

Committee:	Children's Services Scrutiny Committee
Date:	7 September 2010
Title of Report:	Children's Centre performance – Take up of services and the impact of services on children's outcomes.
By:	Director of Children's Services
Purpose of Report:	To inform Councillors and invite comment on performance management arrangements and the planned response to emerging future policy.

Recommendation: The Committee is recommended to;

- 1. note the implementation of performance management processes to monitor the performance of Children's Centres and their impact on outcomes for children.**
- 2. comment on plans for the further development of the Children's Centre programme in line with emerging Government policy.**

1 Financial Appraisal

1.1 The final phase of the Children's Centre capital programme is underway. 8 centres are being created at a cost of £2,583,440 completing the Authority's network of centres across the county, (map attached as **Appendix 1**). By March 2011 all families will have access to Children's Centre services. The revenue allocation for 2010/11 is £9,234,500. This is allocated to centres using a formula based on the number of children in each centre "reach" area and a weighting for each child according to the deprivation level of the Super Output Area in which they live. This is the final year of the current grant allocation. Future funding arrangements are, as yet, unknown.

2 Supporting information – Performance management

2.1 Since January this year the Local Authority has had a statutory duty to provide Children's Centres. The Apprenticeship, Skills, Children and Learning Act 2009 has conferred a new duty on Ofsted to inspect Children's Centres. The new inspection framework focuses on how well centres respond to local need and how they are evidencing improved outcomes for children.

2.2 East Sussex Children's Centres have developed a robust performance management framework that is consistent with Ofsted requirements. Each Children's Centre has produced a community profile that describes the specific needs within the reach area and services are specified to meet identified needs. All services are reviewed to ensure that they are meeting the specified objectives and services are evaluated periodically to determine whether they are effective in improving outcomes; examples are attached as **Appendix 2** and **Appendix 3**. Centres also produce an annual Self Evaluation that describes the work that has been undertaken in the year and summarizes the impact services have had on children's outcomes. Ofsted have recently produced a new Self Evaluation form and Centres are currently re-drafting reports in the new format. The Local Authority then conducts an annual conversation with each centre to further monitor effectiveness.

2.3 Children's Centres also monitor take up of services using a database system. New birth data is passed to the Children's Centre by health colleagues and then inputted onto the database. In the past year Children's Centre services in East Sussex have been used nearly 100,000 times by children under 5 and were accessed by about a quarter of the total number of children under 5 who live in East Sussex, including those who live in the new phase 3 areas. The Monitoring data is attached as **Appendix 4**.

2.4 Children's Centres have identified a number of priorities for this year that focus on increasing the impact that Children's Centres have on those children at most risk of poor outcomes. One of these initiatives is closer relationships with primary schools, to ensure effective liaison about children and that parents are directed by schools to the services at Children Centres.

3 Supporting Information – Responses to emerging government policy

3.1 The current funding allocation for Children's Centres ends in March 2011. The Coalition Government has made a number of statements about the future shape of the Children's Centre programme but it is unlikely that any clear guidance will be available before the Comprehensive Spending Review reports in October. The East Sussex programme is planning for a reduced funding allocation by considering how efficiencies can be achieved by working in a more integrated way with health. Children's Centres have always worked in partnership with Health Visitors and Midwives but by further integrating the work and targeting those staff with the higher skill levels to work with the families that have the greatest need we feel that we can impact more effectively on those children who are most vulnerable. By using the resources of Children's Centres and health to deploy a multi-skilled workforce according to need, significant efficiencies can be achieved.

3.2 With future resources likely to be reduced there is an increasing focus on targeting services towards the most disadvantaged. Children's Centres currently offer a universal service alongside more targeted work such as home visiting. The activity plan for Hastings & St Leonards is attached as **Appendix 5**. The universal service offered at Children's Centres is shaped to address needs within the local area that are identified by data and local knowledge. The take up of services is monitored to show which families attend and further information about the profile of attending families will be available following a "snap shot" survey planned for the autumn. The universal offer of service is non-stigmatizing for families and allows Centre staff to encourage disadvantaged families to attend without judgment.

4 Conclusion and Reason for Recommendations

4.1 Children's Centres are at a critical time in their development. All families in East Sussex are now within a Children's Centre "reach" area and services are being developed to respond to the consultation work that was undertaken in the phase 3 areas. Children's Centres are still relatively new and demonstrating the impact of services is a key challenge in proving that prevention and early intervention are good value. The universal service offer is important in the way the service is perceived and the use of appropriate performance management tools will determine whether the service is meeting the needs of the most vulnerable.

4.2 Closer integration with health and more consistent relationships with primary schools will ensure that families with children under 5 receive an efficient and effective service offer that is responsive to varying levels of need.

