

### Group Advisory Board, North

This group (including parents, partners and voluntary organisations) meets termly to make decisions about how the centres in the area operate. If you would be interested in getting involved in this way, please call your local Children and Family Centre.

### Discover Volunteering

Parents, do you want to:

- share your skills and gain new ones?
- explore back to work opportunities and career ideas?

We hold Volunteer Drop-ins around the area, giving you an opportunity to find out more about volunteering opportunities in your local area. We can also offer support with return to employment. Please contact your local Children and Family Centre for more information and drop in dates.

### Useful Links

**Childcare & Family Information** [www.westsussex.gov.uk/fis](http://www.westsussex.gov.uk/fis)

**Family Information Service** 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)

**Children & Family Centres** [www.westsussex.gov.uk/cfc](http://www.westsussex.gov.uk/cfc)

**West Sussex Parent Care Forum** [www.wspcf.org.uk](http://www.wspcf.org.uk)

### Children and Family Centre addresses

**Billingshurst Children & Family Centre**, Station Road, Billingshurst, RH14 9RY, 01403 213594

**Pulborough Children & Family Centre**, Swan View, Lower Street, Pulborough. RH20 2BF, 01798 871194

**Rural Horsham Children & Family Centre**, Mobile service

**Group email:** [rural.horsham@westsussex.gov.uk](mailto:rural.horsham@westsussex.gov.uk)

Find us at '**Horsham Rural Children & Family Centre Group**' You can keep up to date with new courses and groups, find links to useful information to keep your family safe and well, including information from our health colleagues. '**Like**' us today and keep in touch!



# Discover... Children and Family Centres

## Horsham Rural North

Billingshurst

Pulborough

Rural Horsham

Spring 2016

4<sup>th</sup> January - 24<sup>th</sup> March



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

Billingshurst Children & Family Centre Site	
<b>Monday</b> 9:00 - 3:00 Centre & Toy Library open	<b>Antenatal Clinic:</b> pre-booked appointments only  <b>Child Health Clinic Drop-in 1:00 - 2:30</b> Drop-in for advice from your local Health Visitor about your child's development and health.
<b>Tuesday</b> 9:00 - 3:00 Centre & Toy Library open	<b>Childminder Drop-in 9:30 - 11:30</b> <b>Monthly:</b> 2 Feb, 1 March Play and Learn session for registered childminders, with professional support and advice from an Early Years and Childcare Adviser and a Family Outreach Worker.  <b>Speech &amp; Language Therapy Drop-in 9:30 - 11:30</b> <b>Monthly:</b> 26 Jan, 23 Feb, 22 March If you have concerns about your pre-school child's speech & language skills, the therapist can offer advice and carry out an informal assessment.  <b>Citizens Advice Bureau 11:00 - 1:00</b> <b>Monthly:</b> 12 Jan Call us for an appointment
<b>Wednesday</b> 9:00 - 3:00 Centre & Toy Library open	<b>Little Movers 11:30 - 12:00</b> Music and movement group, £2 per family  <b>Inset Day</b> 24 February, Centre buildings closed all day
<b>Thursday</b> 9:00 - 3:00 Centre & Toy Library open	<b>Young Parents Group 1:00 - 2:30</b> <b>Alternate Thursdays:</b> 7 & 21 Jan, 4 Feb, 3 & 17 March If you are expecting or are a parent under 25 years this is a fun, friendly group for you and your child. For more information call or text Hazel on 07709458960.
<b>Friday</b> 9:00 - 1:00 Centre & Toy Library open  Rooms used by Partnership services 1:00 - 4:30	<b>Play &amp; Learn Together 10:00 - 11:30</b> <b>Alternate Fridays:</b> 8 & 22 Jan, 5 Feb, 4 & 18 March Providing play and learning experiences for you and your child. Healthy snack will be provided.  <b>8 Jan</b> A Speech and Language Therapist will be at Play and Learn, if you have any questions.  <b>Drop-in and Play 10:00 - 11:30</b> <b>Alternate Fridays:</b> 15 & 29 Jan, 12 & 26 Feb, 11 March Come and play with a variety of toys and equipment.

