



Discover...



Chichester Hub

**Integrated Prevention and Earliest Help
Covering Midhurst, Petworth,
Southbourne, Selsey & Chichester**



Programme of Services

for families, children and
young people



**September - December
2018**

Welcome to the Chichester Hub

The Integrated Prevention and Earliest Help service—working with families from conception until their children reach the age of 19 (25 if they have additional needs).

Contact any of our Children and Family Centres (CFCs) for more information.

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Whole Family Support Services

We recognise that most families will need information, advice and support at times. You can call in to any Children and Family Centre to speak with a member of staff who can signpost you to a wide range of information covering topics such as childcare provision, healthy eating, parenting, feeding, child behaviour, local activities and groups, free entitlement and much more.

Should you require more advice and guidance our **Enabling Families** service can be accessed by appointment. This aims to support families to find solutions to help themselves with everyday parenting and general family situations. Pop in or call any of our Children and Family Centres to make your appointment to speak with a Family Support Worker.

See the back of this leaflet for contacts, locations and opening times of our Children and Family Centres.

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

Or speak with a member of the Children and Family Centre staff.



Family Assist

NHS

Family Assist is a new way of ensuring you and your friends and family have access to a wide range of information and resources, both local and national. It is a partnership between Western Sussex Hospitals NHS Foundation Trust, Sussex Community NHS Foundation Trust and West Sussex County Council.

west-sussex-family-assist.custhelp.com

Whole Family Support Services

Family Information Service Directory provides information about activities and support services for you and your children (0-25 years).

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

Local Offer WEST SUSSEX

website for services, support and events for children and young people with special educational needs and/or disabilities (SEND).

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

Free courses and Support from Families in Mind

Bump Baby and You—5 sessions for expectant parents who are struggling with low mood and how they are feeling about their baby. Thursdays 1:30—3:00pm at Chichester Children and Family Centre.

Enjoy Your Baby—5 sessions at the Chichester Children and Family Centre Thursdays 10:30-12:00 with Tracy Ashcroft for new mums who want to make positive changes so that they can enjoy being a new parent.

Individual appointments with Tracy Ashcroft (Coastal West Sussex MIND) for new parents and parents-to-be for support with mental health and wellbeing.

For more information and to book a place call Tracy 07918643208



Coastal
West Sussex

Family Futures — Come and join this informal, friendly and supportive monthly group for parents and carers of teenagers.

The group offers you time and space with the opportunity to talk to others in similar situations. Meets 1st Monday of every month from 6:00-8:00 pm at the Chichester Children and Family Centre. To find out more contact: Phoebe Sargent 07764805672 phoebe.sargent@westsussex.gov.uk or Freya Davis 07764805664 freya.davis@westsussex.gov.uk .

Free online courses for West Sussex residents

Understanding Pregnancy, Labour, Birth and Your Baby – course for everyone around the baby: Mums, Dads, Grandparents, friends and relations

Understanding Your Baby — for everyone around the baby supporting you and the new arrival.

Understanding Your Child - popular online course about being the best parent, grandparent or carer you can be. It is appropriate for all ages of child from 0-18 years.



To access these courses go to www.inourplace.co.uk and apply the access code 'Gatwick' when prompted

See also www.solihullapproachparenting.com

YOUNG PEOPLE



Are you a young person? Then this site is for you!



Life



Health



Leisure



www.facebook.com/yourspacewestsussex/



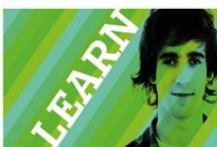
@WSYourSpace

Your Space is aimed mainly at young people aged 11-25 living in West Sussex and it's a place where you can find out about all the things that are important to you in your life right now.

www.yourspacewestsussex.co.uk



Earn



Learn



Participate



**INFORMATION ADVICE
GUIDANCE FOR YOUNG PEOPLE**
SUPPORTED BY WEST SUSSEX COUNTY COUNCIL

Our friendly team can offer information, advice and guidance to any young person aged 13 to 25.

Get support with: CV writing, job searching, finding an apprenticeship, family and relationships, sexual health and access to the C Card scheme, pregnancy and Chlamydia testing, housing advice, emotional support and counselling and much more.

**We are located at New Park Road, Chichester, PO19 7XY. Open Mon, Wed and Fri 1:00pm– 5:00pm. Tel: 01243 538587
email: [chichesterFIOcentre @westsussex.gov.uk](mailto:chichesterFIOcentre@westsussex.gov.uk)**

Youth Emotional Support (YES) is a free service for young people aged 11-18 looking for support with their well-being.

