

Discover...
**Children and
Family Centres
and Youth Hubs**
WORTHING

**Footprints
The Wave
Findon
Maybridge
Durrington
Tarring**

**Worthing Find It Out Centre
Youth Hubs**

Spring 2019
January—March



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Welcome to Worthing Children & Family Centres

A Children and Family Centre is a 'one stop shop' for parents – providing information, advice and guidance on a range of subjects to enhance the health and wellbeing of families.

What we offer (in conjunction with partners)

- Family Health services, including antenatal, post natal services and speech and language support
- Family support and parental outreach services
- Links with pre-schools, schools and the Family Information Service
- Support for families with children with special educational needs
- Employment links including Jobcentre Plus and National Careers Service
- Oral Health resources and a parent reference library

We are looking forward to welcoming you at any of our services or activities!

Five To Thrive



Five to Thrive is a new initiative that we have been supporting from 2016. It is designed to promote positive behaviours that helps build baby brains and develop loving attachments.

Recent research shows that how a parent behaves around their baby in the first three years of life has a direct impact on how their baby's brain develops. This is the foundation of how the brain will work as the child grows up and becomes an adult, so if a baby's brain develops healthily they are more likely to be happy and successful as older children and adults.

This model and its ethos has been adopted county wide by all professionals who work with children 0-5 years

Have you done these 5 things today?

RESPOND CUDDLE RELAX PLAY TALK

Discover...

The Parent Volunteer Programme

The Parent Volunteer Programme is offered through all West Sussex Children and Family Centres. The aim of the programme is to support parents who want to return to work and/or further education or training. The programme includes:

- Flexible volunteering placements to fit around childcare in Children and Family Centres or the local community

- Support and advice on job searching, application forms, CV writing and interviews and to overcome barriers to work

- Induction and access to training

- Out of pocket expenses

- A personal development plan tailored to individual needs

- Ongoing mentoring support from a Parent Volunteer Coordinator

- A reference for future job applications

If you are interested in finding out more then please contact the Children & Family Centres

