

## Contacting your Chichester Hub

### **Chichester Children & Family Centre**

St James Road, Chichester, PO19 7AB

Tel: 01243 642950

Email: [chichester.cfc@westsussex.gov.uk](mailto:chichester.cfc@westsussex.gov.uk)

### **Selsey Children & Family Centre**

East Street, Selsey, PO20 0BN

Tel: 01243 642906

Email: [selsey.cfc@westsussex.gov.uk](mailto:selsey.cfc@westsussex.gov.uk)

### **Southbourne Children & Family Centre**

Park Road, Southbourne, PO10 8PJ

Tel: 01243 642953

Email: [southbourne.cfc@westsussex.gov.uk](mailto:southbourne.cfc@westsussex.gov.uk)

### **Petworth Children & Family Centre**

South Grove, Petworth, GU28 0ED

Tel: 01798 871199

Email: [petworth.office@westsussex.gov.uk](mailto:petworth.office@westsussex.gov.uk)

### **FindItOut Centre – Chichester**

New Park Road, Chichester, PO19 7XY

Tel: 01243 538587

Email: [chichesterFIOCentre@westsussex.gov.uk](mailto:chichesterFIOCentre@westsussex.gov.uk)



# Discover... Children and Family Centres

## Integrated Prevention and Earliest Help Service

### Chichester Hub Programme and Information

Autumn 2017

1st September – 1st December



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

## Welcome to the Autumn 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 Drop In sessions:**

New for the Autumn term are our Drop In sessions which aim to support families to find solutions to help themselves with everyday parenting and general family situations. Pop in to any of our centres during the session times (see timetable) and speak with a Family Support Worker about any issues you may need support with.

*Appointments can be available outside of these times if needed.*

### **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](mailto: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/](http://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:

**Solihull – 'Understanding your Child'** 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 these 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](http://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 support sessions for free 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](http://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](http://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 Autumn 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
<b>Monday</b>		
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	Witterings United Reformed Church
<b>Tuesday</b>		
9.00 - 12.30	Midwife Appointments	Selsey CFC
9.30 - 10.30	Enabling Families	Selsey CFC
9.30 - 11.30	Baby Matters - starting 3/10/17 fortnightly	Selsey CFC
10.00 - 11.30	Play and Learn Together 1st, 3rd & 5th Tuesday	Bracklesham Barn
<b>Wednesday</b>		
9.30 - 10.30	Enabling Families	Selsey CFC
10.00 - 11.00	Foster Carers 1st Wednesday of the month	Selsey CFC
10.00 - 11.30	Play and Learn Together 2nd & 4th Wednesdays	Witterings United Reformed Church
1.00 - 2.30	Child Health Clinic	Selsey CFC
1.30 - 2.15	Speech & Language Therapy Advice Session 4th October	Witterings United Reformed Church
<b>Thursday</b>		
10.00 - 11.30	Play and Learn Together	Selsey CFC
1.00 - 3.00	Young Parents Stay and Play	Selsey CFC
1.00 - 2.00	Speech & Language Therapy Advice Session 19th October	Selsey CFC
<b>Friday</b>		
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.

#### Babble N Chat

Opportunity to get out of the house and meet other parents with babies aged 0-1yr to improve emotional/mental health & 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

#### Mini Stay and Play

A casual group for babies and non-movers, just come along and make new friends

#### 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

#### Sit, Knit and Sew

Want to learn how to sew? Got something started but not finished? Bring your project along to the group; we all support each other with tips and advice

#### 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**

## What's On.....Southbourne

Centre opening times are:

Monday, Wednesday & Thursday 1.00pm – 3.00pm

Other Services	Centre services	Health services
Time	Session	Venue
<b>Monday</b>		
1.00 - 3.00	Stay and Play	Southbourne CFC
9.30 - 10.00	Little Movers	Southbourne Village Hall
10.00 - 11.00	Stay and Play	Southbourne Village Hall
<b>Tuesday</b>		
9.00 - 1.00	Midwife Appointments	Southbourne CFC
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	Speech & Language Therapy Advice Session 26th Sept	Southbourne Village Hall
<b>Wednesday</b>		
9.00 - 1.00	Midwife Appointments	Southbourne CFC
10.00 - 11.30	Stay and Play	Building 141, Thorney Island
1.30 - 2.30	Enabling Families	Southbourne CFC
10.00 - 11.30	Child Health Clinic 1st and 3rd of each month	Building 141, Thorney Island
<b>Thursday</b>		
10.00 - 11.30	Play and Learn Together	Southbourne Village Hall
1.00 - 3.00	Stay and Play	Southbourne CFC
<b>Friday</b>		
11.00 - 1.00	Young Parents Group	Chichester CFC
2.00 - 4.00	Baby Matters	Southbourne CFC

## Sensory Room and Sensory Garden at our Chichester Centre:

Book and use the sensory room or garden for free. A soft area surrounded by gentle lighting, bubble tube, textures and vibrations; a complete sensory experience, whatever your child's age or ability.