Some of the things YES can support you with include; your mood, feeling anxious, relationship issues, self-esteem, self-injury, unhelpful thoughts and anything that might be worrying you. The type of help we can offer includes one-to-one support and group working. We can also tell you about online or face to face counselling and other agencies that can support and advise you.

You can be referred directly to YES by:

- ◆ a West Sussex based GP
- ◆ CAMHS (NHS Child and Adolescent Mental Health Services)
- ◆ the School Nurse Service.

You can also self-refer by visiting your local [FindItOut Centre](#) by contacting them to book an appointment. See contacts on rear of this booklet.

For YES Tel: 0330222671 email: yeswestsussex.gcsx.gov.uk



YOUNG PEOPLE

Sexual Health Clinics & Teenagers information

Sexual Health Clinics in Sussex offer a confidential service for a routine sexual health check up or treatment of symptoms, by offering either appointments or walk-in sessions.

Chichester Sexual Health Clinic, St Richards Hospital, PO19 6SE

Walk-in:

Mon 15:30-19:00, Tues 9:00-16:00, Wed 9:00-12:00, Thurs 13:00-19:00, Fri 9:00-12:00, Sat 9:00-12:00

Appointments: Monday, Wednesday, Thursday and Friday

A term time service is also available for students at Chichester College on Wednesdays.

To book an appointment in West Sussex : 0845 1113456

To see a full list of clinics and times visit: www.sexualhealthwestsussex.nhs.uk or speak to your own GP

C-Card



If you are aged 13-21, having a C-Card means you can get free Condoms, confidential advice and a Chlamydia testing kit from any distribution site displaying the logo. This now includes your local Children and Family Centre and the Chichester FindItOut Centre.

Check out: www.sexualhealthwestsussex.nhs.uk/ for more information.

ChatHealth : Text 07480 635424

You can text a school nurse to get confidential advice and support with all health related issues including: allergies, bullying and emotional health, sleep problems, healthy eating and lifestyles.

The **PURPLE BUS** - a mobile youth club for young people aged 13-19. Come and join us for information and advice, games and activities. A place to meet friends with youthworkers on board!

Will be from 7.00-9:00 pm at:

Donnington Parish Hall (Monday), Tangmere (Wednesday) and East Wittering (Thursday).

Contact: 01243642950



**WEST SUSSEX
YOUNG
CARERS**

If you are under 18 and living with someone who has:

- a long term illness
- a disability
- mental health issues
- drug and alcohol problems

There is a team dedicated to supporting you as a Young Carer.

There are also groups that you can join.

To find out more call us on 01903 270300

Email youngcarers@westsussex.gcsx.gov.uk

Web www.westsussex.gov.uk/youngcarers

Back to Work Support and Volunteering



If you are planning on returning to the workplace after a break and are uncertain of your next steps then we can help. Our *Volunteer and Employment Pathway* offers support to parents who would like to move forward into work, education or training.

We are also keen to hear from people who have a background working with children, families and young people for a variety of volunteering roles within our hub.

vec.chichesterhub@westsussex.gov.uk

Laura Pett Richards 07718695232

Your feedback is important to us!



We want to work with you to ensure that your voice is heard. If you would like to have more of a say in services for children, families and young people in the Chichester area and would like to join our Advisory Board or if you are interested in helping us to develop a new parents' forum to share ideas and experiences please come and talk to us.

Laura Pett Richards 07718695232

Speech & Language Advice

For general advice and guidance from a Speech and Language Therapist. Please let us know **on arrival** that you would like to speak to the therapist.

Please note - If you are not the child's parent you will need written consent from the parent before discussing the child with the therapist.

CFC = Children and Family Centre	
Chichester CFC (PO19 7AB) - 9:30-10:15 Wednesdays	September 5th & 19th October 3rd and 17th November 7th and 21st December 5th and 19th
Selsey CFC (PO20 0BN) 1:00pm—1:45 pm	Thursday October 11th
Southbourne CFC (PO10 8HN) 9:30-10:15 Thursdays	September 20th and 29th
Witterings – United Reformed Church (PO20 8BU) 1:30pm—2:15pm Wednesdays	September 12th November 29th
Midhurst, Methodist Church (GU29 9DU) 9:30-10:15 Mondays	September 3rd November 5th
Petworth CFC (GU28 0EE) 9:30-10:15 Mondays	October 1st December 3rd

Information is also available here:

www.sussexcommunity.nhs.uk/services/salt/salt-ws-adviceessions.htm

If you have any concerns about your child's speech and language development you can also speak to your health visitor or childcare staff, who will be able to make a referral to the Speech and Language Therapy team for you.

