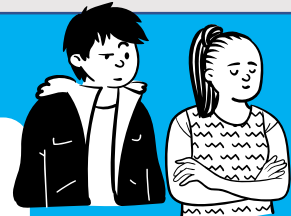




# Back to Basics

## Managing wellbeing at home

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/back-to-basics>



A 5 week programme, to share, connect and learn from one another.

**Parents/  
Carers**

**Connect**

Ask questions  
Show interest and seek advice

**Take Notice**

Consistent routines  
Mindfulness and varied diet

**Give**

Engage with your community resources  
Get support and be supported

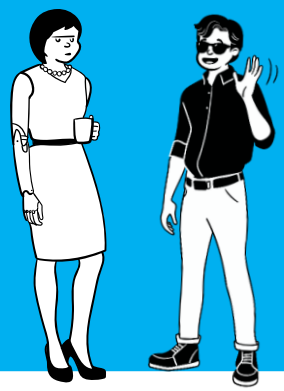
**Keep Learning**

Spend time together,  
Encourage hobbies/activities  
Try new skills

**Be Active**

Use the outside  
Move more and less screen time

**Week 1**  
03.11.23  
@  
09.00 – 10.00  
Music and drama room



Free raffle upon completion, for a chance of winning a wellbeing hamper.

A warm welcome for all parents and carers. Small children able to attend.



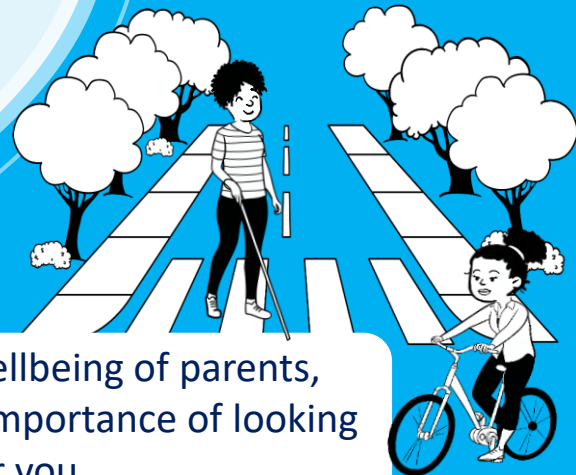
**Week 2**  
10.11.23  
@  
09.00 – 10.00  
Music and drama room

**Week 3**  
24.11.23  
@  
09.00 – 10.00  
Music and drama room



Free refreshments will be available each week

**Week 4**  
01.12.23  
@  
09.00 – 10.00  
Music and drama room



Supporting the wellbeing of parents, understanding the importance of looking after you.

**Week 5**  
08.11.23  
@  
09.00 – 10.00  
Music and drama room

For extra support with any barriers, please speak to a professional.