

# **Discover...**

# **Children and Family Centres**

## **Mid Sussex North**

Covering East Grinstead and the surrounding villages



East Grinstead Blackwell  
East Grinstead Library  
Mid Sussex Rural North

**Spring Programme**  
**April—June**  
**2017**



[www.westsussex.gov.uk/family](http://www.westsussex.gov.uk/family)

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## Five To Thrive



Five to Thrive is an initiative that was launched in 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**

# Welcome to the Mid Sussex Children & Family Centres, Central Area

As you will be aware over the last few months we have been carrying out a number of consultations about changes that are happening within the Early Childhood Service. From 1st April, we will be part of the Integrated Prevention and Earliest Help service. This means we will be working with families from conception until children reach the age of 19 (25 if they have additional needs). We will still be providing the services that you have told us you know and love, like our Giggles and Wiggles and Tiny Explorer sessions. We will also still be working with our Health partners to provide the Child Health Clinics and other services.

You will see changes in our staff teams and new faces that you might not yet know. Over the coming months there may be some more exciting changes which we will keep you updated about as they develop.

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



## Don't forget to keep us updated!

Moved house? Changed your mobile number or email address?  
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.

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.



# Programme Guide

## **Child Health Clinic & Breastfeeding Support Group**

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

## **Drop in and Play (For children aged 0-5)**

Come and enjoy a fun and free playtime in the Children & Family Centre.

## **Giggles & Wiggles (For children 0-1)**

A session for parents and babies (up to confident walking) including playing and singing together. A great chance to meet other families in your area, chat to our friendly team and access the Toy Library. A wonderful way to encourage your child's development.

## **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 behavior, local activities & groups, free entitlement and much more.

## **Oral Health products**

Each center holds a collection of oral health products, including toothbrushes for all ages, doidy cups and Tommee Tippy cups.

## **Parent Education**

Antenatal class for parents to be (by appointment through your Midwife).

## **Play & Learn Together (for children ages 0-5)**

Our Play and Learn session offers play-based learning opportunities, including messy play, while we explore with parents how children learn and develop through play and how we can support their learning. Please note, due to Health and Safety restrictions on the size of the rooms, these sessions have a maximum capacity for number of children.

## **Tiny Explorers (for children aged 0-2)**

A session for parents and their under 2's including sensory experiences and playing together. We also have Toy Library, guest speakers, information, advice & guidance plus support from staff and other families.

## Toy Library, Sensory Toy Library

Borrow up to 2 toys at a time and keep for 2 weeks. The range of toys are developed to support your child's learning and development. We also offer specialist equipment and sensory resources to help children with additional needs. Please visit the website to look at our catalogue: [www.westsussex.gov.uk/toylibraries](http://www.westsussex.gov.uk/toylibraries)

**You can access the Toy Library at your local Library!** It is as easy as borrowing a library book! You just need to be a member of the Library Service in order to borrow the toys. **£2 Joining fee for Parents & Carers, £5 for Pre-schools & Childminders**

## Weekend and Extra Activities

**Saturday Singalong** Special Rhyme Time sessions for Dads/carers, Grandads, Uncles and their babies and toddlers . All sessions are free.



Future events to put in your diary...  
Summer 2017 Play Days:

Tuesday 1<sup>st</sup> August – Victoria Park, Haywards Heath  
Wednesday 2<sup>nd</sup> August – St John's Park, Burgess Hill  
Wednesday 9<sup>th</sup> August – King George's Field, East Grinstead



More details to follow nearer the time.

# Child and Family Health

## Child Health Clinics

The Health Clinic, St Michael's Road, East Grinstead, RH19 3JS	Thursdays 9:30am - 11:00am
Blackwell Children and Family Centre, East Grinstead, RH19 3JL	Tuesdays 9:30am - 11:00am
Nightingale Primary Care Centre, Haywards Heath, RH16 4BN	Tuesdays 1:30pm – 3:00pm Fridays 9:30am – 11:00am
United Reformed Church Hall, Lindfield, RH16 2HL	Thursdays 10:00am - 11:30am
The Glebe Centre, Crawley Down, RH10 4JJ	Monday 3rd April & Monday 4th June 10.00am—11.30am

## How often do you need to get your baby weighed?

Your baby should be weighed in the first week as part of the assessment of feeding. Weighing your baby too often may cause unnecessary concern. Unless otherwise asked by your Health Visitor the frequency of weighing your baby depends on their age. Between the ages of 2 weeks to 6 months, you should get them weighed once a month, between 6-12 months you should have them weighed once every 2 months, and over 12 months of age, every 3 months.

