

Crawley Hub

Spring Programme



Services



for



0-25 year olds



7th January to 5th April 2019



Sussex Community
NHS Foundation Trust

Descriptions of Services for Families

In order to run sessions safely numbers are restricted *

Information advice and guidance: Come in and access a range of information and advice about West Sussex County Council and local services.

2 year Funding: Up to 570 hours per year of flexible free childcare.

Local Assistance Network: Assistance for families in difficult circumstances. Visit local CFC

Sensory Rooms:* There are three sensory rooms filled with wonderful sensory exploration and development for your children. Booking required.

Magic Carpet:* Interactive sensory floor activity. Booking required.

Public access computers: Come in and use the computers for free to search for jobs, update your CV or apply for 2 year funding and nursery and play schools. Printing facility is available too.

Information and Play: Drop in and play with your children and discuss any information and advice needs with us.

Baby Information and Play: Drop in - play and information for parents/carers with non mobile babies.

Discover baby: An informal group that provides a planned programme of experiences for expectant mothers and parents with young babies. Run by the C&FCs and the Health Visiting team.

Learn through play: *Provides stimulating play opportunities for parents and carers with their children open to 0 to 5 year olds. **Please note** sessions at Bewbush CFC require pre-booking on 01293 651760.

Special needs Groups: Play and Learn Plus: A Play and Learn session at Langley Green C&FC for children with a disability or additional needs. Sensory toy library also available

Rhymetime: A singing and rhyme session for children between the age of 0 and 3 years.

Toy Library: Borrow toys free of charge on a regular basis, located at Broadfield, Langley Green and Bewbush Children and Family Centres as well as Broadfield and Crawley Libraries.

Health Clinics: Drop-in for advice from your local Health Visiting team about your child's development and health. Please bring your child's red book.

Child developmental reviews: Invitation by appointment to get your child's development stages reviewed with a member of the Healthy Child Programme.

Midwife appointments: By appointment for parents and their new baby.

Drop in and Family Learning sessions: Please keep your eye on our programme and Facebook page for news of new events.

Childminder Groups: Open to registered childminders to bring along children in their care to use the facilities at the Children and Family Centres

Bookstart/Stories are for everyone – aimed at under 5 year olds, supporting families to read together every day and inspire children to develop a love of books and reading.

Child Health Clinics

Drop-in for advice from your local Health Visiting team about your child's development and health. Please bring your child's red book.

Maidenbower Children and Family Centre RH10 7RA	2nd & 4th Monday of the month 1:30 to 3:00 14th & 28th Jan, 11th & 25th Feb, 11th & 25th Mar, 8th Apr
Bewbush Children and Family Centre RH11 8XW	Tuesdays 2.00pm-3.30pm
Northgate Children and Family Centre RH10 8FF	2nd & 4th Thursday of the month 9:30 to 11:00 10th & 24th Jan, 14th & 28th Feb, 14th & 28th Mar 11th & 25th Apr
Southgate Children and Family Centre RH10 6DG	1st & 3rd Thursday of the month 9:30 to 11:00 3rd, 17th Jan, 7th & 21st Feb 7th & 21st Mar, 4th & 18th Apr
Broadfield Children and Family Centre RH11 9HJ	Wednesdays 9.30am-11.00am
Langley Green and Ifield Children and Family Centre RH11 7PF	Fridays 9.30am-11.00am
Pound Hill Children and Family Centre RH10 7EB	1st & 3rd Monday of the month 1:30 to 3:00 7th & 21st Jan, 4th & 18th Feb, 4th & 18th Mar, 1st, 15th & 29th Apr

Speech and Language

If you are concerned about your child's talking, speak to your Health Visitor or staff at your child's nursery so that they can make a referral to Speech & Language Therapy. If your child has not been referred, you are welcome to call our Advice Session for general support **01293 60030 ext. 3765**

www.sussexcommunity.nhs.uk/services/salt_ws_advicesession.htm

Breastfeeding Support

MILK! Drop in sessions offering wide-ranging support to mums and their families who want to start and continue breastfeeding.

