

Family Forum

Ideas about how we could improve? Or want to have your say about what happens at your centre? Drop in to one of these informal sessions and share your ideas...

Monday 8th February 11:00am

At Little Footsteps Children & Family Centre

Thursday 11th February 11:30am

At Henfield Play & Learn Together

Group Advisory Board—South

This advisory board, including parents, partners and voluntary organisations, meets termly to make decisions about how the centres in the area operate and how to improve. If you would be interested in getting involved in this group, please call your local centre.

Next meeting in Henfield: **Wednesday 13th January**

Useful Links

Childcare & Family Information

www.westsussex.gov.uk/fis

Free Entitlement (early years provision)

www.westsussex.gov.uk/freechildcare

Early Support

www.westsussex.gov.uk/earllysupport

Jobs in Childcare

www.westsussex.gov.uk/childcarejobs

Children & Family Centres

www.westsussex.gov.uk/cfc

Family Information Service 01243 777807

Little Footsteps Children & Family Centre

24-26 West Street, Storrington RH20 4EE

01903 270444

Rural Henfield & Steyning Children & Family Centre

Cowfold Village Hall RH13 8AA

01403 864668

rural.horsham@westsussex.gov.uk

Find us at 'Horsham Rural Children & Family Centre Group' where you can find out what's going on in your local Children & Family Centre.

'Like' us today and keep in touch!



Discover... Children and Family Centres

Horsham Rural South

Little Footsteps - Storrington

Rural Henfield & Steyning

Spring 2016

4th January - 24th March



www.westsussex.gov.uk/family

Little Footsteps Children & Family Centre (Storrington)

Mon 9.30am-1.00pm	Play and Learn Together 10.00am-11.30am (term time) Providing play and learning experiences for you and your child. Healthy snack will be provided.
Tues 9.30am-4.30pm	<p>Speech & Language Therapy Drop-in 9.30am-11.00am Monthly: 5th Jan, 2nd Feb and 1st 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.</p> <p>Citizen's Advice Bureau 10.00am-1.00pm Monthly: 5th Jan, 2nd Feb and 1st March. For appointments please ring the CAB helpline 0844 4771171 or call the Centre.</p> <p>Bumps & Babes 1.30pm-3.00pm Alternate Tuesdays: 12th & 26th Jan, 9th & 23rd Feb and 8th & 22nd March. From 0 to crawling. An opportunity to meet other parents and share experiences. Themed sessions including baby massage tasters, messy play and buggy walks.</p> <p>NEW Young Parents Antenatal Drop-in 1.00pm-3.00pm Midwifery team led clinic and themed drop in sessions.</p> <p>Liaise Drop-in 2.00pm-4.00pm offering independent, confidential and FREE advice to anyone who is struggling to pay their bills, being contacted by debt collectors or whose home is at risk.</p>
Weds 9.30am-4.30pm	<p>Drop-in and Play 9.30am-12.30pm</p> <p>Child Health Clinic Drop in 1.00pm-2.45pm Drop-in for advice from your local Health Visitor about your child's development and health.</p> <p>All Children & Family Centres closed for training 24th Feb but the Child Health Clinic will still run.</p>
Thurs 9.30am-4.30pm	<p>Drop-in and Play 9.30am-2.30pm</p> <p>Food bank 10.00am-12.00pm emergency food for local people in crisis.</p> <p>Antenatal Breastfeeding Workshop 1.00pm-2.30pm Monthly: 21st Jan, 18th Feb and 17th March Discover all you need to know about breast feeding including the benefits for you and your baby. Call the centre for an appointment.</p>
Fri 9.30am-4.30pm	<p>NEW Sensory Group 1.00pm - 3.00pm Monthly: 8th Jan, 12th Feb, 11th March and 15th April Drop in for sensory fun and to visit the Sensory Bus. The first hour of this group is aimed at children with identified additional needs. Our professionals will be available to offer support and information for parents. The remaining hour is open to all families to enjoy a sensory experience.</p>

Work and Money

Back to Workshop

Wednesday 27th Jan at Little Footsteps Children & Family Centre
Wednesday 3rd Feb at Billingshurst Children & Family Centre

We invite you to a free workshop to help you put together your cv, how to apply for jobs and develop your interview skills.

For more information and to book a place please call
Julie Dutton 07872 420500 or Maria Maloney 07834 444416

Our Parent Volunteer Coordinators can also help with volunteering to help you gain experience for returning to work.

Through **Aspire Sussex** we can help you access courses which enable adults to progress to further learning and to gain qualifications at level 1, 2 or GCSE maths and English.

Do you need financial support?

Liaise offer free confidential advice if you are in debt, including help with benefits and reviewing and preparing a budget.

Drop in at Little Footsteps on **Tuesday 2.00pm-4.00pm**.

The **Citizen's Advice Bureau** is at Little Footsteps on the first Tuesday each month. Speak to us at the Centre for an appointment.

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.

Do you know about Free Entitlement?

Free Entitlement to childcare is provided by West Sussex County Council for all 3 and 4 year olds. Some 2 year olds are also eligible the term after they become 2 years of age. For more information call 01243 777807

Re launch of Child minder Drop-ins

In the new year our Early Years & Childcare Advisor will invite all child minders to a consultation drop in for their suggestions about future Child minder drop-ins. These will aim to provide professional opportunities such as: self-reflection and peer to peer observations and access to an EYCA on a monthly basis.

Early Support for Children with Additional Needs

Early Years Hubs for children with disabilities

Centres for information, advice and support for children and families with disabilities and special needs.