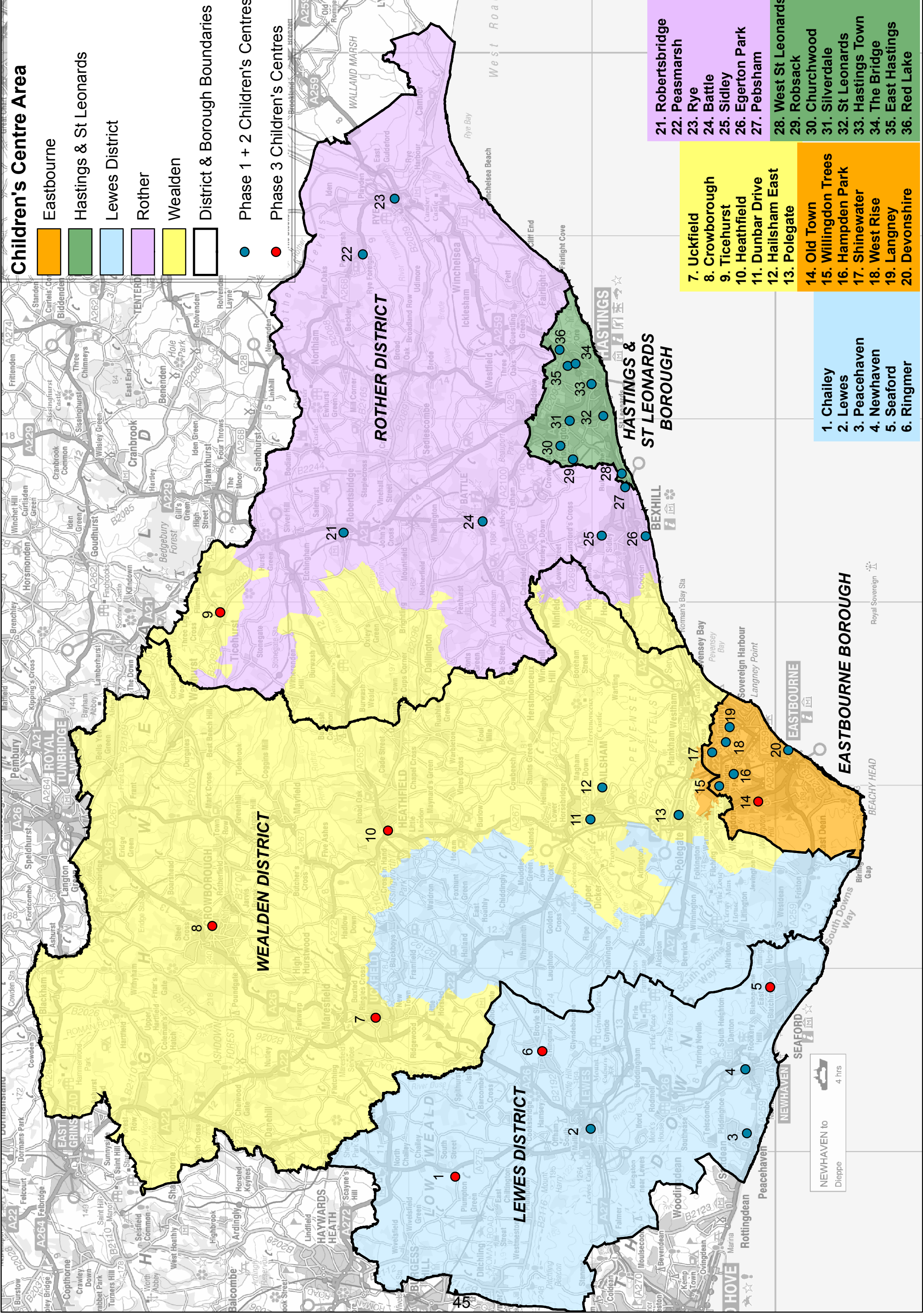
MATT DUNKLEY
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Local Members: All

Background Documents: Ofsted, Inspection of Children's centres: evaluation schedule



- ### Children's Centre Area
- Eastbourne
 - Hastings & St Leonards
 - Lewes District
 - Rother
 - Wealden
 - District & Borough Boundaries
 - Phase 1 + 2 Children's Centres
 - Phase 3 Children's Centres

- | | |
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| <ul style="list-style-type: none"> 7. Uckfield 8. Crowborough 9. Ticehurst 10. Heathfield 11. Dunbar Drive 12. Hailsham East 13. Polegate | <ul style="list-style-type: none"> 21. Robertsbridge 22. Peasmarsh 23. Rye 24. Battle 25. Sidley 26. Egerton Park 27. Pebsham |
| <ul style="list-style-type: none"> 14. Old Town 15. Willington Trees 16. Hampden Park 17. Shinewater 18. West Rise 19. Langney 20. Devonshire | <ul style="list-style-type: none"> 28. West St Leonards 29. Robsack 30. Churchwood 31. Silverdale 32. St Leonards 33. Hastings Town 34. The Bridge 35. East Hastings 36. Red Lake |