Pound Hill Children and Family Centre **Wednesday 1:00 to 2:30**

Langley Green Children and Family Centre **Friday 10:00 to 11:30**

Broadfield Children and Family Centre **Wednesday 9:30 to 11:00**

National Breastfeeding Helpline: 0300 100 0212

www.nationalbreastfeedinghelpline.org.uk

What's on at Crawley Libraries

Crawley Library		Southgate Avenue RH10 6HG
Toddler Time (Under 5s) Tuesdays 10.00am-10.30am & 11.00am-11.30am	Storytime (3—6year olds) Every Saturday 10.30am—11.15 am	
Rhyme time (ages 0-5) Mondays 2.00pm-2.30pm Fridays 10.00-10.30am&11.00- 11.30am	Story Magic for children and young people with special needs First Saturday of every month 2.30pm to 3.15pm	
Bookworms every Tuesday term time only 4.00—4.30pm	Saturday Sing along (0—5) Last Saturday of each month 2.30pm-3.00pm	
Homework Help 4.00pm—6.00pm Mondays and Thursdays		
Broadfield Library		Broadfield Barton RH11 9BA
Saturday Sing along (0-5) Every Saturday 10.30am-11.00am	Rhyme time (0-5) Tuesdays 10.30am-11.00am	
“Stories are for everyone” Bookstart sessions 1.30pm-2.00pm 10th September, 8th October, 12th November, 10th December		

For further information on what's available at both Crawley and Broadfield libraries please visit www.westsussex.gov.uk/libraries

Adventure Playgrounds

Play services run from our four adventure playgrounds which have plenty of indoor and outdoor play space:

Cherry Lane Adventure Playground RH11 7NX

Creasys Drive Adventure Playground RH11 9HH

Millpond Adventure Playground RH11 8FN

Waterlea Adventure Playground RH10 6SP

Contact Crawley Play Service: **01293 438000**

www.crawley.gov.uk/play



Toy Library

Toy Libraries offer a range of toys to encourage play and learning for all children across Crawley. They allow families and early years settings access to toys and equipment that enhance the value of play. Toys include: sensory environments, music mats, colour changing touch boards, activity centres, puppet sets, fibre optic lights and more.

Choose up to three toys for three weeks

Available at Langley Green and Ifield, Broadfield and Bewbush C&FCs, **Crawley Library** 01293 651751 and **Broadfield Library** 01293543298

Please see the middle pages for opening times and availability.

Magic Carpet

This is a specialist piece of sensory equipment that interacts with children via sound, light and movement. With 100s of templates, each with 3 levels, it is suited to children of all developmental stages and abilities.

Booking required :

Monday, Wednesday, Thursday and Friday. Broadfield C&FC

Maximum 6 people (including children) can use the room at any one time.

The Magic Carpet is open to families with children under the age of 5.
and Young People aged 5 to 25 with additional needs .

Sensory Rooms

Relaxing sensory environments focusing on particular senses such as touch, sound and sight.

Booking required:

Available at Langley Green (£1 charge),
Broadfield and Bewbush C&FC's
(suggested donation per family £1.50)

Find us at:

Crawley Area Children and Family Centres

where you can find out what's going on in your local Children & Family Centre.





This is a new way of giving parents information written by local midwives and health visitors. Google 'Family Assist', alternatively speak to your health visitor for information.



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. 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.

Is Your Child Fully Vaccinated?

Deciding not to vaccinate your child puts them at risk of catching a range of potentially serious diseases.

To find out more information visit: www.nhs.uk/vaccinations.

A vertical poster with a blue background. At the top, it says 'Discover...' in a small font, followed by 'Free Entitlement' in large white letters. Below that, '(From September 2017)' is written in white. The middle section has the text 'A guide for parents and carers by the Family Information Service' in white, flanked by two butterflies (one blue, one orange) and some floral patterns. At the bottom, there are three white icons: a child with a backpack, a child with a ball, and a person in a wheelchair. The West Sussex County Council logo is in the bottom left corner, and the website 'www.westsussex.gov.uk/freechildcare' is in the bottom right corner.

Discover...
Free Entitlement
(From September 2017)

A guide for
parents and carers
by the Family
Information Service

www.westsussex.gov.uk/
freechildcare

What is Free Entitlement?

Free Entitlement is up to 570 hours per year of flexible free childcare available to all 3 and 4 year olds (from the term after their 3rd birthday), and eligible 2 year olds (from the term after their 2nd birthday).

To apply you will need an accessible email address and your national insurance number.

www.westsussex.gov.uk/freechildcare

Or visit your local Children and Family Centre for more information and support in applying.



Solihull On-line



Understanding your child's behaviour

Do you live in Crawley?

