



# Spring Term 2022



## Family Hub

# Timetable

### Come and Ask sessions

Our FSW team will continue to hold Come and Ask sessions fortnightly during the spring term. One-hour appointment slots are available every other Thursday morning between 9:00am and 1:30pm. All appointments are booked via Eventbrite using the below link.

Booking: <https://www.eventbrite.co.uk/e/220909505277>

#### Dates for sessions are:

- Thursday 13<sup>th</sup> January 2022
- Thursday 27<sup>th</sup> January 2022
- Thursday 10<sup>th</sup> February 2022
- Thursday 3<sup>rd</sup> March 2022
- Thursday 17<sup>th</sup> March 2022
- Thursday 13<sup>th</sup> March 2022

If you would like to attend a Come and Ask session but are unable to do so on a Thursday morning, please contact [fsw@kite.academy](mailto:fsw@kite.academy).

### Stay and Play sessions

Please come and join us for a cuppa and meet other local parents and carers, while exploring books, toys and messy play with your under 5s. The session will end with a group rhyme time and story. All sessions are held at the Kite Family Hub and run from 9:00am – 10:30am.

#### Dates for sessions are:

- Tuesday 11<sup>th</sup> January 2022
- Tuesday 1<sup>st</sup> February 2022
- Tuesday 1<sup>st</sup> March 2022
- Tuesday 22<sup>nd</sup> March 2022



Booking: <https://www.eventbrite.co.uk/e/220906997777>

### Workshops

#### Bedtime routines



This term our workshop focuses on supporting families to establish consistent routines to support healthy sleeping habits. We will be sharing the workshop in a new way, hopefully to make it accessible to more families. This will be via a pre-recorded video that you will have access to for a 3-week period to view at a time(s) that suits you. If, following watching the video, you would like to discuss bedtime routines further, you will be able to arrange a time to talk to one of the Kite Family Hub team.

You can request the workshop recording via the below Eventbrite link between December 2021 and February 4<sup>th</sup> 2022.

Booking: <https://www.eventbrite.co.uk/e/223358189357>

Requests for the recording close on Friday 4<sup>th</sup> February 2022 and the recording will be shared on Monday 7<sup>th</sup> February.

### Coffee Mornings

We will be continuing to attend academy-based coffee mornings during the spring term. They are an opportunity for you to pop in and have a chat to other local parents and carers, whilst enjoying a cuppa. Staff from the Kite Family Hub will also be available to talk to. Do look out for additional dates via our Facebook page and academy-based communication.



#### Dates for sessions

Date	Academy
Thursday 20 <sup>th</sup> January 2022	The Ferns
Thursday 3 <sup>rd</sup> February	Mytchett
Thursday 24 <sup>th</sup> February 2022	Hale
Thursday 10 <sup>th</sup> March 2022	The Grove

### Nurturing Links Programme

The Nurturing Programme is a 10-week parenting course that looks at family life in a thoughtful and fun way. It helps support positive behaviour in children and goes much further than that by looking at the emotional needs behind our children's behaviour. The Nurturing Programme benefits both children and parents by: improving mental well-being; improving the child's behaviour; improving family relationships; improves the child's long term educational and future prospects; building self-esteem; developing communication and social skills; teaching positive ways to improve resolve conflict; encouraging parents to take time for themselves. Places can be booked via Eventbrite using the links below.

Term	Day/Time	Dates	Location
<a href="#">Spring Term 2022 booking</a>	Mondays 9:15 – 11:15am	January 10 <sup>th</sup> – March 28 <sup>th</sup> 2022	Virtual (via Microsoft Teams)
<a href="#">Summer Term 2022 booking</a>	Tuesdays 7:00 – 9:00pm	May 3 <sup>rd</sup> – July 12 <sup>th</sup> 2022	Kite Family Hub