

Contacting your Chichester Hub

Chichester Children & Family Centre

St James Road, Chichester, PO19 7AB

Tel: 01243 642950

Email: chichester.cfc@westsussex.gov.uk

Selsey Children & Family Centre

East Street, Selsey, PO20 0BN

Tel: 01243 642906

Email: selsey.cfc@westsussex.gov.uk

Southbourne Children & Family Centre

Park Road, Southbourne, PO10 8PJ

Tel: 01243 642953

Email: southbourne.cfc@westsussex.gov.uk

Petworth & Midhurst Children & Family Centre

South Grove, Petworth, GU28 0ED

Tel: 01798 871199

Email: petworth.office@westsussex.gov.uk

FindItOut Centre – Chichester

New Park Road, Chichester, PO19 7XY

Tel: 01243 538587

Email: chichesterFIOCentre@westsussex.gov.uk



Discover... Children and Family Centres

Integrated Prevention and Earliest Help Service

Chichester Hub Programme and Information

1st February – 31st March

2018



www.westsussex.gov.uk/family

Welcome to the Programme for Chichester Hub

The Integrated Prevention and Earliest Help Service (IPEH) has introduced a new way of supporting Children, Young People and Families from 0-25 years of age in West Sussex. We believe that by focusing on the family as a whole and improving coordination of services we can provide better support at the earliest opportunity possible.

Our values are that we are honest and realistic in our work, acting at the earliest opportunity; we will understand the lived experience of people using our services and ensure that children, young people and families can approach any professional they know for help.

We offer a wide range of support, advice and guidance from our centres, in the community and on- line. This leaflet will provide you with a **timetable** of activities being delivered across our district hub as well as information to support you and your family to connect with the right services and seek help to resolve any issues early.

NEW! Enabling Families:

This service is by appointment only and aims to support families to find solutions to help themselves with everyday parenting and general family situations. Pop in or call any of our centres to make an appointment to speak with a Family Support Worker about any issues you may need support with.

We would really like to hear your thoughts and suggestions

to help the hub develop – if you would like to connect with us and get involved, please speak to any hub staff member, leave your suggestions in the centres or email your local centre – *see back of leaflet for contact details.*

Support for Young People aged 13-25 at Chichester Hub

Find It Out: You can drop in to our FindItOut centre to get advice, information and support. If you want to talk to someone in confidence you can drop in or make an appointment. As well as advice and information there is free internet access.

We can help with:

- Emotional support
- Training
- Employment
- Sexual Health
- Confidence building
- Self esteem



Tel: 01243 538587

Email: chichesterFIOCentre@westsussex.gov.uk

Drop In: New Park Road
Chichester, PO19 7XY

Opening times:

Monday, Wednesday, Friday
1:00pm – 5:00pm

Web Site: www.westsussex.gov.uk/education-children-and-families/your-space/life/finditout-centres/

ChatHealth: Text 07480 635424

Sussex Community NHS Foundation Trust's school nurse messaging service provides confidential support and advice on any health issues from a school nurse via text messages.

The service is available for young people aged 11-19 who attend secondary school and covers a wide range of issues such as bullying, emotional health and wellbeing, healthy relationships, sleeping, eating and drug and alcohol issues.

Looking for some Support with Parenting?

We offer two options for parenting support which can be accessed as part of a group or via on-line modules:

'Understanding your Child – Solihull approach' is an evidenced-based 10 week course delivered as a helpful, friendly group offering ideas to help you gain confidence as a parent by helping you understand how your child is feeling, what they are trying to tell you and how to manage and parent them successfully.

Triple P – Positive Parenting Programme is one of the most effective evidence-based parenting programmes in the world, backed up by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help you build strong, healthy relationships and confidently manage your children's behaviour and prevent problems developing. The option of on-line modules is also available with this particular programme.

Speak to a member of Hub staff about how you can access this course across the Chichester District.

Other Support you may find useful:

Coastal West Sussex MIND:

Postnatal support: Help and support for anyone who is experiencing low moods, feelings of isolation and the pressure of coping with the anxieties of being a new parent. For an appointment call or text Tracy from MIND on 07918643208.

1:1 support: call 07938 704155 for an appointment. For more information on this service visit www.coastalwestsussexmind.org

Children's Continence Team:

For advice and support with your child's toileting skills or continence please contact 01273 242145.