Health	
Local Child Health Clinics	
Billingshurst Children & Family Centre, RH14 9RY	Monday 1:00 - 2:30
Loxwood Medical Practice, RH14 0UT	1st & 3rd Tuesday of the month 2:00 - 3:45
Pulborough Children & Family Centre, RH20 2BF	Wednesday 10:30 - 12:00
Kinderoos Toddler Group, Broadbridge Heath, RH12 3LD	1st & 3rd Thursday of the month (term time) 10:00 - 11:30
Rudgwick Tots & Toddlers, Bucks Green, RH12 3JJ	2nd & 4th Thursday of the month (term time) 10:00 - 11:30
A member of our team will visit each Child Health Clinic. For dates and times please contact your local Children and Family Centre or look on 'Horsham Rural' Facebook page. 	
Local Breastfeeding Support	
Peer Support Breastfeeding Drop-in, Pulborough Children and Family Centre	Wednesday 10:30 - 12:00
Breastfeeding Drop-in. Methodist Church Hall, Midhurst, GU29 9DU	Monday 11:30 - 1:00
National Breastfeeding Helpline	0300 100 0212 <a href="http://www.nationalbreastfeedinghelpline.org.uk/">http://www.nationalbreastfeedinghelpline.org.uk/</a>
Sussex Community NHS Trust	<a href="http://www.sussexcommunity.nhs.uk/milk">www.sussexcommunity.nhs.uk/milk</a>
Non NHS La Leche League West Sussex	<a href="http://www.LLLwestsussex.org.uk">www.LLLwestsussex.org.uk</a>
Non NHS National Childbirth Trust (NCT)	<a href="http://www.nct.org.uk">www.nct.org.uk</a>

## Early Support / Work and Money

### Do you know about Free Entitlement?

Free Entitlement to childcare is provided by West Sussex County Council for all 3 and 4 year olds. It allows access to free, good quality, flexible early education or childcare.

Some 2 year olds are eligible for Free Entitlement the term after they become 2 years of age. To qualify, the child must be of eligible age and the family in receipt of one or more income-based benefits or meeting one of the non income-based criteria, such as the being in receipt of disability living allowance. Children can access up to 570 hours each year, or a maximum of 15 hours over 38 weeks. For more information call 01243 777807

### Aspire Sussex

Provide courses which enable adults to progress to further learning and to gain FREE qualifications in level 1, 2 or GCSE maths and English. For more information, please email [Julie.dutton@westsussex.gov.uk](mailto:Julie.dutton@westsussex.gov.uk) or call 01403 864668. We can also help you access FREE training and support in putting together your cv, interview skills and seeking employment.

Ask for our **Work & Money leaflet** for information about a range of financial support available to you and your family. Including debt advice, affordable loans, job seeking / back to work support, training and volunteering opportunities.

### Free advice for families with children with additional needs

Age range 0 to 25 years Aiming High and West Sussex County Council funded benefits advisors, offer help with Disability Living Allowance, Personal Independence Payments, Income Support, Incapacity Benefit, Housing Benefit, Employment Support Allowance, Tax Credits and more. Contact Robert Hayes: 07850 240874 or [robert.hayes@westsussex.gov.uk](mailto:robert.hayes@westsussex.gov.uk)

### Early Years Hubs for children with disabilities

Centres for information, advice and support for children and families with special needs and disabilities. **Play and Learn Plus groups** run in these Centres on the following days:

Horsham Children and Family Centre, RH13 5UT	Tuesday 9:30 – 11:30
Langley Green & Ifield Children and Family	Thursday 10:00 - 12:00
Sidney West Children and Family Centre Burgess	Fridays 10:00 – 11:30

## Pulborough Children & Family Centre Site

### Monday

#### Speech & Language Therapy Drop-in 12:20 - 2:20

**Monthly:** 11 Jan, 8 Feb, 14 March

If you have concerns about your pre-school child's speech and language skills, the therapist can offer advice and carry out an informal assessment.

### Tuesday

10:00 - 12:30  
Centre & Toy  
Library open

#### Play & Learn Together 10:00 - 11:30

**Alternate Tuesdays:** 12 & 26 Jan, 9 & 23 Feb, 8 & 22 March  
Providing play and learning experiences for you and your child. Healthy snack will be provided.

#### Drop-in and Play 10:00 - 11:30

**Alternate Tuesdays:** 5 & 19 Jan, 2 Feb, 1 & 15 March  
Come and play with a variety of toys and equipment.

#### 8 March

A Speech and Language Therapist will be at Play and Learn, if you have any questions.

### Wednesday

9:30 - 2:00  
Centre & Toy  
Library open

#### Child Health Clinic Drop-in 10:30 - 12:00

Drop-in for advice from your local Health Visitor about your child's development and health.