- 1. Chailey
- 2. Lewes
- 3. Peacehaven
- 4. Newhaven
- 5. Seaford
- 6. Ringmer

NEWHAVEN to Dieppe
4 hrs

EASTBOURNE BOROUGH

HASTINGS & ST LEONARDS BOROUGH

ROTHER DISTRICT

WEALDEN DISTRICT

LEWES DISTRICT

Map labels include: A229, A262, A267, A272, A273, A274, A275, A276, A277, A278, A279, A280, A281, A282, A283, A284, A285, A286, A287, A288, A289, A290, A291, A292, A293, A294, A295, A296, A297, A298, A299, A300, A301, A302, A303, A304, A305, A306, A307, A308, A309, A310, A311, A312, A313, A314, A315, A316, A317, A318, A319, A320, A321, A322, A323, A324, A325, A326, A327, A328, A329, A330, A331, A332, A333, A334, A335, A336, A337, A338, A339, A340, A341, A342, A343, A344, A345, A346, A347, A348, A349, A350, A351, A352, A353, A354, A355, A356, A357, A358, A359, A360, A361, A362, A363, A364, A365, A366, A367, A368, A369, A370, A371, A372, A373, A374, A375, A376, A377, A378, A379, A380, A381, A382, A383, A384, A385, A386, A387, A388, A389, A390, A391, A392, A393, A394, A395, A396, A397, A398, A399, A400, A401, A402, A403, A404, A405, A406, A407, A408, A409, A410, A411, A412, A413, A414, A415, A416, A417, A418, A419, A420, A421, A422, A423, A424, A425, A426, A427, A428, A429, A430, A431, A432, A433, A434, A435, A436, A437, A438, A439, A440, A441, A442, A443, A444, A445, A446, A447, A448, A449, A450, A451, A452, A453, A454, A455, A456, A457, A458, A459, A460, A461, A462, A463, A464, A465, A466, A467, A468, A469, A470, A471, A472, A473, A474, A475, A476, A477, A478, A479, A480, A481, A482, A483, A484, A485, A486, A487, A488, A489, A490, A491, A492, A493, A494, A495, A496, A497, A498, A499, A500, A501, A502, A503, A504, A505, A506, A507, A508, A509, A510, A511, A512, A513, A514, A515, A516, A517, A518, A519, A520, A521, A522, A523, A524, A525, A526, A527, A528, A529, A530, A531, A532, A533, A534, A535, A536, A537, A538, A539, A540, A541, A542, A543, A544, A545, A546, A547, A548, A549, A550, A551, A552, A553, A554, A555, A556, A557, A558, A559, A560, A561, A562, A563, A564, A565, A566, A567, A568, A569, A570, A571, A572, A573, A574, A575, A576, A577, A578, A579, A580, A581, A582, A583, A584, A585, A586, A587, A588, A589, A590, A591, A592, A593, A594, A595, A596, A597, A598, A599, A600, A601, A602, A603, A604, A605, A606, A607, A608, A609, A610, A611, A612, A613, A614, A615, A616, A617, A618, A619, A620, A621, A622, A623, A624, A625, A626, A627, A628, A629, A630, A631, A632, A633, A634, A635, A636, A637, A638, A639, A640, A641, A642, A643, A644, A645, A646, A647, A648, A649, A650, A651, A652, A653, A654, A655, A656, A657, A658, A659, A660, A661, A662, A663, A664, A665, A666, A667, A668, A669, A670, A671, A672, A673, A674, A675, A676, A677, A678, A679, A680, A681, A682, A683, A684, A685, A686, A687, A688, A689, A690, A691, A692, A693, A694, A695, A696, A697, A698, A699, A700, A701, A702, A703, A704, A705, A706, A707, A708, A709, A710, A711, A712, A713, A714, A715, A716, A717, A718, A719, A720, A721, A722, A723, A724, A725, A726, A727, A728, A729, A730, A731, A732, A733, A734, A735, A736, A737, A738, A739, A740, A741, A742, A743, A744, A745, A746, A747, A748, A749, A750, A751, A752, A753, A754, A755, A756, A757, A758, A759, A760, A761, A762, A763, A764, A765, A766, A767, A768, A769, A770, A771, A772, A773, A774, A775, A776, A777, A778, A779, A780, A781, A782, A783, A784, A785, A786, A787, A788, A789, A790, A791, A792, A793, A794, A795, A796, A797, A798, A799, A800, A801, A802, A803, A804, A805, A806, A807, A808, A809, A810, A811, A812, A813, A814, A815, A816, A817, A818, A819, A820, A821, A822, A823, A824, A825, A826, A827, A828, A829, A830, A831, A832, A833, A834, A835, A836, A837, A838, A839, A840, A841, A842, A843, A844, A845, A846, A847, A848, A849, A850, A851, A852, A853, A854, A855, A856, A857, A858, A859, A860, A861, A862, A863, A864, A865, A866, A867, A868, A869, A870, A871, A872, A873, A874, A875, A876, A877, A878, A879, A880, A881, A882, A883, A884, A885, A886, A887, A888, A889, A890, A891, A892, A893, A894, A895, A896, A897, A898, A899, A900, A901, A902, A903, A904, A905, A906, A907, A908, A909, A910, A911, A912, A913, A914, A915, A916, A917, A918, A919, A920, A921, A922, A923, A924, A925, A926, A927, A928, A929, A930, A931, A932, A933, A934, A935, A936, A937, A938, A939, A940, A941, A942, A943, A944, A945, A946, A947, A948, A949, A950, A951, A952, A953, A954, A955, A956, A957, A958, A959, A960, A961, A962, A963, A964, A965, A966, A967, A968, A969, A970, A971, A972, A973, A974, A975, A976, A977, A978, A979, A980, A981, A982, A983, A984, A985, A986, A987, A988, A989, A990, A991, A992, A993, A994, A995, A996, A997, A998, A999, A1000.



Evaluation Title: How Effective are the Young Mums Drop- ins in assisting young parents to achieve Economic Well Being, and Be Healthy as set out in the E.C.M.O.s?

Name of author Lucy Stuart

Date:16/09/09.

Programme area: Lewes District Children's
Centre Programme

Children's Centre area: Newhaven and
Peacehaven.

Background Information

The Young Mums Drop-ins meet weekly term time only. At Peacehaven Children's Centre the group meets on a Friday from 10-12pm with an upper age limit of 21 years. In Newhaven the group meets at the Meeching centre on a Wednesday from 10-12pm and is currently open to young parents up to 25 years. It is open to both pregnant women and those with children. There is a crèche provided at both groups for children over 12 weeks. Referrals to the groups come from a variety of backgrounds from Health Visitors, Social Workers Family Outreach Service, Youth Offending Team and from the Specialist Midwife Additional Support and Connexions CRI, and personal recommendation from service users. The group follows a peer led programme devised 3 times a year at the beginning of each term These activities are dependant on the needs of the young parents, but are as diverse as, sexual health and reproduction, child development, domestic violence, benefits, housing, access to education and work, healthy eating and cooking and craft activities. We also run short courses with Sussex Downs College, that are not affiliated. Group rules and boundaries are set by workers and service users to be appropriate and safe.

The young mums pay £1 per session to attend.

Aims and Objectives of the Service.

Together with services offered by Lewes District Children's Centers, and by other agencies, the young mums Drop-In sessions aim to provide integrated, tailored support for young parents. It is recognized that, depending on their situation, young parents may need support in all areas of their lives. A crèche is provided for the children so that the young parents have the space and opportunity to participate fully in the activities and discussions.

As per the guidance for the local authorities and PCTs given by the DCSF, the sessions aim to improve outcomes in three broad areas;

- Child health outcomes
- Poor emotional health and well-being experienced by teenage mothers.
- Teenage parents poor economic well-being.

In order to achieve these outcomes for the young parents, the sessions aim to:

- Provide a safe, welcoming and caring place for young mums to receive support information and advice.
- Help young mums to form strong, supportive social networks
- Help young mums to enjoy their children and to feel confident as parents.
- Encourage and support young parents to engage with services.
- Empower young mums to achieve their personal goals and objectives in life.
- Signpost/ refer young mums to other services as appropriate.