	Monday	Tuesday	Wednesday	Thursday	Friday
Durrington	<p>Childminder Drop-in Mondays 10.00-12.00 (New Life Church Hall, Greenland Road)</p> <p>All OFSTED childminders and children welcome! Entry £1.50 per childminder. Bring your own snacks. For more information please contact Tracey on (07554 006113)</p> <p>Hartbeeps - £4.00 (Durrington Community Centre) (Term time only)</p> <p>10am toddling - 4 years 11am sitting - toddling babies 12pm newborn - sitting babies</p> <p>Not open for drop-in after 1.00</p>	<p>The Centre is not open for drop in between 9.00-1.00</p> <p>Child Health Clinic 9.30-11</p> <p>Drop in for baby weighing and advice from the Healthy Child Programme Team</p> <p>MILK! Breastfeeding Support 9.30-11.00</p>	<p>The Centre is not open for drop in between 9.00-1.00</p> <p>New Beginnings Stay and Play at Durrington Community Centre New Road, Worthing 9.45-11.15 (First session in 2019 is January 9th)</p> <p>Sleep Clinic 1.30-3.00</p> <p>Every 2nd and 4th Wednesday of the month</p> <p>Is your child not sleeping? Are they aged between 6 months and 8 years?</p> <p>The Healthy Child Programme Team run a free sleep advice drop-in clinic.</p>	<p>Little Movers 11.15-11.45 £2 per Session</p> <p>Baby Movers 11.45-12.15 £2 per Session</p> <p>Baby Matters 2pm-4pm 1st and 3rd Thursday of Month Information covering early days and practical skills.</p>	<p>Open for Drop In until 1.00</p> <p>Closed from 1.00</p>
The Wave	<p>Child Health Clinic 10.30-12.00</p> <p>MILK! Drop-In 10.00-11.30 Drop in group offering information and support</p> <p>Baby Stay & Play (Birth-2 years) 10.00-12.00 A drop in session for you to come and explore activities with your child</p> <p>Not open for drop-in after 3.00</p>	<p>Little Movers 10.00-10.30 £2 per family</p> <p>On The Movers 10.30-11.00 £2 per family</p> <p>Baby Movers 11.15-11.45 £2 per family</p> <p>Play Room Open from 9am-2.45pm</p> <p>Not open for drop-in after 3.00</p>	<p>Baby Matters 9.15-11.30 2nd & 3rd Wednesday of Month Information covering early days and practical skills</p> <p>Discover Baby 10.00 - 11.30 A fun, relaxed group for parents/carers of 0-1yr olds covering lots of really helpful topics See Page3 for more information (term time only) starts 6th Feb (contact Health Visitor or CFC for more information)</p> <p>Jack in the Box Playgroup 10.00am-11.45am (Term time only, £2 per adult)</p> <p>Not open for drop-in after 3.00</p>	<p>Ickle Roos 12.30-2.30 Fortnightly Premature/unwell babies from SCBU (Referral Only)</p> <p>Not open for drop-in after 3.00</p>	<p>Moo Music (TERM TIME ONLY) 9.45 -10.30 Baby Moo (3 months to Pre Walkers)</p> <p>10.45—11.30 Mini Moo (Walking –3yrs)</p> <p>11.45-12.30 Maxi Moo (3 Years+)</p> <p>£4 per child—discount for siblings Contact Lauren on 07980 376641 for more information and bookings.</p> <p>Not open for drop-in after 3.00</p>
Findon	<p>NCT New Parent & Breastfeeding Support Drop In 9.30-12.00</p>	<p>9.30-12.30 Open for Information, advice and guidance</p>	<p>Jo Jingles 9.45 am – Over 2s 10.45 am – Under 2s £3 per family (Term time only)</p>	<p>Not open for drop in</p>	<p>Hartbeeps - £3.50 per family 1.30-2.15 Baby Bells (newborn to sitting) 2.30-3.15 Happy Beeps (sitting to 5 years) (Term time only)</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Footprints Lyndhurst Road	<p>Not open for drop in</p> <p>Families in Mind Play & Chat 12.00-2.00 (Bring your own lunch)</p>	<p>Not open for drop in</p> <p>Bubbles Play and Learn 1.00-2.30 A friendly play session for children under 5 with additional needs</p> <p>Sleep Clinic 2.00-3.30 The Healthy Child Programme Team run a free sleep advice drop-in clinic for children 6 months to 8 years</p>	<p>Hartbeeps - £3.50 10am toddling - 4 years 11am sitting - toddling babies 12pm newborn - sitting babies (Term time only)</p> <p>Childminders Group 10am—12pm</p> <p>Not open for drop in after 4.00</p>	<p>Not open for drop in</p> <hr/> <p>Families in Mind — Enjoy Your Baby 5 fun, friendly sessions —1.00-2.30pm To book a place call Sarah Blackman-Easton:0707534101361</p> <p>Hartbeeps - £3.50 Heene Community Centre 10am toddling - 4 years 11am sitting - toddling babies 12pm newborn - sitting babies</p>	<p>Child Health Clinic 9.30-11.00 1st and 3rd Friday only Drop in for baby weighing and advice from the Healthy Child Programme Team</p> <p>Baby Stay & Play (Birth-2 years) 9.30-11.00 1st and 3rd Friday only A drop in session for you to come and explore activities with your child</p> <p>Not open for drop-in after 4.00</p>
Footprints Crescent Road	<p>Stay and Play 10.00-11.30</p> <p>Baby Matters 1.00-3.00 1st Monday of month Information covering early days and practical skills</p>	<p>Not open for drop in Antenatal 9.30-12.10 Pre booked appointments</p> <p>Baby Matters 10.00-12.00 2nd Tuesday of month Information covering early days and practical skills</p> <p>Young Parents (invitation only) Post Natal Play Session 10.30-12.00 New Born & Ante Natal Clinic 1.30-2.30 Both sessions are term time only</p>	<p>Child Health Clinic 10.30-12.00 Drop in for baby weighing and advice from the Healthy Child Programme Team</p> <p>Garden only during clinic times 10.30-12.00</p>	<p>Open for drop in until 4.00</p> <p>Little Movers/Baby Movers 9.45-10.15/10.15-10.45 Both sessions £2 per family</p>	<p>Centre closed all day As from 1st February</p>
Maybridge	<p>Open for drop in until 1.00</p> <p>Under 5's Music Group 10.00-11.00 50p per family (Term time only) This is a parent led group</p> <p>Centre closes at 1.00</p>	<p>Magic Minders Childminder Group 9.30-11.30 for details contact 07799675456 There is a charge of £2 per childminder</p> <p>ADHD Parent Support Group 12.00-1.00 (Term time only) Every other Tuesday Not open for drop in after 1.00</p>	<p>Not open for drop in</p> <p>Building Bonds with Bumps and Babies 10.30-12.00 (Term time only) This group is run by the Church to include Families in Mind</p> <p>Families in Mind (Play & Chat 12.30-2.30)</p> <p>(Child Health Clinic at Rowans Day Centre) Drop-in for information, advice and guidance 9.30-11.30</p> <p>Child Health Clinic 9.30am - 11am Drop in for baby weighing and advice from the Healthy Child Programme Team</p>	<p>Tots & Tinies Parent & Toddler Group 10.00-11.30 (Term time only) This is a Church run group 70p per first child, additional child 50p Baby Movers / Little Movers 1.00-1.30 / 1.45-2.15 Both sessions £2 per family</p> <p>Baby Matters 2.00-4.00 2nd Thursday of every month Information covering early days and practical skills</p> <p>Child Health Clinic 1.30-3.00 Drop in for baby weighing and advice from the Healthy Child Programme Team</p> <p>Weaning Talk 2.30-3.30 1st Thursday of every month (Moved to 2nd thurs for Oct only)</p>	<p>Open for drop in until 1.00</p> <p>Stay and Play 10.00-11.30</p> <p>Centre closes at 1.00</p>
Based outside Centres		<p>Glynn Owen Centre Hartbeeps £3.50</p> <p>10am toddling—4years 11am sitting—toddling babies 12pm newborn—sitting babies</p>			<p>Glynn Owen Centre Time Out 10.00-12.00 (Pre-school children) £1.50 per adult</p>

Monday

Open 1.30—5.00

Tuesday

Open 1.30 –5.00

Wednesday

Closed

Thursday

Open 1.30-5.00

Friday

Open 1.30-5.00

Youth Drop In — Monday, Tuesday, Thursday Friday 1.30-5.00 NO APPOINTMENT NEEDED

- **Apprenticeships** — modern apprenticeships, details on educational courses
- **Housing and Homelessness** — finding a place to live, information and guidance
- **Sexual Health** — most aspects of sexual health and relationship information and guidance
- **CGL** – substance misuse information and guidance up to 25 years
- **Counselling and Support Services** — 11 to 17 years and 18 to 25 years (YMCA Dialogue, Youth Emotional Support (YES), Time to Talk)
- **Job Finder Skills** — Write a CV, have a mock interview and get skilled up, find what you want on the internet

School Nurse Texting service “CHATHEALTH” is also available Monday-Friday on 07480 635424



Youth Hub @ Glynn Owen (Tues, Weds & Thurs groups are Referral only)

Wednesday

3.00-5.00 T4T (Target 4 Teens) An informal session where young people seeking support can engage in activities and speak to youth workers

3.00-5.30 Jellyfish Arts for young people aged 13-18 who have a creative interest in the arts. Explore your emotions feelings and worries with group work through Jellyfish. The course is for young people aged 13.18.

3.00-5.00 M8's Run from **Youth Hub@The Rosie, Littlehampton Road, Durrington, BN13 1RB**. This group focuses work with young people who have special education needs or physical disabilities from 13-25 years old.

6.30-8.30 Young Carers This group provides a targeted programme to enable each Young Carers (aged 11-16) to have a break from caring with an aim to develop personal social and emotional wellbeing.