#### Peer Support Breastfeeding Drop-in 10:30 - 12:00

Drop in to speak to a trained volunteer peer supporter

#### Bumps & Babes 12:30 - 1:30

**Alternate Wednesdays:** 6 & 20 Jan, 3 Feb, 2 & 16 March  
From pre-birth to crawlers. An opportunity to meet other parents and share experiences.

**Inset Day** 24 February, Centre buildings closed all day

### Thursday

9:30 - 12:30  
Centre & Toy  
Library open

#### Little Movers 11:00 – 11:30

Music and movement group, £2 per family

### Friday

We are out and about visiting Villages in your community

### Rhyme time at your West Sussex Library

**Billingshurst Library:** Tuesday 10:45 - 11:15

**Pulborough Library:** Friday 11:00 - 11:30

Public access computers and free Wi-Fi available in all Libraries

## Visiting Villages in your Community



### Slinfold Play and Learn Together

**Alternate Mondays:** 10:00 - 11:30

11 & 25 Jan, 8 & 22 Feb, 7 & 21 March

The Scout Hut, Greenfield Road, Slinfold. Behind the garages in Greenfield Road



Helping you to share play & learning experiences with your child, including toys, crafts, messy play and rhyme time. Healthy snack provided. Toy Library available to borrow.

### Visiting Toddler Groups and Child Health Clinics

During visits to local toddler groups we take a range of resources, including Toy Library, Oral Health Products, information, advice and guidance.

For dates and times please contact your local Children and Family Centre or look on 'Horsham Rural' Facebook page.



**Mon**

Billingshurst Community Centre, RH14 9WQ: Rainbow Toddlers  
Pulborough Village Hall, RH14 9RY: Jelly Beans Toddler Group

**Tues**

St Marys Church, Billingshurst, RH14 9PY: Mums and Babes  
Loxwood Medical Practice, RH14 0UT: Child Health Clinic

**Wed**

Barns Green Village Hall, RH13 0PT; Barns Green Toddlers  
Loxwood North Hall, RH14 0SF: Caterpillar Toddlers  
St Margaret's Room, Warnham, RH12 3QW: Warnham Bambi's

**Thurs**

St John's Church hall, Broadbridge Heath, RH12 3LD: Kinderroos Toddlers, Child Health Clinic  
Rudgwick Sports & Community Centre, RH12 3JJ: Tots & Toddlers, Child Health Clinic

**Fri**

Kirdford Village Hall, RH14 0LY: Kirdford Baby and Toddlers  
Wisborough Green Village Hall, RH14 0DU: Wizzy Tots  
Pulborough Village Hall, RH14 9RY: Little Monkeys Toddlers

## Family Services

### The Toy Library

Borrow up to 2 toys for 2-6 weeks. Toy Libraries have a variety of toys and equipment, including Story Sacks, outdoor toys, games and sensory toys. Available at Children and Family Centres and during some community visits.

### The Sensory Bus

The Sensory bus is available for use by both families and settings for children with additional needs. The Sensory Bus enables children to access a sensory environment close to or at their own home. Sensory toys can be borrowed from the bus. Please contact your local Children and Family Centre to arrange a visit.

### Paediatric First Aid Course

Saturday 19<sup>th</sup> March, Little Footsteps Children & Family Centre

First Aid skills for parents, expectant parents / carers of babies and children (0-5yrs). To book a place please call your local Children and Family Centre.

### Baby Massage

If you are interested in our five week Baby Massage course please contact your Health Visitor, who can give you more information.

### Cook and Eat Course

A fun, interactive, 5 week course for beginners, which enables you to cook healthy meals on a budget and provide great new recipes for all your family. For dates and venues please contact your local Children and Family Centre.

### Family Support & Outreach Service

Family Support Workers and Family Outreach Workers in our Centres are there to support all parents and carers to have the confidence to give their children the best start in life. To receive help and support, a referral can be made via a professional or as a self referral.

#### Our Family Outreach Service can:

- Visit you at home, support, encourage and listen to you
  - Help you to feel more confident as a parent
  - Give you ideas on play, learning, development, behaviour and healthy lifestyles
  - Share information about activities for you to do with your children at home and in your local community
  - Help you to sort out difficult situations
  - Help you find the right 'experts' to talk to, e.g. Housing, Money Advice, Health Visitor or GP
  - Put you in touch with people who can help you if things are really difficult
- Speak to one of our team for more information