Intended outcomes for families

- The young mums will be more confident as young women and as mothers.
- The young mums will have received the appropriate support and advice according to their own specific needs either directly through the service or through being signposted to others.
- The young mums will experience improved mental health and emotional well-being.
- The young mums will feel that they are part of a supportive social network.
- The young mums will have increased understanding of health issues, especially around their own sexual and sexual reproductive health.
- Support and encouragement to achieve long term goals in education and work with the future outcome of achieving economic well being.

In the longer term this will lead to better outcomes for their children.

Every Child Matters

As set out in the Service Specifications for all the young parents work, we are geared towards improving outcomes for children as set out in all 5 of the E.C.Ms, but for the purpose of this evaluation, will be concentrating on 2 E.C.M s those being, Achieving Economic Well-being, and Be Healthy.

I have chosen Achieving Economic well-Being, as being part of a minority and excluded group, young mums often encounter prejudice, and many suffer from low self-esteem, and lack of confidence when dealing with authority figures. For those who have had their child when very young, they may have not been school attendees. Their own personal goals for the future may also be poor, as one of the biggest indicators of teenage pregnancy is little or no aspiration for their daughter's future by their own mothers by the age of 10. We approach this fact in a systemic way in an attempt to change the family life cycle.

Be Healthy has also been chosen as this has a far reaching impact on both themselves and on their children, focusing on both diet, but most importantly on their own sexual and reproductive health, as knowledge and ability to control fertility underpins all the 5 E.C.Ms with particular emphasis on Achieving Economic Well-Being. This also links in with the priority national targets and indicators on the under 18 s conception rate (DfES /DH) and diagnostic rates of new episodes of STIs amongst under 16s and 16 and 19 year olds (DH).

Priority and Excluded Families.

The Drop-Ins are age based, with a very high percentage of Teenage mothers attending at the Friday Drop-In. They are initially harder to engage with, but once a service user are regular attendees.

Non-Users.

By looking at the Soft Smart data for the period March-July 09 we found that 7 parents only attended the Drop-in on one occasion. Broken down, it was for the following reasons:

- 2 became too old to access the service.
- 2 live a long distance from the Drop-ins, and are able to attend other groups that are closer to their homes.
- 3 declined to engage with the young parents service. These were offered 1:1 home visits, and also, if they meet the specifications, the closed groups.

We continue to promote our groups through partner agencies and organizations such as Kites to reach non-users, but the nature of the client group that we are trying to reach , means that we will not always been successful, and often there will be a time elapse of months before they engage.

Evidence and theories underpinning the service

The service was originally started in this locality in 1999, set up jointly by health visitors and children's services to meet the specific needs of young parents in the area. It is well known that the outcomes for teenage parents and their children are bleak, both economically and financially, impacting on the health of both the mother and her child.

The Confidential Enquiry into Maternal and Child Health (2007).

States that compared with women aged 30-35, mothers under 20 are:

- 20% more likely to experience a stillbirth (above 24 weeks gestation)
- 30% more likely to experience a perinatal death (24 weeks gestation to 7 days after birth)
- 60% more likely to experience a neonatal death (up to 28 days after birth)

Teenage mothers (<20 years old) had the highest neonatal mortality rate (4.4 per 1,000 live births) of any maternal age group. Teenagers are 6 times more likely to experience a cot death than mothers aged 30-34.

The outcomes for employment and education are equally as poor, with almost 20% of teenage mothers having no qualifications up to 3 years after giving birth, and 70% of 16-19 year olds not engaged in education, employment or training. Becoming a teenage mother increases the probability that any partner she may have has no post 16 education and is unemployed at the age of 30. Sure Start Children's Practise Guidance (2006). (Page 89)

Methodology

The Evaluation captured a time span of March to July 09. Questionnaires were given out to group users at both the Drop-ins, and data has also been taken from Soft Smart (attendance figures) and from partner agencies, specifically Connexions. I have also used Data from the monthly figures compiled for the East Sussex Downs and Weald Pct Health Promotion for numbers of condoms given out, pregnancy tests and Chlamydia tests. I have also included 4 case studies, one of a parent who is no longer a service user (due to age).

18 young parents completed the evaluation questionnaire

Ethics.

A consent form was signed by all participants who took part in the evaluation.

Results.

The formal evaluation questionnaires were done at the 2 drop-ins, and were conducted in July 2009.

38 young mums visited the drop-in over the period March to July 09 .I set aside 20-30 minutes to sit with the women whilst they completed the questionnaires (1 needed help as low levels of literacy) and also then explained the consent form and the purpose of the questionnaire. The age of the parents that filled them in ranged from 16-24 years, with some living with partners, to one parent who is in a mother and baby foster placement. Some parents had been attending the groups for a year, whilst others had only just started attending.

18 parents completed the forms.

Question 1. Have you attended any of the short courses run by Sussex Downs College at the Young Mums Group?

16 replied Yes, 2 (who are new members) No.

If Yes which ones? The list was comprehensive to include:

- Pediatric First Aid 5
- Healthy Cooking /Cooking on a Budget 8.
- Managing Anger 11.
- Assertiveness 4.
- Child Psychology 7
- Introduction to Beauty Therapy 4.
- Introduction to Midwifery 1.

Question 2. Have these courses inspired you to go further with your education or employment?

11 said Yes.
2 said No as they had not attended any sessions.
2 said No as currently pregnant.
3 said No, as not ready to do so.

Question 3. Are you aware of our partnership with other agencies regarding return to employment or education?

All 18 said Yes.

Question 4. Have you used this service?

10 said Yes.
1 said No as over 19 and service not available to them.
1 arranged course themselves through college.
1 already working.
4 Said No as not ready yet.
1 said No, but would like to (new to group and had not have opportunity).

Question 5. How has coming to group given you the opportunity to explore and move forward with your future goals with regards to work and education?

For those 7 not engaged in education or employment (due to not feeling ready all said that coming to group, had helped and given them the confidence to know where to access the information and support for when they do feel ready.

1 young mum is already working. 10 parents as a result of attending connexions through the group setting had all found courses that they wanted to pursue in September 09. One young mum said, "I have been inspired by other group members to pursue my goals. I am as a result starting an Open University course in Criminology in September 09. By using the Connexions service I was made aware of the adult learning grant. This has paid for the course which I otherwise would not have been able to afford".