Thursday

7.00-9.00 Jellyfish Music for 13-16 year olds. For young people interested in Self-esteem and confidence building through music. Contact Sally Dean on 07894 250012 or sally.dean@westsussex.gov.uk for more information

Programme Guide

Information, Advice & Guidance

Our trained staff offer support or can signpost you to access a wide range of information covering topics such as childcare provision, healthy eating, parenting, feeding, child behaviour, local activities & groups, free entitlement and much.



ADHD Parent Support Group

A support group for parents of children with ADHD aged between 0-18 years of age

Baby Matters (monthly)

A pre bookable group run by maternity support staff for pregnant mothers offering information covering early days and practical skills. To book a place please contact your Midwife.

Baby Movers / On the Movers / Little Movers

A musical movement group. £2 per session.

Baby Movers for non walkers up to 1 year.

On the Movers for 1 year—18 months who have just started walking/crawling.

Little Movers for confident walkers from 18 months to 5 years.

Baby Stay and Play

A drop in session for you and your child to explore activities such as Treasure Baskets, sensory play. An opportunity to meet and make friends with other parents.

Benefit Advice for families with children who have additional needs

A Benefits Advice Session with a Welfare Benefits Advisor who can help with DLA, Income Support, Incapacity Benefit, Housing Benefit, Employment Support Allowance, Tax Credits etc.

Please telephone Robert Hayes on 07850 240874 to book an appointment or email: Robert.hayes@westsussex.gov.uk

Break 4 Change

This programme supports parents/carers and young people in building healthy Relationships. This is an exciting programme that both child and parent/carer attend at the same time. The groups work separately within the same facility. There is a weekly filming element which allows for open dialogue between child and parent. A referral is required

Breastfeeding & New Parents support drop in

Group run by NCT. Advice available on however you feed. Please feel free to drop in if you are still pregnant or with your baby they are born.

Building Bonds with Bumps & Babies

Group is run by Maybridge Community Church with input from Families in Mind. Their aims are as follows: Encouragement and support through pregnancy and up to babies' first birthday, friendship and social connectivity, relaxation, self-care and stress management and the group also encourages communication between you and your baby. For more information call 01903 700522 or email: traceybbbbs@gmail.com or ruth.stanley@maybridge.org.uk

Bubbles Play and Learn

A friendly Play and Learn Together session for children under 5 years of age with additional need. For children who would benefit from play in a small group, with opportunities for parents to talk to an Early Years Advisor.

Child Health Clinics

A drop in clinic for children aged 0-5 to see the Healthy Child Programme Team for weigh in and advice on your child's development. CFC staff will also attend the clinics with C&FC services.

Childminders Drop-In

Drop in session for childminders, nannies and home based child carers

Discover Baby

12 week programme with a different theme each week, including sessions on weaning, safety and much more. For parents with new babies up to 6 months, who would like the opportunity to access really helpful information, share experiences with other parents and make new friends. (Term Time Only)

Enjoy Your Baby—for parents of 0-2 year olds

Families In Mind Service offers support and advice for those who are experiencing low moods, feelings of isolation and the pressures of coping with the anxieties of being a new parent. 5 friendly discussion sessions. This is an open group and will have a subject to focus the discussion.

Exploring Parenting

Would you like to learn more about parenting children aged 0-13?

We cover subjects such as behaviour, communication, the importance of play and understanding special educational needs & disabilities.

To find out more please contact your local Children & Family Centre

Hartbeeps (Term time only)

Multi sensory music based classes, developed by early years practitioners. Classes are highly sensory, innovative, fun and interactive. Includes use of puppets, musical storytelling, dress up, sparkly parachutes, baby sign and much more. Cost is £3.50 per child. Each class runs for 45 minutes.

Ickle Roos

Referral only for premature babies and those who have been in the Special Care Baby Unit. Run by Health Team where babies can be weighed and Health can offer advice on development etc.

Jack in the Box Parent & Toddler Group (term time only)

Parent and Toddler drop in group run by Jack-in-the-box Nursery at The Wave Children & Family Centre. Cost is £2 per child.

Jellyfish Arts and Music

Course for 13-18 year olds who have an interest in the creative arts. Explore your emotions, feelings and worries with group work through Jellyfish. For more information contact Sally Dean on 07894258012 or sally.dean@westsussex.gov.uk. A referral is required

Jo Jingles

Music and Movement classes. A mix of singing, instrument playing, props and actions. Promoting listening, sharing, and communication skills.

M8s

This group focuses work with young people who have special education needs or physical disabilities from 13-25 years old. The purpose of the group will be to develop personal social and emotional wellbeing through a range of planned and appropriate activities. A referral is required

Magic Minders

Childminders run this drop in session where they can meet with other childminders and the children they are minding. There is a charge of £2 per childminder

Midwife—Antenatal and Post Natal Clinics

Appointments only

MILK! Breastfeeding Support group

Drop-in support group offering information and support from professionals and peer supporters. Get together with other mums in a friendly and relaxed atmosphere. If you are pregnant and would like information regarding breastfeeding please drop in.



Mindfulness Session for Parents (Families in Mind)

A chance to learn to live in the moment, accept your emotions and be kind to yourself. Families in Mind work in partnership with Children & Family Centre to improve the mental health and well-being of parents of young children

Moo Music

Interactive regular music session for 0-5 years where children can sing, dance, play, learn and have fun.

New Beginnings Stay and Play

This session is at Durrington Community Centre run by CFC staff for 0-5 year olds. Baby Sensory Area, messy play, outside garden, home corner, mark making. Snack is provided and staff lead singing at the end of the session.

Oral Health Products

Each Centre holds a collection of oral health products, including toothbrushes for all ages, Doidy cups and Tommy Tippee cups.



Parent Reference Library (Free)

You can borrow a range of reference books covering a variety of family topics, such as breastfeeding, weaning, parenting, sleeping, potty training, bereavement, etc.