FREE online courses for all residents!*

www.inourplace.co.uk

Understanding Pregnancy, Labour, Birth and Your Baby

Understanding Your Baby Understanding Your Child

For parents, grandparents, friends and relatives

* funded by West Sussex County Council



www.solihull.approachparenting.com

Contact your local Children & Family Centre for more information and access code

Written by Psychologists, Psychotherapists, Health Visitors, NHS and Educational Professionals.



@SolihullApproach



SolihullApproach

Citizens Advice Bureau

Citizens Advice provides free, confidential and independent advice to help people overcome their problems.

We are a voice for our clients and consumers on the issues that matter to them.

We value diversity, champion equality and challenge discrimination.

We're here for everyone.

citizens
advice

The Orchard 1-2 Gleneagles Court Brighton Road, Southgate,
CRAWLEY, West Sussex, RH10 6AD

Children and Family Centre	Monday	Tuesday	Wednesday	Thursday	Friday
Broadfield Sensory room booking required Toy Library available Magic Carpet booking required Café and Garden	Discover Baby 10.00am to 11:30am Information and Play 1.00pm to 2.30pm Developmental Reviews Appointments only Sensory Room & Magic Carpet 9:30am to 4pm	Speech and Language Appointments Physiotherapy Appointments Sensory Room 9:30am to 4:00pm Developmental Reviews Appointments only	Child Health Clinic 9:30am to 11:00am Breastfeeding Support 9.30 to 11.00 am Developmental Reviews Physiotherapy Appointments Information and Play 1.00pm to 2.30pm Sensory Room & Magic Carpet 9:30am to 4:00pm	Midwife - Appointments Only Sensory Room 9:30am to 4.00pm Childminders Drop In 9.30am to 11.30am Term Time only Magic Carpet 9:30am to 4.00pm Baby Information and Play 1.00am to 2.30 pm	Information and Play 10.00am to 11.30am Sensory Room & Magic Carpet 9:30am to 3:30pm Developmental Reviews Appointments only
Bewbush Sensory room booking required Toy Library available	Information and Play 10.00am to 11:30am Perinatal Appointments Sensory Room 9:30am to 12:00pm	Child Health Clinic 2:00pm to 3:30pm Developmental Reviews Information and Play 10:00am to 11:30am Sensory Room 9:30am to 3:30pm	Developmental Reviews Appointments only Baby Information and Play 10.00am to 11.30am Sensory Room 12.00pm to 3:30pm Childminders Drop In 9:30am to 11:30am Term Time only	Developmental Reviews Learn Through Play 10.00am -11:30am * please phone the Centre to book a place Sensory Room 9:30am to 12.30pm Baby Information and Play 1.00pm to 2.30pm	Discover Baby 10:00am to 11:30am Sensory Room 9:30am to 12:00pm Midwife Appointments Only
Langley Green & Ifield Sensory room booking required Toy Library available	Sensory Room 9.30am to 3.30pm Learn through Play 10:00am to 11:30am Development Reviews	Midwife Appointments Only Developmental Reviews Appointments only Sensory Room 9:30am to 12:30pm	Immunisation Appointments only Developmental Reviews Appointments only Discover Baby 10:00am to 11:30am	Play and Learn Plus for children with disabilities and additional needs 10.00am to 11.30am Sensory Room 12.30pm to 3:30pm Developmental Reviews appointments only Information and Play 1,00pm to 2.30pm	Child Health Clinic 9:30am to 11:00am Physiotherapy Appointments Breastfeeding Support 10:00am to 11:30am Sensory Room 9:30am to 2:30pm Developmental Reviews
Maidenbower & Pound Hill	Pound Hill Site Midwife Appointments Only Child Health Clinic 1:30pm to 3:00pm on clinic dates Maidenbower Site Child Health Clinic 1:30pm to 3:00pm on clinic dates Childminders Drop In 9.30am to 11.30am Term Time only	Pound Hill Site Childminders Drop in 9.30am to 11.00 am Term time only Maidenbower Site Appointments only	Maidenbower Site Information and Play 10:00am to 11:30am Pound Hill site Breastfeeding Support only 1.00pm to 2.30pm	Maidenbower Site Appointments only Pound Hill site Appointments only	Pound Hill Site Information and Play 10.00 am to 11:30am Perinatal Appointments Maidenbower Site Appointments only
Northgate	Developmental Reviews Appointments only	Learn Through Play 1:00pm to 2:30pm Developmental Reviews Appointments only	Midwife Appointments Only Information and Play 1.15pm to 2.15pm Rhyme Time 2.15 pm to 2.45pm	Developmental Reviews Appointments only Child Health Clinic 9:30am to 11:00am on clinic dates	Developmental Reviews Appointments only
Southgate	Developmental Reviews Appointments only	Information and Play 10.00am to 11:30am Developmental Reviews Appointments only	Speech and Language Appointments	Child Health Clinic 9:30am to 11:00am on clinic dates Developmental Reviews Appointments only	Developmental Reviews Appointments only

Find It Out Centre
01293 843327



If you are aged 13-25 you can drop in to a FindItOut centre to get advice and information.