Another young mum who is only 17 and has 2 children said "By meeting Connexions pa I have been able to achieve my academic goal. I have been on an entry into employment course, and in September am starting an Animal Care course at Plumpton College, which will lead onto Animal management, and finally a degree in Veterinary Sciences. I had help with funding childcare".

Question 6. Has using the group's crèche facility given you the confidence to leave your child in other child care settings in the future?

17 said Yes.
1 had not used the crèche at that time.

Question 7. Are you aware that we provide free condoms, Chlamydia screening and a pregnancy testing service?

All 18 said yes.

Question 8. Have you used any of these services and tell us about your experience?

6 said No citing that they have not needed the service.

12 said Yes. This was broken down into:

- 3 who have condoms only and feel it is good to have access to them and saves money.
- 9 had used the pregnancy testing service (not necessarily within the time scale of the evaluation) 7 of these also received their condoms from the groups.
- 3 had used the Chlamydia testing service.

The consensus of opinion was that this service was "discreet" delivered in a "friendly and helpful way" and staff "excellent, supportive and confidential". They all thought that it was an important service.

Question 9 Have you attended any of our cooking/healthy eating sessions?

16 said Yes.

2 said No.

Question 10. If Yes, do you take home the hand-outs from these sessions?

15 said Yes

Of the 2 who have not attended one said No

1 said No even though she has attended these sessions.

Question 11. Have these sessions inspired you to make changes to your meals at home?

12 said Yes

2 did not attend sessions.

4 said No.

Question 12. If yes, please state how?

A variety of reasons ranging from now having the confidence to cook from scratch and setting aside more time to cook. One young mum said that she even knows now how to chop up an onion. They have tasted new flavours, many becoming family favourites and some found financial benefits. 2 young women used the ideas for weaning their babies.

3, who answered No to Question 11, said that they already cooked healthy meals from scratch, and 1 said that she would use the ideas when she lived independently.

Question 13. As a result of sessions at the group, do you feel that you have a better understanding of your own fertility and sexual health?

15 said Yes.

3 said No, but they had not attended these sessions.

Question 14. If you had a mental health or drug issue, would you feel confident to speak confidentially with a group worker?

17 said Yes, with 2 of those saying that they had used this service and found it very helpful and supportive.

1 said No.

Question 15 How frequently do you use the young mums groups, and what difference do they make to you?

All 18 said that they attend weekly.

Themes ran through the women's answers, mainly of making new friends and the routine that attending groups gave them. 10 of the women also cited the importance of the crèche, knowing that they could leave their child, feeling confident of their safety, and the widening of horizons for their children, who were socializing themselves, and making new friends, and learning new skills.

A constant theme was meeting up with other women who have been or currently are going through the same situations, and the peer support that they give to each other. This came out strongly with the issue of Domestic Abuse, and Mental Health issues, and I continue to be amazed at just how honest they are in sharing their experiences with each other. Here are some of the women's quotes from the evaluations:

"I come every week, and I have met new people. I would not be going to college if I did not come here. I moved into the area and knew no-one, and sat alone with my baby in my flat for 4 months. I was very badly depressed and isolated. It was the worst time in my life, and I felt unsupported. My midwife put me in contact with Lucy Stuart, and I started coming to groups.

I now feel almost back to my old self, and have the confidence to speak to new people. Coming to group has been a life saver for myself, and my children, who have made friends."

"Group completes a perfect week. If it wasn't for group I wouldn't have made lots of friends. I live in a rural area and would have felt very isolated."

"Nice to have time to be with other young mums. To share experiences and to be supported, and to be supportive.

"The groups have made a real difference. I would be at home alone if it wasn't for this service. It's lovely to have advice and support from other mums".

"Meeting new people. I moved from London and knew no-one, but as a result of the group I have made lots of friends, as has my son, and it has enabled me to fulfill my ambition to become a teacher."

"Without these groups I would not be able to cope with being a mum. Good to make friends with other young people going through the same things."

"I have made friends, socialized for myself and my children. I had a great amount of support through a domestic violence issue and through this support I was able to move away from the situation and begin a new and happier life"

Sexual Health

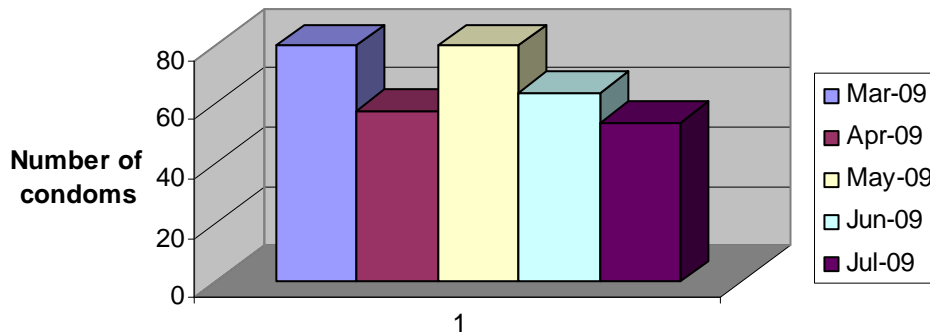
Between March and July 2009 we distributed a total of 336 condoms, broken down into:

- March 80
- April 58
- May 80
- June 64
- July 54

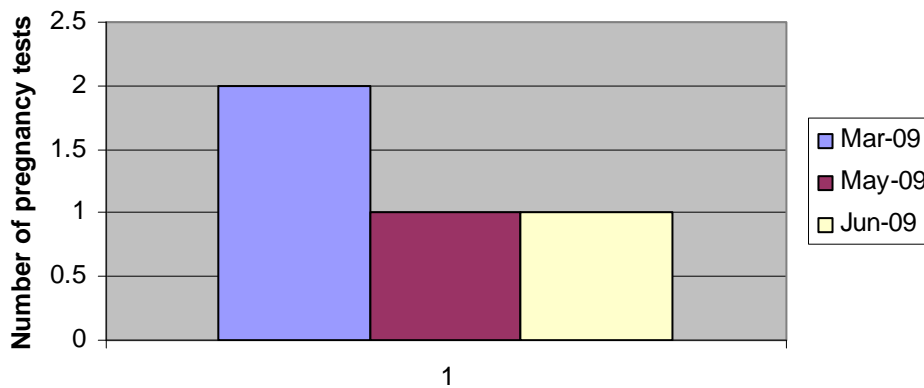
There were also 2 Chlamydia tests done in March and 1 in May.