Play and Chat

Tracy Ashcroft from Coastal West Sussex Mind and a Family Support Worker are available during this session for advice and support.

Sleep Clinic

A free drop in clinic for sleep advice for children aged between 6 months and 8 years run by the Healthy Child Programme Team

Social Play Areas and Outside Spaces Drop-In

You are welcome to drop in and access the Social play areas and garden areas during Centre opening times. We offer a range of toys and environments including Role Play areas. The outside areas are equipped with ride on toys and other equipment for outdoor fun activities.

Speech & Language Therapy Advice Session for pre-school children

Advice session for you to discuss any concerns you have about your child's communication and language development. They run on a first come first served basis. Please bring your child's Health Record (Red Book).

Tots & Tinies Parent & Toddler Group (term time only)

Church run Parent and Toddler group. Cost is 70p for first child and 50p for each additional child. Craft and snack included. Group ends with singing.

T4T (Target 4 Teens)

T4T is an informal session where young people seeking support can engage in activities and speak to youth workers. A referral is required

Under 5s Music Group

Singing, action songs, use of instruments. Group is run by a parent volunteer and there is a cost of 50p per family to cover snack.

Weaning Talk (First Thursday of the month)

Help, information and advice from the Health Visiting team.

Young Carers

A targeted program to enable each young carer (aged 11-16) to have a break from caring with an aim to develop personal social and emotional wellbeing.

Young Parents Antenatal Group - Lyndhurst Road

By invitation only—for midwifery care, information, support and guidance from the midwife, family outreach workers and youth teams.

Young Parents Post Natal Play Session

By invitation only—for midwifery care, information, support and guidance from the midwife, family outreach workers and youth teams.



C Card

Having a C-Card means if you are aged 13-21, you can get free Condoms, confidential advice and a Chlamydia testing kit from any distribution site displaying this logo. This now includes some local Children & Family Centres.

Adur & Worthing Wellbeing

Adur & Worthing Wellbeing offers you information, advice and guidance on things to do with your health and wellbeing ranging from becoming more active, losing weight, dealing with stress, quitting smoking or finding ways to improve your emotional and mental wellbeing.

To find out more about the services available visit

www.adur-worthing.westsussexwellbeing.org.uk or call 01903 221450





Families in Mind

Worthing, West Sus-

In Worthing we provide a range of opportunities for parents to access support, advice and information, where Sarah from [Coastal West Sussex Mind](#) and a Family Support Worker are available.

Play and Chat Groups - Mondays 10am to 2pm Footprints Children and Family Centre Lyndhurst Road, Worthing 01903 270424. This group is for all parents of children of pre-school age. So, pop in and join us for a cuppa, lunch and a friendly chat, whilst the little ones play.

Enjoy Your Baby - Thursdays 1pm to 2.30pm Footprints Children and Family Centre Lyndhurst Road, Worthing 01903 270424. During term time we run supportive 5 friendly discussion sessions which will help parents make positive changes. Each session will have a subject to focus our discussion on. This is for parents of 0 to 2yr old children. Please contact Sarah for details and how to book a place.

Building Bonds with Bumps & Babies – Wednesdays 10.30am to 12noon Maybridge Children and Family Centre and Community Church, The Strand, Worthing 01903 700522. A safe place to have a chat, play with baby and a cuppa, whilst receiving support for stress management, anxiety management, building self-confidence, positive attachment and social connectivity. For pregnant or new mums with a baby up to 1 year.

Mindfulness for Parents - Mondays 1pm to 2pm at Footprints Children and Family Centre Lyndhurst Road, Worthing 01903 270424. Offering a chance to learn to live in the moment, accept your emotions and to be kind to yourself. There will be relaxing guided meditations and explore other mindfulness activities to help you to improve your mental health.

***All Groups Are Subject to Change*:**

Contact Details: Please contact, Sarah Blackman-Easton. Leave a message or text on 07534101361 or Tracy Ashcroft on 07918643208
Coastal West Sussex Mind Website <http://www.coastalwestsussexmind.org/>

Family Support Services

Reaching out to families in the community: Being a parent or caring for children can be incredibly rewarding and one of the most joyous experiences imaginable. At times it can also be difficult and challenging and, let's face it, how many of us had any training for the job? Maybe you just need someone to listen when everyone else seems too busy, or your problems seem to be piling up. If we can't support you to change things yourself, we will probably know someone else who can.

To find out more, call your local Children & Family Centre or speak to your Health Visitor, GP, Midwife or Pre-School.

Domestic Abuse / Violence useful numbers

The Freedom
Programme



**24 hr freephone
helpline:
0808 2000 247**

Helpline: 01903 231939

9.30 am – 4.00 pm



SAFE IN SUSSEX

Providing domestic abuse awareness
through freedom and education

Child and Family Health

Worthing Child Health Clinics

The Wave Children & Family Centre Dominion Road, BN14 8JL	Monday 10.30-12.00
Durrington Children & Family Centre 81 Salvington Road, BN13 2JD	Tuesday 9.30-11.00
Footprints Children & Family Centre 40 Crescent Road, BN11 1RQ	Wednesday 10.30-12.00
Tarring Children & Family Centre The Rowans Centre, Steepleview, Pelham Road, Worthing, BN13 1RP	Wednesday 9.30-11.00
Maybridge Children & Family Centre 77 The Strand, BN12 6DR	Thursday 1.30-3.00
Footprints Children & Family Centre Lyndhurst Road, BN11 2DG	Friday 9.30-11.00 1st & 3rd Friday

MILK! Breastfeeding Support Drop In

Durrington Children & Family Centre 81 Salvington Road, BN13 2JD	Tues 9.30-11.00
The Wave Children & Family Centre Dominion Road, BN14 8JL	Mon 9.30-11.00

Breastfeeding & New Parents Support Drop In

however you feed

Findon Children & Family Centre Vale Avenue, BN14 0DB	Mon 10.00-12.00
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Child and Family Health

Speech and Language Therapy Advice Session

Durrington Children & Family Centre
81 Salvington Road, BN14 2JD

Tuesday 19th February &
16th April
3.00pm—4.00pm

Maybridge Children & Family Centre
77 The Strand
BN12 6DR

Monday 21st January &
18th March
11.15am—12.15am

The Wave Children & Family Centre
Dominion Road, BN14 8JL

Please bring your child's Health Record (Red Book)

For information on times and dates for other drop-ins, please check the website.
<http://www.sussexcommunity.nhs.uk/services/salt/salt-ws-dropins.htm>

Please note - If you are not the child's parent you will need written consent from the parent before you are able to see them at a drop-in clinic

CHILD SAFETY

Every day lots of babies and toddlers are rushed to hospital because they have been hurt in accidents. Most of the accidents happen at home because that's where they spend most of their time.

