow parents and stepparents to meet others in a similar situation and discuss the issues surrounding step parenting and how building a new family can be a happier process for all concerned. Crèche places are available for the daytime groups.

Organised by Jan Carr from Surestart, parents names and contact numbers need to be sent directly to Jan, either by text or phone message to 07518 021 819 or emailed to jan.carr@southampton.gov.uk.

Also, on the back of the success of our fully booked dads workshops at Saints football grounds, we are running another workshop especially for dads.

"Can do kids" - fathers workshop:

Saturday 14th June 12 midday Chamberlayne Leisure Centre, Weston

Dads and male carers can attend a two hour workshop on helping kids to develop a healthy self esteem.

While the dads are busy, their kids are being given the chance to take part in multi-sports activities including the latest Gamercise machine. The machine encourages activity and improves fitness, as the user has to "power up" the games console by using the pedals or stepper attachment - stop moving & the game ends! Dads and their kids will then be given the opportunity to try out sports activities together.

Parents should call Parentline Plus on 023 8064 5900 or email hantsinfo@parentlineplus.org.uk to register.

Attached is a list of courses which are open to all Southampton parents; we have many other closed groups arranged for specific groups of parents so do get in touch if you know a group of Southampton based parents we can support.

Our national telephone groups and support sessions are accessible to ALL parents via our Parentline 0808 800 2222.

<<PLP Courses May 12 2008 to send out.doc>>

Have you seen our new look website? Visit our online one-stop shop for professionals at www.parentlineplus.org.uk/forprofessionals for more information about all our services.