Monday, Tuesday, Wednesday and Thursday drop ins 1:00-5:00pm
Centenary House, Crawley, RH10 8GP

We can help you with:

- careers advice
- education (access to college prospectuses and help with applications)
- employment and training (how to write a CV or search for jobs or apprenticeships)
- family and relationships (talk through a personal problem or get advice on sex and relationships)
- health advice (diet, exercise, drugs and alcohol)
- housing and homelessness (how to access local housing services)
- advice on how to get legal help and what to do if you are a victim of crime
- personal finance and the benefits you may be entitled to
- Access via referrals to free emotional support from the YES Service.

FIOCrawley@westsussex.gov.uk

Support for Children with Additional Needs

Play and Learn Plus

A friendly group for families with children with disabilities and additional needs.

Thursdays 10.00am—11.30am

Langley Green & Ifield Children and Family Centre, Stagelands, RH11 9HJ

01293 651747

If you care for a child or young person who has a disability or additional needs and you would like help advice or guidance please contact:

Robert Hayes, Benefit Advisor

Email Robert.hayes@westsussex.gov.uk

Direct line: 03302 222569 Mobile: 07850240874

Special educational needs and disability (SEND)

Find support, guidance and information for parents and carers of children and young people with SEND

<https://www.westsussex.gov.uk/education-children-and-families/special-educational-needs-and-disability-send/>

DARP

Domestic Abuse Recovery Programme

Have you experienced domestic violence and would like to understand how this has affected you? Do you need support and guidance? If so, this course is for you.

The Domestic Abuse Recovery Programme is for young people aged 13-16. The small, group work, programme is designed for young people who have previously experienced domestic violence within their family. **The course will enable you to:**

- ◆ understand domestic abuse and violence
- ◆ learn about your own and other young people's experiences and the effects these have had on you
- ◆ build your own mental toughness, self-esteem and confidence.

For further information please go to:-

<https://www.westsussex.gov.uk/education-children-and-families/your-space/> If you are experiencing domestic violence and need advice or support you can contact:

Domestic violence 24 hour helpline 0808 2000247

Worth Services - 0330 2228181

ChildLine - 0800 1111

Freedom Programme

A free 12 week rolling programme run by Safe in Sussex for who want to learn more about the reality of domestic abuse. Each session is 1 hour and 30 minutes.

For more information call 03303337416 (Monday to Friday 9:30am to 4pm)

www.safeinsussex.org

WORTH Services have teams of **Independent Domestic Violence Advisors** across **West Sussex** available 7 days a week **9.00am-5.00pm** to help you. **Call 07834 968539.**

Local contact details and further information on WORTH can be found on our website: www.worthservices.org

**You are not to blame
You are not alone**

Speak to an Independent Domestic Violence Advisor who can help you to:

- Understand what is happening
- Keep yourself safe
- Keep your children safe
- Keep your home safe



Remember

You have a right to live your life free of

- Fear
- Humiliation
- Threats
- Abuse

**If you are in
immediate danger
call 999**



The core purpose of Youth Emotional Support is to offer a service to young people aged 11-18 years that helps them to identify, acknowledge and work through difficulties they may be facing that are having a negative impact on their emotional wellbeing and personal/social functioning.

Services offered:

One to one short term or intensive support

Specific group work

For more information about the service and our interventions please visit: <https://www.westsussex.gov.uk/YES> for an information leaflet.

Or pop into your local



In partnership with:

Sussex Partnership NHS Foundation Trust | Mind
Advocacy | YMCA Dialogue/Xerzone | FindItOut | WSCC.

Break 4 Change Project

This programme supports parents/carers and young people in building healthy relationships. The programme aims to help the family break patterns where a young person in the home is:

- Controlling the home environment
- Being violent or aggressive towards the parent
- Putting the parent down
- Making threats

The group is for parents and young people who are willing to make changes in how they communicate to each other and to improve home life.