To find out how to keep your little ones safe pick up some information from your local CFC or visit:

www.capt.org.uk

IMMUNISATIONS

Since immunisation was introduced in the UK, the number of children catching diseases is low. But if children do not continue to be immunised, the diseases will come back, as seen with the recent high numbers of measles and mumps cases. The diseases are still around in Europe and other parts of the world and, as people travel more, and more people come to visit this country, there is always a risk that the diseases will be brought into the country and your child will catch them. To find out more information visit:

www.nhs.uk/vaccinations

Time To Talk

Are you feeling down, anxious or stressed. Are you finding it difficult to cope with all the little problems in life? Time to Talk is a discreet counselling service which can help you tackle these issues and regain control of your life. To get an appointment either contact your local GP or call 01903 703542 or visit:

www.sussexcommunity.nhs.uk/timetotalk

Smoking Cessation

More than 17,000 children under the age of five are admitted to hospital every year because of the effects of second-hand smoke.

To find out more about quitting and to get support, you or your partner can call the Smokefree national Helpline on 0300 123 1044, or visit:

www.nhs.uk/smokefree



Get Involved!



We treat **all children and families** with **dignity** and **respect**, recognising that **everyone is different** and **individual**. All services are developed and delivered to ensure equality of access for all. We are always interested in receiving feedback about our services; please send us an email or telephone us if you have any comments. Thank you.

We need you!

Advisory Board & Family Forums



Advisory Board

Do you have ideas about how we could improve? Do you want to have your say about what happens at our Children & Family Centres, Find It Out Centres and Youth Hubs? Do you have ideas about resources or activities which will benefit all families? If so, why not become a member of the Advisory Board? This is a formal decision making group involving other professionals and partners. Meetings are held four times a year and there will be support provided to attend and make a positive contribution. Please join!

Family Forums

Do you want to help us to plan events for children, young people and families and understand more about your local Children & Family Centres, Find It Out Centres and Youth Hubs? Would you like to have your say, and to help us plan for the future? Would you like to meet other parents and make new friends?.....keeping it fun and friendly!!!! Why not join our Family Forum? We meet up twice a year, to plan summer and winter events so that we can meet as many families as possible and get their views and experiences. Children are welcome, with fun activities and refreshments included.

For more information for both of these please contact Nicky Falvey on 07872866579

Don't forget to keep us updated!



Moved house? Changed your mobile number or email address?

Are you pregnant? Have you had a baby?

If any of your details have changed, please do remember to keep us informed so that we can keep you up to date with our communications about services relevant to you.

Work and Finance

Returning to work? Need to access training?

Northbrook College offer free courses via distance learning which can be fitted around work and personal life. To enrol or get further information contact Northbrook College Sussex on 01903 273114, www.northbrook.ac.uk or email business.solutions@nbcol.ac.uk

Employment Programme Centre is based in St Giles Close, Shoreham-by-Sea, BN43 6GA

Albion in the Community offer a huge range of full time and short vocational courses open to anyone aged 16 and over. **www.albioninthecommunity.org.uk**

Albion in the Community, American Express Community Stadium, Village Way, Brighton BN1 9BL **Email:** info@albioninthecommunity.org.uk Tel: 01273 878265

Citizens Advice Bureau

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice.

Telephone advice times 10.00-4.00 Monday-Friday

Advice Line: 0344 477 1171

The Advice Bureau is open 9.30-7pm Wednesday

9.30-4.00 Monday, Tuesday, Thursday, Friday

www.cassca.org.uk/ or **www.citizensadvice.org.uk**



Worthing Town Hall
Chapel Road
Worthing
BN11 1HA

CAP Money Course

The free CAP Money Course is a revolutionary money management course that teaches people budgeting skills and a simple, cash-based system that really works. This course will help anyone to get more in control of their finances, so they can budget, save and prevent debt.

Courses are held across the County. For more information and to book your place, please visit: **www.capuk.org**

For more information contact **cap@jubilee-church.co.uk**

CAP Debt Centre



The CAP Debt Centre is run in partnership with New Life Church, 10 Greenland Road, Worthing, BN13 2RR. To book an appointment or to find out more call 0800 328 0006.

Lines are open 8.30-5.00 Monday—Friday

Debt Coach: Kevin Hodges, Debt Centre Manager

Boom! Credit Union

Credit Union for people who live or work in Surrey and West Sussex. Local people have access to fair and affordable loans, savings accounts and pre paid debit cards.

www.boomcu.co.uk **01903 237221**

Professionals Support

Childminder Information Sessions (How to become a Childminder)

For more information on these sessions, please call the Family Information service on 01243 777807.

CHILDMINDER DROP IN SESSIONS

Maybridge CFC: Magic Minders Tuesdays 9.30-11.30

Footprints Lyndhurst Road: Wednesdays 10.00-12.00

A drop in session for childminders, nannies and home-based child care providers

Useful Links

CHILDCARE & FAMILY INFORMATION

www.westsussex.gov.uk/fis
01243 777807

FREE ENTITLEMENT (EARLY YEARS PROVISION)

www.westsussex.gov.uk/freechildcare

EARLY SUPPORT

www.westsussex.gov.uk/earlysupport

JOBS IN CHILDCARE

www.westsussex.gov.uk/childcarejobs

TOY LIBRARIES

www.westsussex.gov.uk/toylibraries

CHILDREN & FAMILY CENTRES

www.westsussex.gov.uk/cfc

LIBRARY SERVICES

www.westsussex.gov.uk/libraries



Early Support

for children, young people and families

The way of accessing support, information and services for children up to the age of 11 with complex health needs or a disability, has changed.