Drug & Alcohol Team: Friends & Family Support Group:

Supporting anyone who has family members affected by drugs or alcohol. For more details call 03000288888.

Hub Support for you and your family:

Family Support Team

Did you know you can self-refer to our Family Support Team?

The team can help support you with:

- Parenting
- Support for families with a child with a additional need and/or disability
- Book Start
- Play ideas

Need some advice on debt management?

Come along to our friendly Liaise@Frontline support sessions for free advice. Frontline serves the community by providing expert help to those who are under the burden of debt, often through no fault of their own. They also specialise in offering independent, expert benefit advice, in addition to debt and budgeting advice.

Is your child eligible for 2 year old Free Entitlement?

Depending on your family's circumstances, your 2 year old may be eligible for up to 570 hours per year of funded childcare. Please see www.westsussex.gov.uk/freechildcare for more information and to apply, or visit/ call your nearest centre. *See back of leaflet for contact details.*

Do you want support to get back into work?

A volunteering programme is available through our centres, offering on-going support and mentoring to those who aim to return to work or are looking for guidance on employment opportunities. Volunteering is a great way to meet new people, improve self-confidence, gain new skills and explore new career options. Our volunteers can access a range of training opportunities to support their development.

Community Shop and Advice & Guidance

We sell many oral health products including child and adult toothbrushes, Doidy cups and Tommee Tippee Cups.

We also offer advice and guidance on sexual health and provide free condoms and chlamydia testing.

West Sussex Local Offer – further information may be found here: www.westsussex.local-offer.org/services/136. This is a One Stop shop for services for children and young people with SEND (Special Education Needs and Disability) and their families.

Timetable of Activities December 2017:

What's On.....Selsey

Centre opening times are:

Monday and Tuesday 8.45am – 1.00pm

Wednesday and Thursday 8.45am – 3.00pm

| Other Services | Centre services | Health services |
|------------------|--|-----------------------------------|
| | | |
| Time | Session | Venue |
| Monday | | |
| 10.15 -10.45 | Little Movers | Selsey CFC |
| 10.45 -11.15 | Little Movers | Selsey CFC |
| 11.30 -12.00 | Baby Movers/On The Movers | Selsey CFC |
| 1.00 - 2.30 | Child Health Clinic 2nd & 4th Monday | Witterings United Reformed Church |
| Tuesday | | |
| 9.00 - 12.30 | Midwife Appointments | Selsey CFC |
| 9.30 - 11.30 | Baby Matters - 1st Tuesday of month | Selsey CFC |
| 10.00 - 11.30 | Play and Learn Together 1st, 3rd & 5th Tuesday | Bracklesham Barn |
| Wednesday | | |
| 10.00 - 11.30 | Play and Learn Together 2nd & 4th Wednesday | Witterings United Reformed Church |
| 1.00 - 2.30 | Child Health Clinic 1st, 3rd & 5th Wednesday | Selsey CFC |
| 1.30 - 2.15 | Speech & Language Therapy Advice Session 14th March | Witterings United Reformed Church |
| Thursday | | |
| 10.00 - 11.30 | Play and Learn Together | Selsey CFC |
| 1.30 - 3.00 | Enabling Families | Selsey CFC |
| Friday | | |
| 11.00 - 1.00 | Young Parents Group | Chichester CFC |

Families in MIND

1:1 appointments with Tracey Ashcroft for new parents and parents to be for support with mental health and wellbeing.

Enjoy Your Baby

5 sessions with Tracey Ashcroft for new mums who want to make positive changes so they can enjoy being a new parent.

Milk!

Session provides Breastfeeding advice and is led by 'MILK' team and peer supporters

Stay and Play

Check the programme for centre opening times and come in to use the centres play rooms

PACSO

Groups and activities for children with a disability or additional need. Please contact Emma at PACSO for more information 01243 533353

Sensory PEEP

Sensory PEEP is all about early learning for babies (6 weeks to one year old), each week we create a different activity for babies to explore and enjoy. Each group runs for 10 weeks

Speech and Language Therapy Advice Session

A chance for you to discuss any concerns you have about your child's speech and language development with professionals

Young Parent Group

A 12-week programme for young parents and parents-to-be offering support, advice and guidance on a wide range of topics on becoming a parent, getting back into education or work and any other issues you may need support with!

