



# Welcome to Arun Early Help



Programme of activities and services for families, children and young people

Autumn Term 2020



## Welcome to the Early Help Programme.

As part of the West Sussex County Council Early Help offer this programme provides information on services for families, children and young people aged 0-19 (25 with Special Educational Needs and Disability (SEND)).

**Due to COVID-19 pandemic this is an interim programme and may be subject to amendments as government guidelines change in response to COVID-19.** Families who require support can continue to request this through the hubs duty team.

To ensure that services are meeting the needs of children, young people and families each area has a Partnership Advisory Board. We are keen to hear from any parents who would like to participate or have comments/feedback for us. If you would like to get involved, speak to a member of staff.

If you are registered with us or would like to be registered please contact your local Children and Family Centre. We also want to hear from you to help keep our information up to date. So if you have moved house, had a baby, are pregnant, changed your mobile number or email address then please let us know. This helps us keep you informed of services and information that are relevant to you.

Why not visit our Facebook pages for regular updates, activities and events. Go to: [www.facebook.com/aruncfcs](http://www.facebook.com/aruncfcs).

## Early Years



**Family Assist\*** is an information portal aiming to support families across West Sussex during pregnancy, birth and throughout the life of their child. Some of the benefits include:

- information relevant to the stage of pregnancy, or age of your child delivered directly to your email box,
- up to date accurate information written by local Midwives, Health Visitors and early years professionals,
- the ability to invite family and friends to share in your journey and receive the same information as you,
- an 'ask a question' facility for when you can't find what you're looking for.

To sign up, speak to your Midwife or Health Visitor or alternatively visit [www.westsussex.gov.uk/familyassist](http://www.westsussex.gov.uk/familyassist).

**\*Please note:** Anyone in West Sussex with a child under the age of 3 can register, however some information relating to hospital care/services is specific to Western Sussex Hospitals. If you are receiving maternity care from another hospital, please check with your midwife about any possible variations in the care/services they provide.

**Family Information Service (FIS)** operates countywide providing information on Ofsted registered childcare, paying for childcare (including Free Entitlement funding), family activities and support services. They can also provide additional help and support if you are struggling to find childcare. Speak to a member of staff or contact the FIS

on: [www.westsussex.gov.uk/fis](http://www.westsussex.gov.uk/fis),  
[www.facebook.com/FISWestSussex](https://www.facebook.com/FISWestSussex),  
[family.info.service@westsussex.gov.uk](mailto:family.info.service@westsussex.gov.uk) or call 01243 777807.

**Five to Thrive** has been designed to promote positive behaviours that helps build babies' brains and develop loving attachments. All our activities for children under 5 are planned using this approach. Find out more at [www.westsussex.gov.uk/fivetothrive](http://www.westsussex.gov.uk/fivetothrive).

**Free Entitlement** is Government funding for free childcare for all eligible 2, 3 and 4 year old children. Research shows that children who attend a high quality childcare setting enhance their all-round development alongside the activities you do at home. Children can experience new activities and parents may be able to return to work. To find out more you can speak to a member of staff or visit [www.westsussex.gov.uk/freechildcare](http://www.westsussex.gov.uk/freechildcare).

**Healthy Child Clinics** In line with current COVID-19 guidance, all Healthy Child Clinics are suspended. If you have any concerns and you would like to speak to a member of the Healthy Child Programme, please call your local Health Visiting team.

**MILK!** offers breastfeeding support. Due to current COVID-19 guidance, support is available by phone. If you are pregnant and would like information regarding breastfeeding, please call your local Health Visiting team.



## Family Support

**Early Help** aims to support parents/carers who are in crisis or experiencing a number of worries that are impacting on the wellbeing of their family. The support worker will work with the family to create a family plan that will support them to address their worries, prevent things getting worse and build on the families strengths.

**Enabling Families** is a short-focused piece of work that parents/carers can access to address an immediate worry about their family.

**Enabling Families Surgery** is an option for a short notice face to face appointment for parents in crisis or with an immediate concern about their families. It can be delivered from a number of our buildings or in the community and can be accessed through our duty team.

## Parents

**Break 4 Change** is a programme to support 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 or making threats. Parents and young people must be willing to make changes in how they communicate. Contact the service by emailing [sarah.field@westsussex.gov.uk](mailto:sarah.field@westsussex.gov.uk).

**Feeling safe in your relationship?** If you feel unsafe in your relationship there is a lot of support available. Speak to a member of staff or go to [www.westsussex.gov.uk/domesticabuse](http://www.westsussex.gov.uk/domesticabuse).