If your child is under the care of a paediatrician and two or more additional services, you can request support by talking to a member of staff at your local Children and Family Centre.

You can also find out more on the Local Offer website:

<https://westsussex.local-offer.org/>

Early Years Hubs offer activities and support for children with additional needs, disabilities, special needs and their families

Durrington Children & Family Centre

81 Salvington Road
Durrington
Worthing
BN13 2JD
01903 276888

Boundstone Nursery Children & Family Centre

Upper Boundstone Lane
Sompting
BN15 9QX
01903 276850

Sensory Room

Please book a place before attending

Sensory Room

Please book a place before attending

Worthing Early Years Hubs

Footprints Children & Family Centre

Lyndhurst Road,
Worthing
01903 270412

Bubbles Play & Learn

Tuesdays 1 pm — 2.30 pm

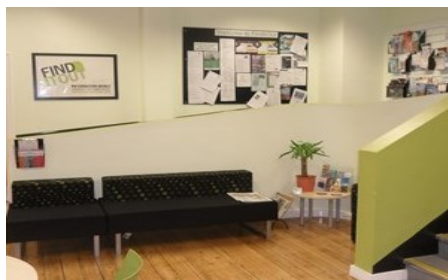
Free Disability Benefits Advice

Do you have a child with a disability or additional needs and feel that you need some support to access the right DWP benefits? If so, please contact Robert Hayes on **07850 240874** or email

robert.hayes@westsussex.gov.uk



Worthing Find it Out Centre



If you are aged 13-25 you can drop in to a Find It Out centre to get advice and information. If you want to talk to someone in confidence you just need to make an appointment.

If you have an issue that we can't help you with, we will always do our best to put you in touch with somebody who can.

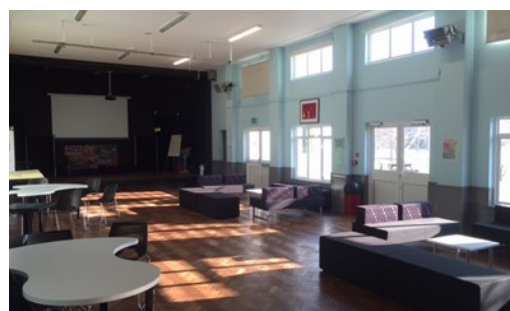
As well as advice and information there is free internet access.



To enquire about Young Peoples Services support email YPS.Request@westsussex.gov.uk.

Youth Hub @ Glynn Owen

The Youth Hub is a place where you can access group work courses, one-to-one support, support groups, information, advice, guidance and other activities which aim to inspire you to make a difference to your life.



We use a range of different skills to engage you through art, games and activities..... It's not like school!

Where else can you go for help & advice...

FindItOut Centres in Bognor Regis, Burgess Hill, Chichester, Crawley, Horsham, Lancing, Littlehampton and Worthing
www.yourspacewestsussex.co.uk

YMCA Supported Accommodation 01403 213403
www.ymcadlg.org

West Sussex Young Persons Advocacy Service
01903 233145/01273 666950 or info@mindcharity.co.uk

Young Minds 0207 0895050
www.youngminds.org.uk

Childline 0800 1111
www.childline.org.uk

Samaritans 08457 909090
www.samaritans.org

West Sussex Young People's Drug & Alcohol Service
07779 339954

National Self-Harm Network
www.nshn.co.uk

Cruse Bereavement 08444 779400
www.crusebereavementcare.org.uk

Winstons Wish (Bereavement) 08452 030405
www.winstonswish.org.uk

Papyrus 0800 0684141
(Prevention of young suicide)
www.papyrus-uk.org

Beating Eating Disorders 08456 341414
www.b-eat.co.uk

Allsorts LGBTU Project 01273 721211
www.allsortsyouth.org.uk

"It helped me to develop my thoughts and it's really good when you know that there is someone who actively listens and cares."

"I liked being able to talk to someone and getting help and support."

"I feel more positive and less stressed."



YMCA DownsLink Group
Registered Charity number: 1079570



YMCA DOWNSLINK GROUP

KOOTH.COM
FREE ONLINE SUPPORT FOR YOUNG PEOPLE

FREE face-to-face & online counselling, support and advice for young people aged 11-18 in West Sussex



How to get in touch...

If you are aged between 11 and up to your 18th birthday and would like to talk to someone then you, your family members, carers or friends can get in touch.

Face-to-face counselling:
Phone/Text **07739893707**
Email
community.counselling@ymcadlg.org

For online support go to:
www.kooth.com

What's on offer...

Counselling can offer you a supportive and private space to talk about whatever is on your mind. This might be about your relationships with family and friends, your self-confidence, the illness or death of someone close to you, bullying, harming yourself, school or college work or you might be feeling unhappy and worried about the future.

We offer **face-to-face** counselling in FindItOut Centres, Leisure Centres, Libraries and Children & Family Centres across West Sussex.

You can also find support **online** at **Kooth.com**.

Online counsellors are available to talk 365 days a year, weekdays from 12 noon till 10pm and on weekends from 6pm till 10pm.

As well as online counsellors to talk to, Kooth.com has 24 hour messaging, blogs, a magazine and message board forums.

Is it confidential?

What you share with us is private. Nothing you tell your counsellor will be passed on to anyone else unless we think you or another person is at risk of coming to serious harm. Even then we would always aim to talk to you first. Online you can make up a username when you sign up.

Our staff are experienced, qualified and qualifying counsellors who are committed to supporting young people. They all have an Enhanced DBS (Police) check and we have accreditations, insurances and policies, including a Complaints Policy, in place.