Sensory rooms available to book at each venue.

Play and Learn Plus groups
run in the Centres on the following days:

Horsham Children and Family
Centre RH13 5UT (SNAP)

Tuesday 9.30am – 11.30am

Footprints Children and Family Centre
Worthing BN15 9QX

Tuesday 12.30pm - 2.30pm

Useful contacts:

West Sussex Parent Carers Forum: www.wspcf.org.uk

West Sussex Parent Partnership: parent.partnership@westsussex.gov.uk

Reaching Families: info@reachingfamilies.org.uk

Autism Sussex: www.autismsussex.org.uk

Sensory Resources

The Sensory Bus is an accessible vehicle, which has been customised with a Sensory Environment. It 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 homes**.

Please contact us for a visit

We have a wide range of **Sensory Toys** including a dark den and fibre optic lights. Call to find out what we have in stock.

Sensory Story bags are available to borrow from your local West Sussex Library and early in 2016 a range of these titles will be available on the Sensory Bus



Free advice for families with children with additional needs.

Age range 0 to 25 years

Benefits advisor offering help with Disability Living Allowance, Personal Independence Payments, Income Support, Incapacity Benefit, Housing Benefit, Employment Support Allowance, Tax Credits and more.

Please contact Robert Hayes: **07850 240874**

or robert.hayes@westsussex.gov.uk

Rural Henfield & Steyning Children & Family Centre

Mon

Upper Beeding Baptist Church BN44 3HP

Play session with Toy Library 9.00am-12.00pm

Play and learning experiences with your child. Refreshments available at The Hub Café.

Job Centre Plus Drop in 9.50am-10.10am

Monthly: 11th Jan, 8th Feb and 14th March

Drop in for assistance with Jobsearch, help to compile your CV and with your interviewing skills. Are you a lone parent? Calculate how much better off you could be by working 16 hours or more.

Tues

Cowfold Village Hall RH13 8AA

Baby Rhyme Time 10.00am to 11.00am

Singing, rhymes and action songs for babies and children aged 2 and under, for half an hour followed Toy Library and chat. Suggested donation of £1 per family to cover costs.

Weds

Cowfold Village Hall RH13 8AA

Drop in for Toy Library and information including free entitlement and child care.

9.30am-11.30am

Thurs

Rhyme Time 10.15am-10.45am at Henfield Library followed by

Evangelical Free Church, Henfield BN5 9HP

Play and Learn Together 11.00am-12.00pm (term time)

Providing play and learning experiences for you and your child. Healthy snack will be provided.

Speech & Language Therapy Drop-in at Play and Learn Together.

10.30am-12.00pm 28th Jan, 25th Feb and 24th 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 whilst your child plays.

Fri

Your team are out and about in the community today

We will be visiting local **Toddler Groups** with **Toy Library, Oral Health Products** and **information** - check our **Facebook page (Horsham Rural Children & Family Centre Group)** for details of our visits.

Rhyme time at your West Sussex Library

Storrington Library: Rhyme Time Tuesday 10:45am-11:15am & Toddler Time Thursday 2:15pm-2:45pm

Henfield Library: Rhyme Time Thursday 10:15am-10:45am

Steyning Library: Rhyme Time Friday 2:15pm-2:45pm

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

Family services

Toy Library at your local Library

Our Toy Library is now available from your local West Sussex County Council Library service.

Toys range from themed play packs, puzzles, games and a range of sensory toys, all of which will help your child to develop and learn.

Toys are available to borrow with your Library Card.

at: Storrington Library, Henfield Library and Steyning Library

Paediatric First Aid Course

First Aid skills for parents, expectant parents, grandparents and carers of babies and children (0-5yrs). Saturday courses 10:00am - 2:30pm held in the Horsham District. Call your local Centre for more information and to book a place.

Cook & Eat Course

A fun, interactive 5 week course for beginners which supports you to cook healthy meals on a budget and provide great new recipe ideas for all the family. To register your interest please contact your local Centre.

Baby Massage

Baby massage is a way of forming a meaningful and secure attachment with your baby. Develop a closer relationship whilst improving early communication.

Suitable for babies 6 wks to crawling. By referral only from Health Visitor.

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.

Health

Child Health Clinics

Henfield Medical Centre
BN5 9JQ

Monday 2.00pm - 4.00pm

Steyning Health Centre
BN44 3RJ

Tuesday 9.30am - 11.15am

Little Footsteps Children & Family
Centre RH20 4EE

Wednesday 1.00pm - 2.45pm

Memorial Hall, Upper Beeding
BN44 3WN

2nd & 4th Thursday of the month
9.15am - 10.00am

A member of our team will visit each **Child Health Clinic** on a **monthly** basis with Toy Library, and information, advice and guidance.

Breastfeeding Support

Antenatal breastfeeding session
Little Footsteps Children & Family
Centre RH20 4EE

3rd Thursday of the month
Call to book a place

MILK Breastfeeding Drop-in
Henfield Medical Centre BN5 9JQ

Monday 2.00pm - 4.00pm

National Breastfeeding Helpline

0300 100 0212
www.nationalbreastfeedinghelpline.org.uk/

Parent Led PND support group Upper Beeding Baptist Church

alternate **Mondays** from Jan 11th 9.45am - 11.30am

A support group for all parents living with/recovering from Pre/ Post natal depression. A place for you to meet other like minded people without fear of judgment. Play activities for your children. £2 per family. For more information visit pndsupport@wordpress.com