Baby Movers /On the Movers /Little Movers

A fun interactive sensory music and movement group **£2 per family**

Baby Matters

Find out all about breastfeeding and the early days before your baby is born so that you feel confident to give them the best start in life – your midwife will arrange as part of your routine ante natal care

What's On.....Southbourne

Centre opening times are:

Monday, Wednesday & Thursday 1.00pm – 3.00pm

| Other Services | Centre services | Health services |
|------------------|---|------------------------------|
| Time | Session | Venue |
| Monday | | |
| 1.00 - 3.00 | Stay and Play | Southbourne CFC |
| 9.30 - 10.00 | Little Movers | Southbourne Village Hall |
| 10.15 - 10.45 | Baby Movers | Southbourne Village Hall |
| 10.00 - 11.00 | Stay and Play | Southbourne Village Hall |
| Tuesday | | |
| 9.30 - 11.00 | Child Health Clinic | Southbourne Village Hall |
| 9.30 - 11.00 | Mini Stay and Play | Southbourne Village Hall |
| 9.30 - 10.15 | SALT Advice Session - 27 th Mar | Southbourne Village Hall |
| Wednesday | | |
| 9.00 - 1.00 | Midwife Appointments | Southbourne CFC |
| 10.00 - 11.30 | Stay and Play Term Time Only | Building 141, Thorney Island |
| 10.00 - 11.30 | Child Health Clinic 1st and 3rd of each month | Building 141, Thorney Island |
| Thursday | | |
| 9.00 - 3.00 | Midwife appointments | Southbourne CFC |
| 10.00 - 11.30 | Play and Learn Together | Southbourne Village Hall |
| 1.00 - 3.00 | Stay and Play | Southbourne CFC |
| Friday | | |
| 11.00 - 1.00 | Young Parents Group | Chichester CFC |
| 2.00 - 4.00 | Baby Matters 1st Friday monthly | Southbourne CFC |

What's On.....Midhurst & Petworth

Petworth Centre opening times are:

Monday, Wednesday, Friday 8.45am – 12.00pm

Tuesday & Thursday 8.45am -3.00pm

| Other Services | Centre services | Health services |
|------------------|---|---|
| Time | Groups | Venue |
| Monday | | |
| 9.30 - 11.00 | Play and Learn Together | Petworth CFC Term Time Only |
| 9.30 - 10.15 | SALT Advice Session 5th Feb | Petworth CFC |
| 9.30 - 10.30 | Childminder Drop-in 5th March | Midhurst Methodist Church Hall |
| 9.30 - 10.15 | SALT Advice Session 5th March | Midhurst Methodist Church Hall |
| 1.00 - 2.15 | Child Health Clinic | Willow Room, The Grange, Midhurst |
| 1.00 - 2.30 | Milk! Breastfeeding support | Registrars office, The Grange, Midhurst |
| 1.30 - 3.00 | Carers Support Group - first Monday of each month | Petworth CFC |
| Tuesday | | |
| 9.00 - 11.00 | Liaise | Petworth CFC |
| 9.15 - 10.30 | Child Health Clinic | Petworth CFC |
| 9.30 - 11.00 | Stay and Play | Petworth CFC |
| 1.30 - 3.00 | Early Parenting Starts 6th Feb for 8 weeks - please phone HV team to book | Petworth CFC |
| Wednesday | | |
| 9.00 - 12.00 | Midwife Appointments | Petworth CFC |
| 9.30 - 11.30 | Baby Matters 7th Feb, 14th Mar | Petworth CFC |
| 10.00 - 11.30 | Play and Learn Together | Willow Room, The Grange, Midhurst |
| Thursday | | |
| 10.00 - 11.30 | Child Health Clinic - 2nd & 4th Thursday | Fernhurst Village Hall |
| 10.00 - 11.30 | Stay and Play 2nd & 4th Thursday | Fernhurst Village Hall |
| 11.15 - 11.45 | Little Movers | Petworth CFC |
| Friday | | |
| 9.45 - 10.15 | Little Movers | Midhurst Methodist Church Hall |
| 10.15 - 10.45 | On The Movers | Midhurst Methodist Church Hall |
| 10.45 - 11.15 | Baby Movers | Midhurst Methodist Church Hall |