**Are you a
young person?**

Then this site is for you!

<https://www.westsussex.gov.uk/education-children-and-families/your-space/>



Follow us on Twitter WSYourSpace @WSYourSpace

Helping to build a better future for young
people in West Sussex

T4T (Target 4 Teens)

For young people aged
13-18

An informal session where
young people seeking
support can engage in
activities and speak to
youth workers

Jellyfish Arts and Music

The course is for young people aged
13-18 who have a creative interest
in the arts

The Course aims to:

- Build confidence, self esteem and social skills through art and music
- Develop team work and working with others
- Support and guide you through challenges, your needs and any problems which you may have

To enquire about Young Peoples Services support email
YPS.Request@westsussex.gov.uk.

Young Person & Family Eating Disorder Service



Beat, the UK's eating disorders charity, is working with the Pan Sussex Child, Young Person & Family Eating Disorder Service to run skills workshops for parents and carers supporting people with an eating disorder in West Sussex.

Beat's Developing Dolphins skills workshops will empower you to support change, and promote recovery from an eating disorder by improving your understanding of these mental illnesses, and by developing your skills dealing with difficult situations.

Over this two-day workshop you will learn about different communication techniques, whilst gaining tools to support someone with an eating disorder.

Developing Dolphins workshops:

Date	Location	Time	Booking
10/07/2018	Eastbourne	9:30 - 16:30	Book Now (Through ESLP)
11/07/2018	Horsham	9:30 - 16:30	Fully Booked
26/09/2018	Chichester	9:30 - 16:30	Fully Booked
27/09/2018	Hastings	9:30 - 16:30	Book Now (Through ESLP)
27/11/2018	Billingshurst	9:30 - 16:30	Book Now
28/11/2018	Brighton	9:30 - 16:30	Fully Booked
07/02/2019	Brighton	9:30 - 16:30	Coming soon
13/02/2019	Eastbourne	9:30 - 16:30	Coming soon

For more information and to book please email: training@beateatingdisorders.org.uk

Billingshurst (Billingshurst Centre, Roman Way, Billingshurst,
West Sussex RH14 9QW)

Where to Find Us & Opening Times

Durrington Children & Family Centre

01903 276888

Email: Worthingcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/>



Durrington CFC
81 Salvington Road
Durrington
BN13 2JD

Monday	9.00am – 1.00pm
Tuesday	1.00pm – 4.00pm
Wednesday	1.00pm – 4.00pm
Thursday	9:00am – 4.00pm
Friday	9.00am – 1.00pm

Findon @ Findon Valley Library

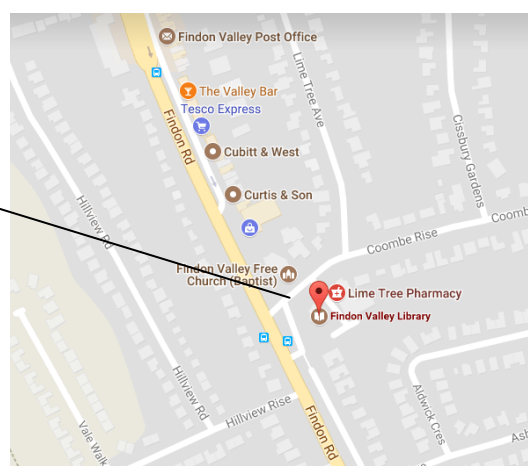
01903 872213

Email: Worthingcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/>

Findon Valley Library
Lime Tree Avenue
Findon Valley
Worthing

Monday	NCT Only
Tuesday	9.30am – 12.30pm
Wednesday	Jo Jingles Only
Thursday	Not open for drop in
Friday	Hartbeeps Only

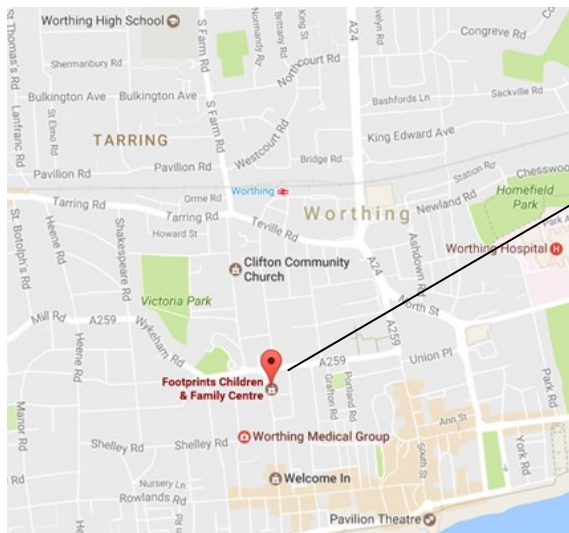


Footprints (Crescent Road) Children & Family Centre

01903 276807

Email: Worthingcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/>



Footprints CFC
40 Crescent Road
Worthing
BN11 1RQ

Monday
Tuesday
Wednesday
Thursday
Friday

9.00am – 4.00pm
Not open for drop in
9.00am – 4.00pm
11.00am – 4pm
Not open for drop in

Footprints (Lyndhurst Road) Children & Family Centre

01903 270424

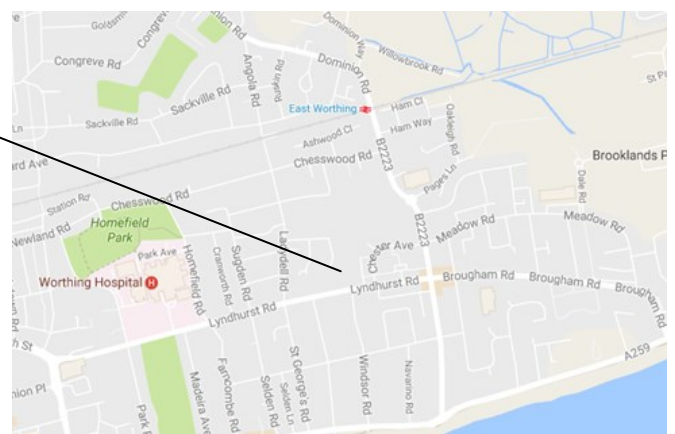
Email: Worthingcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/>