**Freedom programme** is a free, 12 week rolling programme open to any woman who wants to learn more about the reality of domestic abuse. To find out more, contact 0330 333 7416 (9:30am to 4:00pm) or email [groups@safeinsussex.org.uk](mailto:groups@safeinsussex.org.uk) or go to [www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

## Special Educational Needs and Disability (SEND)

**Compass Card** is a leisure discount card for 0 to 25 year olds with significant special needs or disabilities living in West Sussex and Brighton and Hove. Find out more at [www.compasscard.org.uk](http://www.compasscard.org.uk) or call 01273 772289.

**Family Information Service** (see page 4) also offers support with accessing inclusive childcare for children with SEND. For more information on accessing childcare go to <https://wiki.rixwiki.org/west-sussex-mmm/home/accessing-childcare>.

**Local Offer** helps you find information about local services, support and events for children and young people aged 0 to 25 years with SEND. Check out what is on offer at <https://westsussex.local-offer.org> or call 0330 222 8555.

**SEND Information, Advice, Support (SENDIAS)** provides impartial information, advice and support to parents and carers of children with SEND aged 0 to 25 years old. Find out more at <https://westsussexsendias.org> or call 0330 222 8555.

**West Sussex Library Service** runs a multi-sensory story time session specifically for children and young people with additional needs. They also provide a 'Communication library' which includes simple flashcards and devices for recording personal messages to support effective communication, and specially adapted toys to help young children learn through play. Visit [www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries) for further details.



## Young People

**C-Card** enables 13 to 21 year olds to get free condoms, confidential advice and a Chlamydia testing kit from anywhere displaying this logo. Check out more at [www.sexualhealthwestsussex.nhs.uk](http://www.sexualhealthwestsussex.nhs.uk).



**Chat Health** provides confidential support and advice on any health issues from a NHS school nurse via text messages. The service covers a wide range of issues such as bullying, emotional health and wellbeing, healthy relationships, sleeping, eating and drug and alcohol issues. The service is available for aged 11 to 19 year olds who attend secondary school by texting 07480 635424, available Monday to Friday 9:00am to 4:30pm throughout the year (except Bank Holidays).

**Find It Out** can offer information, advice and guidance to any 13 to 25 year olds to support young people in a crisis or are worried about an issue affecting their wellbeing including: CV writing; job searching; finding an apprenticeship; family and relationships; sexual health; access to the C-Card scheme; pregnancy and Chlamydia testing; housing advice; emotional support; counselling and much more. For further information go to [www.westsussex.gov.uk/fio](http://www.westsussex.gov.uk/fio).



**Find It Out Surgery** offers face to face appointments with a support worker from a number of our buildings or in the community and can be accessed through our duty team.



**Youth Emotional Support (YES)** offers a service for young people aged 11 until they turn 18. It may help 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 life. Go to [www.westsussex.gov.uk/YES](http://www.westsussex.gov.uk/YES).

**Young Carers** are children and young people under 18 years old, who look after a member of the family who is sick, disabled, has mental health problems or is misusing drugs or alcohol. For more information email [youngcarers@westsussex.gov.uk](mailto:youngcarers@westsussex.gov.uk) or go to [www.westsussex.gov.uk/youngcarers](http://www.westsussex.gov.uk/youngcarers).

**Your Space** is a website aimed at 11 to 25 year olds. It's a place they can find out about all the things that are important to them in their life right now. [www.yourspacewestsussex.co.uk](http://www.yourspacewestsussex.co.uk).

## Local financial support

**Crisis Support** can provide a same day response to families who are in crisis and need access to food parcels and/or a crisis payment and can be accessed through our duty teams.

**Citizens Advice Bureau** in West Sussex - An independent, local charity helping people of all ages and backgrounds.

Visit [www.advicewestsussex.org.uk](http://www.advicewestsussex.org.uk) or call 0344 477 1171

## Local library services

Libraries across West Sussex have reopened for browsing with limited opening hours. To see the opening hours and current services available visit [www.westsussex.gov.uk/libraries](http://www.westsussex.gov.uk/libraries).

## Community Shop

Sells a range of Health approved oral health products at very competitive prices including Tommy Tippee cups, toothbrushes and toothpaste. Available from Children and Family Centres, please call the duty team to arrange delivery.

## Healthy Start Vitamins

These are for pregnant and breastfeeding women and growing children who are in receipt of benefits. Available from Children and Family Centres on presentation of your voucher. Please call to arrange delivery.

Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) for more information.

## To access Early Help Services please contact the Hub Duty Team on the following number

### ARUN HUB

**Tel: 07860 858654**

### BOGNOR REGIS FindItOut Centre

Church Path, Glamis Street,  
Bognor Regis, PO21 1DB

### LITTLEHAMPTON Children and Family Centre

The Wickbourne Centre, Clun  
Road, Littlehampton, BN17 7DZ

### TREEHOUSE Children and Family Centre

Laburnum Grove, Bersted,  
Bognor Regis,  
PO22 9HT

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