4 pregnancy tests were done over this period, with 1 being positive and 3 negative.

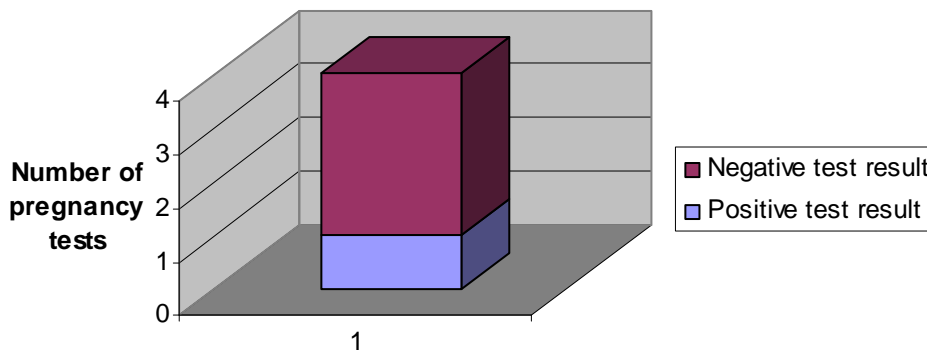
Figures for condoms distributed by the Young Parents Team to young parents under the age of 25 in the Lewes District, from March to July 2009.

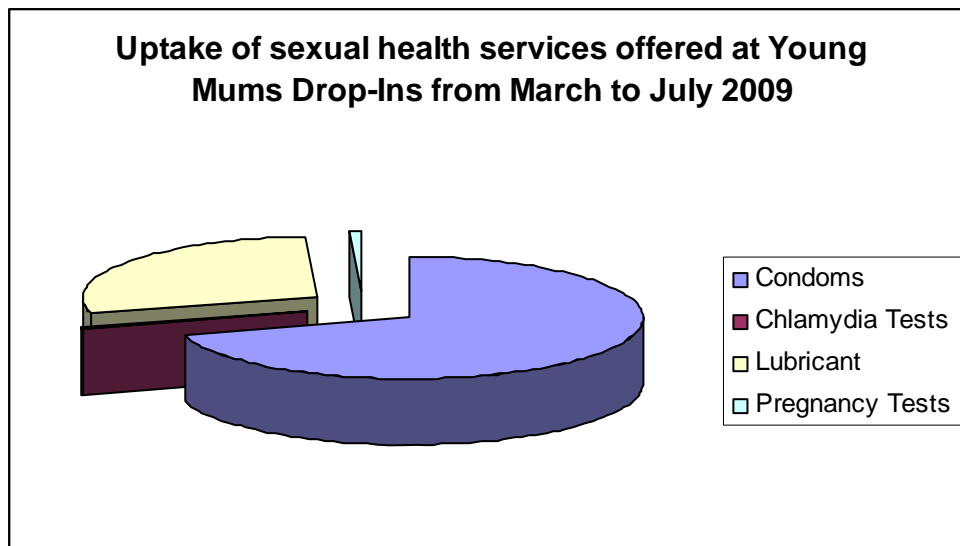


Number of Pregnancy tests taken by women attending Young Mums Drop-Ins from March to July 2009



Results of the pregnancy tests taken by under 25s at the Young Mums Drop-Ins, between March and July 2009





Case Studies

Louise Payne Targeted Personal Adviser CRI Connexions, has been attending group sessions (and also Home Visits) to service users from late 2008, and her involvement in the groups, has had a marked impact on service users uptake on college courses and returning to work. As part of the evaluation she has forwarded me her data on clients that attend the drop-ins. All have been referred by the young parent's service. I have removed their names to protect their identities.

Case 1. A "Initially I worked with A to reapply to Sussex Downs to re do her GCSEs .She then changed her mind and we applied to Plumpton College .She has been interviewed for an Introductory Diploma in Animal Care at Level1, and had been offered a place for September 2009 .In the meantime, we worked towards an application for E2E , and A is currently doing a course at Ringmer College in Music Promotion, which is a level1/2 course .I have also helped with housing benefit issues, and accessed Care to Learn money, so her children have joined a local nursery. We have also applied for EMA money, and as she is in receipt of this, applied to the Frank Bottle Trust, and she was awarded a washing machine, so she has moved on in economic well- being as well."

Case 2. B "Initially approached to do the Parents with Prospects course run by CRI Connexions, in Eastbourne in February 2009. B consistently attended this course, and has got to know other young people and has participated well and grown in confidence, which has resulted in her applying for the Access course at both Sussex Downs College, and Brighton City College .After a successful interview, she has been offered a place on the Access to Teaching course at Brighton, and they are assisting her in improving her grade at Math's GCSE. This course starts September 2009. In the mean while, she has currently been doing the E2E Music Promotion course. I gave her support in getting her child into a local nursery and also worked with her partner in accessing money for books etc for the course that he is on.

Case 3. C"Initially began working with her and enrolled her on the Busymummys home study course, mentored by myself. She also began the Parents With Prospects course in Eastbourne .C was interested in working with children, so I helped her apply for Childcare Level 2 at Sussex Downs College. I also put her forward for the Apprenticeship in Childcare at Heathercroft Training Services, for which she was offered a place. I have also arranged a work placement for her at a nursery in Peacehaven .I also supported her with income support, and housing benefit problems."

