



Welcome to Crawley 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/CrawleyAreaCFC

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.

***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,
www.facebook.com/FISWestSussex,
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.

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.

Healthy Child Clinics: In line with current COVID-19 guidance, all Healthy Child Clinics are appointment only following assessment by health visitor. If you have any concerns and you would like to be assessed for an appointment please speak to a member of the Healthy Child Programme.

MILK! offers breastfeeding support. Due to COVID-19 guidance, infant feeding support is available by phone and video consultation. If you need support or you are pregnant and would like information regarding feeding, please call your local Healthy Child Programme.



Your Crawley Healthy Child Programme has formed Hubs:

For Children aged 0 to 5 years (Health Visitors and Nursery Nurses) 01273 696011 ext 6860, sc-tr.crawleyhcphub@nhs.net

For Children aged over 5 years (School Nurses and School Staff Nurses) 0300 303 1137, Option 3, sc.tr.eastschoolnursing@nhs.net

Please add these details to your Red Book.

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.

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.

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 or go to 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 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.

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.



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.



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.

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 or go to 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.

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 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.

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 for more information.

Adult Education and Skills

<https://www.aspiresussex.org.uk/>. Aspire Sussex provides community-based Adult Education. Courses range from Arts and Crafts through English for Speakers of Other Languages (ESOL) to Skills for work. They can be contact by email

<mailto:enquiries@aspresussex.org.uk> or by phoning their Adult Education Centre 0345 601 0161

Crawley Borough Council

<https://crawley.gov.uk/> Use this link to take you to the main Crawley Borough Council webpage. From here you can find out about housing, transport, health services and you can register to pay your council, bid for housing as well as countless other useful services. The site is user friendly and if you don't have access to the internet at home you can now use Crawley Library public access computers.

Employ Crawley

Employ Crawley is a collaboration between Crawley Borough Council, West Sussex County Council and Jobcentre Plus. The free information advice and guidance hub offers advice on a range of local employability and training services. Working in partnership with public, private and voluntary sectors to help local residents secure access to local jobs and to assist local employers gain better access to the local workforce. They are usually based at Crawley Library and although they library is open, Employ Crawley cannot be accessed yet.

If you need help and guidance about employment contact them using their email address employcrawley@crawley.gov.uk or by phone 07814 903871

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

CRAWLEY HUB

Tel: 0330 222 8087

LANGLEY GREEN Youth Centre

Stagelands, Langley Green,
Crawley, RH11 7PF

NORTHGATE Children and Family Centre

Barnfield Road, Crawley, RH10
8DP