## Breastfeeding Support

Princess Royal Hospital, Haywards Heath, RH16 4EX	Wednesdays 1:30pm – 3:30pm
Lindfield Child Health Clinic, United Reformed Church Hall, RH16 2HX	Thursdays 10:00am – 11:30am
East Grinstead Blackwell CFC, RH19 3JL	Tuesdays 10:00am – 11:30am

## Introducing Solids Sessions

Nightingale Primary Care Centre, Haywards Heath, RH16 4BN	For information regarding these sessions please call the Nightingale Centre.
<b>All sessions are booked via the Nightingale Clinic on 01444 414100</b>	



## 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 your local Children & Family Centre.



# Child and Family Health

## Speech and Language Therapy Drop-Ins

### More information to follow

For information on times and dates for other drop-ins, please check the website.  
[www.sussexcommunity.nhs.uk/services/salt/salt-ws-dropins.htm](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**

## 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](http://www.nhs.uk/vaccinations)

## 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](http://www.capt.org.uk)

## 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, please contact your local doctors

## 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 01444 251084 or visit: [www.sussexcommunity.nhs.uk/timetotalk](http://www.sussexcommunity.nhs.uk/timetotalk)



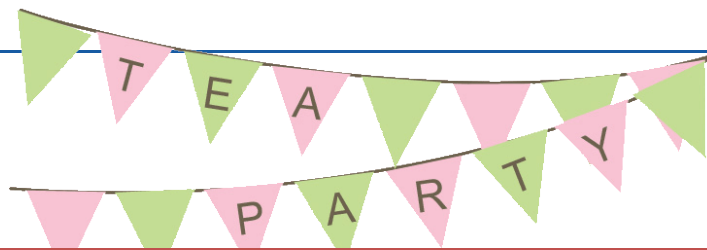
Visit [www.bsuh.nhs.uk/maternity/](http://www.bsuh.nhs.uk/maternity/) for lots of information not only your pregnancy but the birth and what to expect after you give birth.

# Get Involved

## Parent Volunteer Programme (PVP)

- \* Are you thinking of returning to work or changing career?
- \* Do you want help job searching?
- \* Would you like some help writing a CV or application form?
- \* Do you need to develop new skills?
- \* Are you lacking confidence or experience?
- \* Or don't know where to start?

If any of the answers are yes, then you may be interested in the Parent Volunteer Programme. We can help with career choices, finding a volunteer or work placement, provide a reference and give you interview practice. To find out more visit [www.westsussex.gov.uk/PVP](http://www.westsussex.gov.uk/PVP) or contact Sharon Attfield-Davis 07894809121 Sharon.Attfield-Davis@westsussex.gov.uk



Interested in volunteering? Want to return to work?

Find out more at the Volunteers' Tea Party

part of National Volunteers' Week on Monday 5 June 1:30—4:00 pm

at Haywards Heath Children and Family Centre Garden

51 Penn Crescent RH16 3HP Children Welcome

RSVP Sharon (07894809121 \* Sharon.Attfield-Davis@westsussex.gov.uk)

## Mid Sussex Wellbeing

Mid Sussex 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.midsussex.westsussexwellbeing.org.uk](http://www.midsussex.westsussexwellbeing.org.uk)



HEAT FOR HEALTH

The project aims to support eligible

households with people over 65 and children under five to keep warm in the home. It offers free information and advice on how to keep energy bills affordable and much more. For more

information contact

01444 477191 or

[heat@midsussex.gov.uk](mailto:heat@midsussex.gov.uk)



# Work and Finance

## National Careers Service

Help to choose or change career ◇ Skills tests ◇ course search ◇ Benefits of volunteering  
Personalised help from careers advisers ◇ job search advice ◇ preparing to return to work  
For more information contact : [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk) ◇ 0800 100 900

## Aspire Sussex Adult Education

A community-based Adult Education to enable people to achieve their personal aspirations, whatever their starting point, and inspire them to learn, enjoy and achieve.  
For information on courses available contact: [enquiries@aspresussex.org.uk](mailto:enquiries@aspresussex.org.uk) 01444 810710

## Citizens Advice Bureau

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice. Advice Line: 0344 4771171, Monday – Closed, Tuesday 09:30 am – 4:00 pm, Wednesday 10:00 am – 12:00 pm – at the Foodbank Wednesday 2:00 pm – 5:00 pm – at East Grinstead Library, Thursday 09:30 am – 4:00 pm and Friday Closed. The CAB for *East Grinstead* is located at: Cantelupe House, Cantelupe Road, East Grinstead, RH19 3BZ.

## 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.

The courses, run over 3 sessions, are held at various places in and around East Grinstead including The Jubilee Centre and Trinity Church. For more information and to register your interest, please visit: [www.capuk.org](http://www.capuk.org) or contact **Philip Holland (01342 311295)**

## Mid Sussex Debt Advice Centre, Burgess Hill

Struggling with debt and not sure which way to turn? The Mid Sussex Debt Advice Centre may be able to help. This service includes:

- free and confidential advice to all
- debt advice and budgeting advice
- negotiation with creditors
- help with court forms

The Debt Advice Centre is open on alternate Monday and Wednesday evenings 7.30 -9.30pm and other times by prior appointment.