Footprints CFC
Lyndhurst Road
Worthing
BN11 2DG

Monday
Tuesday
Wednesday
Thursday
Friday

Not open for drop in
Not open for drop in
9.00am – 4.00pm
Not open for drop in
9.00am – 4.00pm

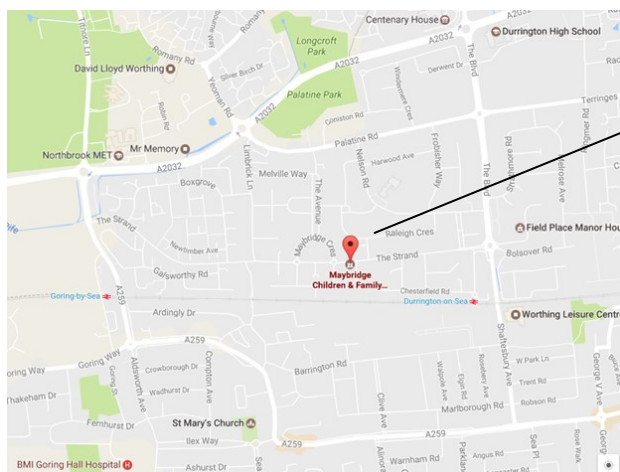


Maybridge Children & Family Centre

01903 276890

Email: Worthingcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/>



Maybridge CFC
77 The Strand
Worthing
BN12 6DR

Monday
Tuesday
Wednesday
Thursday
Friday

9.00am – 1.00pm
9.00am – 1.00pm
Not open for drop in
9:00am – 4.00pm
9.00am – 1.00pm

Tarring Children & Family Centre

01903 496559

Email: Worthingcfc@westsussex.gov.uk

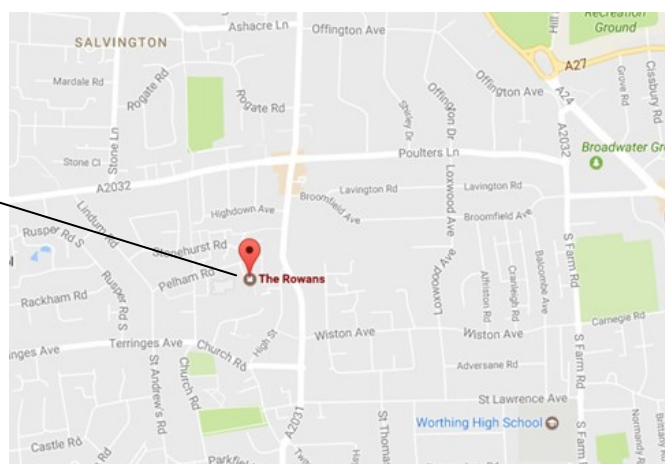
<https://www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/>

Tarring CFC
The Rowans Centre
Steepleview
Pelham Road
Worthing
BN13 1RP

Monday
Tuesday
Wednesday

Thursday
Friday

Not open for drop in
Not open for drop in
9.30am—11.00am
(Child Health Clinic)
Not open for drop in
Not open for drop in

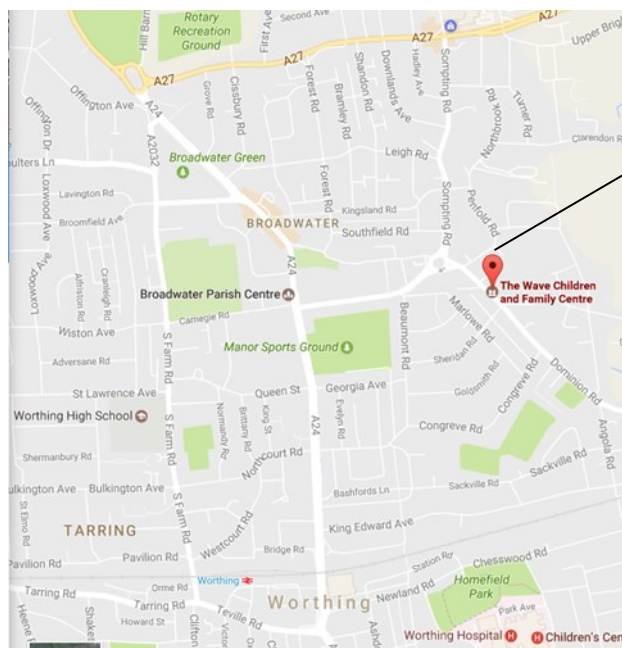


The Wave Children & Family Centre

01903 276869

Email: Worthingcfc@westsussex.gov.uk

<https://www.westsussex.gov.uk/find-my-nearest/children-and-family-centre/>



**The Wave CFC
Dominion Road
Worthing
BN14 8JL**

Monday	9.00am — 3.00pm
Tuesday	9.00am — 3.00pm
Wednesday	9.00am — 3.00pm
Thursday	9.00am — 3.00pm
Friday	9.00am — 3.00pm



Visit our Facebook page for regular updates,
information, activities and events

Find us at:

Worthing Wide Children & Family Centres

Worthing Find It Out Centre

01903 210315

<https://www.westsussex.gov.uk/education-children-and-families/your-space/life/finditout-centres/worthing-finditout-centre/>



Worthing Find It Out Centre
24 Marine Place
Worthing
BN11 3DN

Opening Times:

Monday	1.30-5.00
Tuesday	1.30-5.00
Wednesday	Closed
Thursday	1.30-5.00
Friday	1.30-5.00

Youth Hub @ Glynn Owen

<https://www.westsussex.gov.uk/education-children-and-families/your-space/life/youth-hubs-and-mobile-centres/youth-hub-glynn-owen/>

Youth Hub @ Glynn Owen
118 South Farm Road
Worthing
BN14 7AP