To contact the service, **email**
sarah.field@westsussex.gov.uk

Local Offer

Young Carers

Groups meet weekly providing a targeted programme to enable each Young Carer aged 11 – 16 to have a break from caring. The aim is to develop Personal Social and Emotional Wellbeing through a developed curriculum. All young carers attending will have had a home assessment completed by the young carers team.

Contact details;

To access the Young Carers Service, please phone

01903 270300 and ask for the duty worker.

For more information:

email youngcarers@westsussex.gov.uk

website www.westsussex.gov.uk/youngcarers



For lots more information about services and support that Youth can access visit :

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

Scouts and Girl Guiding

Scouts and Girl Guiding groups are available within the Crawley area. Please check websites for more information and to register for a group.

www.scouts.org



www.girlguiding.org.uk



Youth Intervention Services

For information Yi.request@westsussex.gov.uk

Target 4 Teens



Offers short group work activities and one-to-one support providing information, advice and guidance. It is aimed at young people aged **13–18** who are referred to the service.



Target 4 Teens aims to:

Build self-confidence and social skills. Develop group work skills
Support and enable you to access your identified group work programme.

Thursdays at Langley Green Youth Centre 4-6pm

**For further information please contact
crawleyhub@westsussex.gcsx.gov.uk**



Target 4Teens junior



Junior Target 4 Teens offers short group work activities and one-to-one support providing information, advice and guidance. It is aimed at young people aged 10-12 who are referred to the service.

Target 4 Teens aims to:

- Build self-confidence and social skills
- Develop group work skills
- Support and enable you to access your identified group work programme.

T4T will operate on Monday's after school at Langley Green Youth Centre.

Email crawleyhub@westsussex.gcsx.gov.uk

M8's

This group operates from **Horsham Youth Centre** operating one evening a week and will focus on work with young people who have additional needs or physical disabilities (from 13-25 years old). The purpose of the group is to develop individuals Personal Social and Emotional Wellbeing through a range of planned and appropriate activities. We work with relevant agencies and partners to ensure the subject matter is adapted and suitable for participants to engage with and progress successfully, working toward independence and moving on in a timely fashion with the correct support and competencies.

Contact: samuel.clifford@westsussex.gov.uk



Jellyfish Creative Arts.

Arts and Music Courses For 13 to 18 year olds



Find out more about the course for 13-18 year olds who have an interest in the creative arts.

Explore emotions, feelings and worries with group work through Jellyfish.

Working with others, you will produce artistic pieces and may create music with youth workers.

The course aims to:

- build confidence, self-esteem and social skills through creative arts
- develop team work and working with others
- support and guide you through challenges, your needs and any problems which you may have.

Email crawleyhub@westsussex.gcsx.gov.uk

Opening times	Monday	Tuesday	Wednesday	Thursday	Friday
Bewbush Dorsten Square, RH11 8XW 01293 651760	9.00 to 12:30	9.00 to 4.30	9.00 to 4.30	9.00 to 4.30	9.00 to 12.30
Broadfield Creasys Drive, RH11 9HJ 01293 651777	9.00 to 4.30	9.00 to 4.30	9.00 to 4.30	9.00 to 4.30	9.00 to 4.00
Langley Green & Ifield Stagelands, RH11 7PF 01293 651747	9.00 to 4.00	9.00 to 1.00	9.00 to 1.00	9.00 to 4.00	9.00 to 3.00
Maidenbower Harvest Road, RH10 7RA 01293 651720	1:30 to 3:00 on clinic dates	Appointments Only	10.00 to 12:00	Appointments only	Appointments Only
Pound Hill Crawley Lane RH10 7EB 01293 651722	1:30 to 3:00 on clinic dates	Appointments Only	1:00 to 2:30 MILK only	Appointments Only	9.00 to 12:00
Northgate Barnfield Road, RH10 8FF 01293 651740	Appointments Only	12.00-3.00	9.00 to 3:00	9:30 to 11:00 on clinic dates	Appointments Only
Southgate Barrington Road, RH10 6DG 01293 651798	Appointments Only	9.00 to 1.00	Appointments only	9.30 to 11:00 on clinic dates	Appointments Only
Find it out Centre Centenary House RH10 8GP 01293 843327	1.00 to 5.00	1.00 to 5.00	1.00 to 5.00	1.00 to 5.00	Appointments only

See middle pages for times and location of free drop in and play

To find out more about other services and what's going on in your local area please contact the Family Information Service on 01243 777807