Case 4. D “Introduced to me by Lucy Stuart in March 09. Worked with her to access benefits, especially Healthy Start and Income Support. She initially did Busy Mummies course, and then attended Parents with Prospects in Eastbourne. Also working with her on a 1:1 parenting programme. “

Case 5. E. “Working with her since March 09. She has been attending the Parents With Prospects course in Eastbourne, and with my support has applied and been given a place for September 09 at Plumpton College to do the Dog Grooming Course .She also had an interview for an Introductory Diploma which she declined to attend. I am also working with her on a 1:1 Parenting programme”.

Case 6 .F.” Started working with her in May 09. Initial work was to ensure that she had the right benefits as she was not in receipt of Income Support, Child Benefit or Child Tax Credit. This now resolved at the job centre. Also worked with her to apply for Teaching Assistant posts, and have linked her with Learning Support at Sussex Downs College. Also have got her work experience at Ovingdean School for the Hearing Impaired, which she should start in July 09. Have also arranged the CRB checks to enable this to happen.”

Case 7. G.” Only just begun to work with her as due to leave school in summer 2009. I have taken initial assessment, and looking for her to undertake the Opt In course at Brighton City College.”

Case Histories Lucy Stuart.

Case 1. Rachel

How Rachel met other young mums in the area through a Lewes District Children’s Centre and is planning to return to college.

“When I was about 7 months pregnant my midwife told me about the Drop-in for young parents at the Children Centre. I went along but I was a bit nervous as I thought that it would all be older mothers. I was completely wrong because there were lots of young mothers like me, and I haven’t stopped going since! Everyone is so down to earth and we all have a really good time. I also like talking to people in the same situation as me because we have so much in common. I met Lucy when I first arrived and she introduced me to everyone-I’ve made so many friends it’s unbelievable.

Initially I thought that I was the only young person to ever get pregnant, and it wasn’t until I went along to the children’s centre that I realized that there were other people just like me.

When Charlie was born I was desperate to show him to everyone! They all love new babies and all want a cuddle. Going along to the group is great: it’s a chance to have a drink and relax a bit, but it’s also a brilliant time to catch up with my mates.

Every week we get to learn about everything from Housing to Child Psychology. We get to talk about all sorts of stuff at the group. At the beginning of term Lucy gives us a range of topics to choose from and we get together as a group to work out what we want to do. That way we get to discuss everything from beauty therapy and contraception to housing and relationships. We do a different topic every week-it’s really good.

I’m very lucky because I am best friends with my mum, but I do have friends who don’t have that kind of bond. For them the group is extra special because it means that they’ve got people that they can talk to. In fact, we’ve all become part of everyone’s family-we know everything about each other. But what’s said in the group though is kept in the group- it’s all confidential and we all trust each other.

Charlie loves coming to the children centre and playing with the other children .When I go into the young mums group, he goes into the crèche. He's built up a good relationship with Sue the Crèche Supervisor. He can also go in the crèche when I go on any courses- so far ive done courses in Health and Safety, Beauty Therapy and Cooking on a Budget. I got pregnant when I was at college doing Dance and P.E. so I had to leave but I am planning to continue my courses this autumn. In the meantime I have been on a series of short courses for young mums which have been funded by Sussex Downs College. I've done ICT, Cooking, Internet Development and Child Psychology. The staff here at the children's centre have talked to me about going back to college, and really encouraged me, but they wouldn't force anyone to do anything they didn't want. They've given us little tasters each week of what it'll be like which is really good.

Everyone at the young mums group -the staff and all my friends - gave me the confidence to believe that I could get through the first few years of motherhood. They don't tell you what to do, but they do advise you and they recognise that, at the end of the day, its your child and that you know best.They are the ones who give you the ingredients so that you can actually do it".

Case 2. Kym

How a young mum and her partner were both helped back into education by the Children's Centre.

"I started coming to the young mums group in June 2008 and have been coming every week since .I love the people there and the fact we all support one another, especially Lucy and Sarah.

I have recently gone back to college to study Accounting, with a bit of help from someone from Connexions. They told me about the Care2Learn scheme, which I qualified for, so she put me in contact with the right people. Without her I would not have gone back into education.

My partner started University in September 2009, thanks to a little help from the Children's Centre running a Pediatric First Aid course that he was able to access. This helped towards his application and success a gaining a place to Train as a Para-Medic at University.

Lucy, Sarah and all of the crèche staff have played a big part in mine and my son's life in the past 15 months. They have given us something to look forward to in the week and have helped me to meet new people".

Case3. Sheri

How a 16 year old is coping with motherhood and preparing for her future, thanks to Lewes District Children's Centers.

"When I first found out that I was pregnant, I was a bit off the rails and I just didn't know what to do, but someone put me in touch with the Teenage Pregnancy worker, who introduced me to Lucy Stuart and Carol Lee (Additional Support Midwife).They both work with the young mums at the children's centres.When I went along the first time I met another girl in the reception area and we got chatting straight away.It was such a relief to know that I wasn't the only one to feel like I did and now have made some good friends. I get on really well with Lucy-I can talk to her about anything and everything-and it's made a real difference to my life.

I've been going to the Young Mums group at one of the Children Centers since before Rialle was born.Its on Fridays and you can just drop in , which suits me.Carol Lee, my midwife, suggested that I went along at first and im glad she did because ive made some

good friends. It's better to be friends with other young mums now because other people of my own age without a baby want and need different things.

We do lots of different activities and we recently did a Healthy Cooking Course. I've also done a Beauty Course and one on First Aid for Children and Babies and I received a certificate for both. I enjoy going on the courses and there's a really good crèche there so I know that Rialle is happy which means that I can concentrate on the course itself. It's also nice to get out of the house sometimes.

I was doing my GCSEs when I discovered that I was pregnant, so I left school in the April and had home tuition till exam time. I did some of my exams at school, and then when Rialle was born, I took some at home. The invigilator would stop the clock so that I could breast feed Rialle and then, when I'd finished the feed, I'd get on with the exam again! At the moment, I am at college: I've just taken AS Levels in Photography, ICT and Math's. I found the Math's pretty hard though so next year I am going to drop that and do Media and Finance instead. I'd really like to go to university and do a degree in Photography, if not I want to get a job in photography.