Available for bookings at various times throughout the week – please call your nearest centre for availability and to make a booking. *See back of leaflet for contact details.*

## 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
<b>Monday</b>		
9.30 - 11.00	Play and Learn Together - Term time only	Petworth CFC
9.30 - 10.30	Speech and Language Therapy Advice Session - 02/10; 04/12	Petworth CFC
9.30 - 10.30	Childminder Drop-in - 4th Sept	Midhurst Methodist Church Hall
9.30 - 10.30	Speech and Language Therapy Advice Session - 04/09; 06/11	Midhurst Methodist Church Hall
1.00 - 2.45	Child Health Clinic	Willow Room, The Grange, Midhurst
1.00 - 2.30	Milk! Breastfeeding support	Willow Room, The Grange, Midhurst
1.30 - 3.00	Carers Support Group - first Monday of each month	Petworth CFC
2.15 - 2.45	Toddler Time	Midhurst Library, The Grange
<b>Tuesday</b>		
9.00 - 11.00	Liaise	Petworth CFC
9.15 - 11.00	Child Health Clinic	Petworth CFC
9.30 - 11.00	Mini Stay and Play	Petworth CFC
1.30 - 2.30	Enabling Families	Petworth CFC
<b>Wednesday</b>		
9.00 - 12.00	Midwife Appointments	Petworth CFC
9.30 - 11.30	Baby Matters - 09/08; 06/09	Petworth CFC
10.00 - 11.30	Play and Learn Together	Willow Room, The Grange, Midhurst
<b>Thursday</b>		
10.00 - 11.30	Child Health Clinic - 2nd & 4th Thursday	Fernhurst Village Hall
10.00 - 11.30	Stay and Play	Fernhurst Village Hall
11.15 - 11.45	Little Movers	Petworth CFC
<b>Friday</b>		
9.30 - 10.30	Enabling Families	Petworth CFC
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
10.30 - 11.00	Rhymetime	Petworth Library



## Activity / Session Descriptors

### ASD Family Support Group (last Monday of the month)

Support for families with children on the autistic spectrum, under assessment or with social communication needs

### 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

### Get Crafty

Run by volunteer mums for parents & carers who want to build on their friendships and give each other support. Children are welcome. The session provides an opportunity to try out new crafts

### 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

## What's On.....Chichester

Centre opening times are

Monday to Friday 8.45am – 4.30pm

Other Services	Centre services	Health services
Time	Groups	Venue
<b>Monday</b>		
9.30 - 11.00	ASD Support Group - last Monday of each month	Chichester CFC
9.30 - 10.30	Enabling Families	Chichester CFC
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
1.00 - 2.30	Early Parenting Group - call to book	Chichester CFC
1.00 - 3.00	Get Crafty	Chichester CFC
<b>Tuesday</b>		
9.00-10.00	Speech and Language Therapy Advice Session - 01/08; 05/09	Chichester CFC
9.30 - 11.00	Play and Learn Together	Tangmere Village Centre
10.00 - 10:45	Hartbeeps Happy House	Chichester CFC
3.30 - 5.30	PACSO	Chichester CFC
<b>Wednesday</b>		
10.00 -11.30	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 - 10.30	Speech and Language Therapy Advice Session - 09/08; 20/09	Chichester CFC
1.00 - 4.30	Midwife Appointments	Chichester CFC
1.30 - 2.30	Sensory Peep	Chichester CFC
2.00 - 3.00	Enabling Families	Chichester CFC
<b>Thursday</b>		
9.00 - 11.00	Stay and Play	The Hive, Tangmere
9.15 - 10.00	Hartbeeps Baby Beeps	Chichester CFC
9.30 - 12.00	Baby Matters	Chichester CFC
9.30 - 11.30	Sit, Knit and Sew	Chichester CFC
10.15 - 11.00	Hartbeeps Baby Bells	Chichester CFC
10.30 - 12.00	Enjoy Your Baby - call to book	Chichester CFC
12.30 - 2.00	Babble and Chat	Chichester CFC
1.00 - 2.30	Child Health Clinic	Tangmere Medical Centre
<b>Friday</b>		
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