Activity / Session Descriptors

Grandparent & Toddler Group

Bring your grandchildren to a friendly, fun-filled session, meet other grandparents and share a healthy snack

Hartbeeps Happy House

Expect music, drama, creative play, dance and movement for busy toddlers, pre-schoolers and their little siblings! **£4 per family**

Hartbeeps Baby Bells

A lovely, gentle class, which focuses on bonding and confidence, using elements of baby yoga, baby massage and calming techniques. Suitable from newborn to sitting. **£4 per family**

Hartbeeps Baby Beeps

A bouncy, interactive baby development class that focuses on early language acquisition. Every class is a fun-filled adventure through Baby Land with wacky characters, lighting effects, cool props and parachutes **£4 per family**

Child Health Clinic

Chat to our Health Visitor about any concerns or worries you may have and get your baby weighed

Play and Learn Together

Come and play with your children at these relaxed, friendly groups and find out about activities and games to support your child's learning and development through play

Messy Play and Learn Together

Lots of fun activities that involves getting messy. Don't wear your best clothes!

Little PACSO

Parent and toddler group for children with additional needs

Craft Friendly Café

Our family friendly volunteer-run community café is now open on Wednesdays and Thursdays from 9am to 1pm. We serve affordable fresh lunches, children's lunch boxes, cake and hot drinks. Bring your friends and enjoy our stay and play area next to the café! We also welcome anyone who wants some company while they craft or knit!

What's On.....Chichester

Centre opening times are Monday to Friday 8.45am – 4.30pm

| Other Services | Centre services | Health services |
|-----------------------------|---|----------------------------|
| Time | Groups | Venue |
| Monday | | |
| 9.30 – 11.00 | Play and Learn Together | Chichester CFC |
| 9.30 – 11.00 | Grandparent & Toddler Group | Chichester CFC |
| 9.30 – 11.30 | Child Health Clinic | Chichester Baptist Church |
| 12.15 – 3.00 | Midwife Appointments | Chichester CFC |
| Tuesday | | |
| 9.00-10.00 | Speech and Language Therapy Advice Session 06/02, 06/03 | Chichester CFC |
| 9.30 – 11.00 | Enabling Families | Chichester C&FC |
| 9.45 – 11.15 | Play and Learn Together | Tangmere Village Centre |
| 9.15 – 10.00 | Hartbeeps Happy House | Chichester CFC |
| 10.15 – 11.00 | Hartbeeps Baby Bells | Chichester CFC |
| 3.30 – 5.30 | PACSO | Chichester CFC |
| Wednesday | | |
| 9.30 – 11.00 | Play and Learn Together | North Mundham Village Hall |
| 9.30 – 11.30 | Little PACSO | Chichester CFC |
| 9.30 – 12.00 | Child Health Clinic | Chichester CFC |
| 10.00 – 12.00 | Milk! Breastfeeding Support | Chichester CFC |
| 9.30 – 10.15 | Speech and Language Therapy Advice Session 21/02; 21/03 | Chichester CFC |
| 12.30 – 4.30 | Midwife Appointments | Chichester CFC |
| 1.45 – 2.45 <i>New time</i> | Sensory Peep | Chichester CFC |
| 2.00 – 3.30 | Enabling Families | Chichester CFC |
| Thursday | | |
| 9.00 – 11.00 | Stay and Play Term time only | The Hive, Tangmere |
| 9.15 – 10.00 | Hartbeeps Baby Beeps | Chichester CFC |
| 9.30 – 12.00 | Baby Matters | Chichester CFC |
| 10.15 – 11.00 | Hartbeeps Baby Bells | Chichester CFC |
| 10.30 – 12.00 | Enjoy Your Baby - call to book | Chichester CFC |
| 1.00 – 2.30 | Child Health Clinic | Tangmere Medical Centre |
| Friday | | |
| 9.30 – 11.00 | Messy Play and Learn Together | Chichester CFC |
| 9.00 – 1.00 | Families in MIND - call to book | Chichester CFC |
| 11.00 – 1.00 | Young Parent Group | Chichester CFC |
| 1.30 – 3.00 | Early Parenting Group starts 2nd Feb for 8 weeks - Please call centre to book | The Hive, Tangmere |