

6<sup>th</sup> December 2024

Dear Parent/Carer,

We would like to bring to your attention some of the resources and support in the local community which is available for young people and families. From supporting wellbeing and mental health to providing parenting courses, many of these programs and services are free or can be accessed online.

### **Embrace Project 16-25**

The Embrace Project is a support group for young people (16 - 25) to explore the impact of challenges in childhood and ways to improve their wellbeing. This is being led by April Gilbert - Parenting Network.

<https://theparentingnetwork.co.uk/embrace>

### **Rest & Breathe Youth Club**

This is a new youth club in Portsmouth run by Barnardo's and the Co-op. The club provides young people a safe space to focus on homework and get support as well, acting as a wellbeing hub with activities focused on improving wellbeing. The club is open to any young person; there is no commitment and it is completely free.

Thursdays 4pm - 6.30pm, Landport Community Centre PO1 1JD

Contact: [sue.walker@barnardos.org.uk](mailto:sue.walker@barnardos.org.uk) or [amy.biddlecombe@barnardos.org.uk](mailto:amy.biddlecombe@barnardos.org.uk)

### **Parenting Courses - Family Assist**

The Family Assist online portal is available to all families living in the PO1 - PO6 area. Family Assist provides information and support to parents/carers and access to a library of courses covering a wide variety of topics for all ages. The courses are available in several languages and organised into modules which are easy to complete and access.

<https://inourplace.co.uk/>

Parents/Carers will need to register on Family assist and use the access code PARENTSUPPORT to access any of the following courses:

- For Teenagers, Understanding Your Feelings and Brain Development
- Understanding Your Teenager's Brain
- Understanding Your Child: From Toddler to Teenager
- Understanding Your Child with Additional Needs
- Understanding Your Own Trauma

### **Self-Harm and Support for 10 - 17 year olds**

Alumina is a free online 7 week course for young people struggling with self-harm

[Alumina | Selfharm](#)

### **Top Tips for the Festive Season from the Neurodiversity Team**

Please see the separate email attachment for advice from the Neurodiversity Team on how to help Neurodiverse and SEND youth navigate the festive season.

The school is also here to support you and your child. If we can be of any assistance, do please get in touch with us at [info@theportsmouthacademy.org.uk](mailto:info@theportsmouthacademy.org.uk).

Yours faithfully,



Mrs Dedman  
Vice Principal