They also run a 4 week Money Course which gives you skills and tools to manage your money. For more details on the course go to [www.themoneycourse.org](http://www.themoneycourse.org). If you would like more details about either the Mid Sussex Debt Advice Centre or the Money Course, phone **01444 232444 (24hr answer phone)** or email [debtadvice@tkc.org.uk](mailto:debtadvice@tkc.org.uk)

## Credit Union

Low cost, high quality financial service including flexible savings accounts offering competitive rates of return and affordable loans backed up by an ethical approach to personal finance. [www.westsussexcreditunion.co.uk](http://www.westsussexcreditunion.co.uk)

# Professionals Support

## Family Support, Outreach Service and Parenting Courses

**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.

**What is the Family Support Service?** It is a West Sussex service where our friendly team of Family Support Workers can provide personalised support including home visiting for families with children and young people.

**Who is the Family Support Service for?** The team will work with parents/carers with children up to age 19 (up to 25 for young people with SEND) to explore strategies and solutions to everyday family issues and introduce you to local family activities.

**Are there any parenting courses?** We run a 10-week Solihull programme for referred families. This helps to identify and understand what is causing challenging behaviour and develop helpful strategies for dealing with it. If you are interested in learning more about the Solihull approach, you can access the website [solihullapproachparenting.com](http://solihullapproachparenting.com) where you can also access an online course.

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

### Childminders

**Our Early Years Advisors offer support to local Childminders. You are invited to attend the termly Childminder Network Event or request targeted setting support on business or Inclusion topics.**

**Advisors will also help you sign-up to deliver Free Entitlement and be ready for 30 hours funding!**

**If you are interested in becoming a childminder please call the Family Information service on 01243 777807.**

### Useful Links

#### CHILDCARE & FAMILY INFORMATION

[www.westsussex.gov.uk/fis](http://www.westsussex.gov.uk/fis)  
01243 777807

#### FREE ENTITLEMENT (EARLY YEARS PROVISION)

[www.westsussex.gov.uk/freechildcare](http://www.westsussex.gov.uk/freechildcare)

#### EARLY SUPPORT

[www.westsussex.gov.uk/earlysupport](http://www.westsussex.gov.uk/earlysupport)

#### JOBS IN CHILDCARE

[www.westsussex.gov.uk/childcarejobs](http://www.westsussex.gov.uk/childcarejobs)

#### TOY LIBRARIES

[www.westsussex.gov.uk/toylibraries](http://www.westsussex.gov.uk/toylibraries)

#### CHILDREN & FAMILY CENTRES

[www.westsussex.gov.uk/cfc](http://www.westsussex.gov.uk/cfc)

#### LIBRARY SERVICES

[www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries)



# Discover...

## Our Early Years Hub for Families with Children with Additional Needs

As the Early Years Hub for Mid Sussex, we are able to provide more specialist information, advice and guidance, and sessions such as Play and Learn Together Plus, specifically for children with additional needs and their families.

**PACT Gold Award winning Play & Learn Plus - Drop-in play session, Fridays 10:00am – 11:30am**

Sidney West Children & Family Centre, Leylands Road, Burgess Hill, RH15 8HS



### Kangaroos

A bi-monthly Saturday Stay and Play sessions for children aged 0-5 years old with additional needs. Siblings aged 0-5 are welcome and parents/carers are required to stay. Refreshments available for children, parents and carers. £5.50 per family.

To book or to find out about future sessions please email [lorna@kangaroos.org.uk](mailto:lorna@kangaroos.org.uk) or call 01444459108.

### 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](mailto:robert.hayes@westsussex.gov.uk) Alternatively, Robert will be at the Early Years Hub. Please contact the hub for dates and details.

### Springboard group

A baby a toddler group run by The West Sussex Sensory Team, providing help for parents with deaf children, attendance is by Invitation. For more information on services please contact Sidney West CFC on 01444 255493 or [sidneywest.cfc@westsussex.gov.uk](mailto:sidneywest.cfc@westsussex.gov.uk).

# Where to Find Us & Opening Times

## East Grinstead Blackwell Children & Family Centre

Tel: 01342 332992

Email: [east.grinstead.C&FC@westsussex.gov.uk](mailto:east.grinstead.C&FC@westsussex.gov.uk)



**Blackwell Farm Road,  
East Grinstead,  
RH19 3JL**

<b>Monday</b>	Open for specific services
<b>Tuesday</b>	9:30am – 4:30pm
<b>Wednesday</b>	9:30am – 1:00pm
<b>Thursday</b>	Open for specific services and training only
<b>Friday</b>	9:30am – 1:00pm

## East Grinstead Library Children & Family Centre

Tel: 01342 332970

Email: [east.grinstead.C&FC.library@westsussex.gov.uk](mailto:east.grinstead.C&FC.library@westsussex.gov.uk)



**32-40 West Street,  
East Grinstead,  
RH19 4SR**

<b>Monday</b>	9:30am – 4:30pm
<b>Tuesday</b>	Open for specific services and training only
<b>Wednesday</b>	Open for specific services and training only
<b>Thursday</b>	9:30am – 4:30pm
<b>Friday</b>	9:30am – 1:00pm

## Mid Sussex Rural North Children & Family Centre

Tel: 01444 255477

Email: [mid.sussex.rural@westsussex.gov.uk](mailto:mid.sussex.rural@westsussex.gov.uk)



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

<http://www.facebook.com/MidSussexCFC>