Child and Family Health

Healthy Child Clinics		Breastfeeding Support
Chichester Baptist Church, PO19 3AW	Monday 9:30-11:00	
United Reform Church, East Wittering, PO20 8BU	Monday 13.00–14.30 (2nd and 4th week of the month)	
Chichester Children and Family Centre, PO19 7AB	Wednesday 9.30-11.00	10.00-11.30
Selsey Children and Family Centre, PO20 OBN	Wednesday 13.00-14:30 (1st, 3rd and 5th week of the month)	
Southbourne Village Hall, PO10 8HN	Thursday 9.30-11.00 (1st, 3rd and 5th week of the month)	
Thorney Island, Community Hub — military families only	Thursday 9.30-11.00 (2nd Thursday each month)	
Midhurst, The Grange Centre, GU29 9HD	Monday 13.00-14.30	13.00-14.30
Barnham Community Hall, PO22 OAY	Monday 9.15-11.00 (1st and 3rd weeks of the month)	
Loxwood Medical Practice, RH14 OSU	Tuesday 13.30-14.45 (1st week of every month)	
Liss, The Triangle Centre, GU33 7DX	Tuesday 9.30-11.00	9.30-11.30
Petworth Children and Family Centre, GU28 OED	Tuesday 9.00-11.00	
Petersfield Hospital, GU32 3LB	Wednesday 9.30-11.30	
Fernhurst Village Hall, GU27 3EH	Thursday 10.00-11.30 (2nd week of the month)	

All sessions are self weigh with a Health Visitor in attendance.

Please see the UK-WHO Growth Charts at the back of your red book for how often you should weigh your baby.

Please speak with your Health Visitor about vaccinations or visit www.nhs.uk/vaccinations/

For information regarding Introducing Solids please speak to your Health Visitor.

For information about Child Safety please speak with a member of Children and Family Centre staff or visit www.capt.org.uk



Baby Buddy app offers guidance through your pregnancy and the first six months of your baby's life. It can help with supporting you on your emotional, physical and social journey through pregnancy and becoming a new parent. Designed with both parents and professionals you will be able to access a wide range of short films, track services and groups near you, find out useful facts and information specific to your child each day, keep track of your appointments and keep photo memories of your baby growing up and more.

Where to Find Us & Opening Times

<p>Chichester Children and Family Centre St James Road, PO19 7AB 01243 642950 chichester.cfc@westsussex.gov.uk</p>	<p>Mon: 8:45am - 4:30pm Tues: 8:45am - 4:30pm Wed: 8:45am - 4:30pm Thur: 8:45am - 4:30pm Fri: 8:45am - 4:00pm</p>
<p>Selsey Children and Family Centre East Street, Selsey PO20 0BN 01243 642906 selsey.cfc@westsussex.gov.uk</p>	<p>Mon: 8:45am - 1:00pm Tues: 8:45am - 1:00pm Wed: 8:45am - 3:00pm Thur: 8:45am - 3:00pm</p>
<p>Southbourne Children and Family Centre Park Road, Southbourne, PO10 8PJ 01243642953 southbourne.cfc@westsussex.gov.uk</p>	<p>Mon: 1:00pm - 3:00pm Wed: 1:00pm - 3:00pm Thur: 1:00pm - 3:00pm</p>
<p>Petworth and Midhurst Children and Family Centre South Grove, Petworth, GU28 0ED 01798 871199 petworth.office@westsussex.gov.uk</p>	<p>Mon: 8.45am - 12:00pm Tues: 8.45am - 3:00pm Wed: 8.45am - 12:00pm Thur: 8.45am - 12:00pm</p>
<p>FindItOut Centre New Park Road, Chichester, PO19 7XY 01243538587 chichesterFIOCentre@westsussex.gov.uk</p>	<p>Mon: 1:00 pm - 5:00pm Wed: 1:00 pm - 5:00pm Fri: 1:00 pm - 5:00pm</p>



Visit our Facebook pages for regular updates, information, activities and events.

<https://www.facebook.com/selseychildrenandfamilycentre/>

<https://www.facebook.com/Southbournechildrenandfamilycentre/>

<https://www.facebook.com/midhurstandpetworthcfc/>

<https://www.facebook.com/chichestercfc/>

Don't forget to keep us updated!

Moved house? Had a baby? Changed your mobile number or email address? 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.