I can really talk to Lucy and have one-to-one confidential chats with her about any problems. A while back I did have a couple of important issues that I needed to sort out and she came round to my house to talk to me about the options that were open to me. She also told me about the CSA and the courts and said she could put me in touch with solicitors if I ever needed her to. It's good to know there is someone out there like Lucy because so often it's difficult to know where to start and who to turn to.

Having all the facilities under one roof has been good, particularly for someone like me who is a bus ride away with a small child—it means that I can go along, see the Midwife, or the Health Visitor and have a chat with my friends. The alternative would be having to go to lots of different places and never really meeting up with other mums. In fact, I was in a session when my waters broke so all I had to do was go to the room next door to the midwife who checked me out—it was very handy!"

Case 4. Gemma.

How a past service user benefited from her time at Young Mums.

I joined the group in September 2004, just before my daughter's first birthday. I had no self confidence and didn't have any friends in the area as I hadn't lived in Peacehaven for all that long and I had been to school in Brighton. I generally spent every day at home with my daughter, whilst my then partner was out at work.

I heard about the group through a health visitor who suggested it would be a good idea for me to come along. On my first day she came with me. However there was really no need once I had arrived. The group was a lively fun place, with lots of mums, most of who were in the same situation as myself and above all it felt very welcoming and relaxed. The group wasn't a place where I would be judged or criticized and it was totally up to me how much or how little I joined in the activities.

Within a couple of weeks I had made many friends and my daughter and I were starting to socialize outside of the group with other mums and their children. The group, mainly Lucy Stuart, helped me through the next 4 years of coming to terms with my abusive relationship and giving me support, advice and a friend when I decided to leave.

The group gave me friends and a safe environment that I felt I could talk about and air my problems without feeling ashamed or embarrassed. I got my confidence back and the ability to believe that I was still a person after all that had gone on.

During my time at the group we enjoyed many different activities and education sessions. My favourites by far was a course run by Rosie Francis, of Sussex Downs College. She came in and gave us all an Introduction into Beauty Therapy. We learned how and why we get break out of spots, how to have a good skin routine at home, how to apply simple day make-up, and we watched a demonstration on shaping eyebrows. I loved every

second of our course and it got me thinking about my future. I wanted to do something that I was good at and that I enjoyed, that I could use to make other people feel good. So I applied to Lewes College for their adult education courses. I was told I could try for an interview for the Beauty Therapy NVQ2 adult course. I couldn't wait to tell everyone at group I had applied, but I decided to wait until I knew I had passed the interview. The interview day came and I got my place! I was so excited. I finally had a goal after all the bad things that had happened. I remember telling everyone at group the next Friday, the excitement there just confirmed to me everything I ever thought. Group truly cared for every one of us as an individual and I was proud of myself for the first time in years. I left group in November 2008. It was a very emotional day. I was sad to be leaving due to me being too old to attend, I will admit I was a little worried and scared about life without group but I need not have worried at all. The confidence I had regained whilst at group and the knowledge that listening to many of their visitors gave me, I now believe im strong enough to believe in myself. I also have many happy memories of my time at the group. The laughter that echoed around the room almost every Friday, the trips out with the children and the activities we all did as a group are fond memories. Today I am now in my second year of college and due to graduate in April 2010. I feel confident and happy and although life continues to throw obstacles in the way, with the knowledge I gained at group and the army of friends, I know that nothing will ever put me back in the dark place I was when I first walked through those doors 5 years ago. I hope the young mums group continues for many years and gives other young mums and their children the start it gave me and my children. Without the young mums group I would still probably be sitting indoors everyday wishing there was someone who knew how I was feeling. I owe a lot to Lucy Stuart and the young mums group and I hope they all know how much I appreciated everything they did for me."

Discussion of Results.

The results demonstrate that as a service we are reaching out and engaging with a very vulnerable priority and excluded group.

The evaluations have shown that we are meeting our intended outcomes of assisting these women in becoming more confident as both women and mothers, that they feel part of a supportive net work, that they have improved mental health and emotional well-being, and are encouraged and supported to achieve long term goals in education and work, with the future outcomes of achieving economic well being. They also highly valued the strong supportive networks they formed within the group settings with each other.

By offering a multi-agency service, and by bringing outside agencies into the centre setting, we are removing obstacles that could obstruct change in the future. The women state that they feel comfortable to ask for help, and are also feel secure in being referred onto other agencies.

One parent in the evaluation felt encouraged to explore her educational prospects, simply because she was in a situation with other women who were doing the same.

Many of these women have been non-school attendees, and education is an extremely daunting prospect. By bringing in the short courses by Sussex Downs College, their confidence has increased enabling them to see themselves as mature women and mothers, rather than adolescents, affording them greater respect from the lecturers. This enables them to leave behind the negative connotations of earlier educational experiences, re-evaluating their potential as women able to achieve their own personal goals.

We have also been working with a local secondary school, as part of their Sexual Health module for Year 10, taking the youngest of our mums into school with their children to talk about the realities of being a young parent.

Over the period encompassed by the evaluation, we covered in the programme sessions on Anger Management, Healthy Cookery from Sussex Downs College, and a session on Sexually Transmitted Infections by the Specialist Midwife Additional Support. Within the programme, we always ensure that Healthy Cookery sessions, and sessions on fertility and sexual health and covered.

The provision of free Condoms, Chlamydia testing and a Pregnancy Testing Service at groups, helps to prevent unwanted pregnancies and sexually transmitted infections, but if a pregnancy is confirmed, the easy access to the test means that the pregnancy is usually at an early stage, giving the young woman more time to explore her options, in confidence with group workers, who are trained to offer this service in a non judgmental way and directly refer onto the Specialist Midwife Additional Support.

The importance of the role of the crèche was greatly highlighted in both the evaluations and the case histories

For many it is the first step in their Childs independence, re-assuring them that they can be left in child care settings safely whilst they attend courses or return to work. The children enjoy socializing with others and exploring new experiences that the setting can offer (especially the chance to play outside when many of our children live in flats).

There is much evidence from the report from the women to show how highly they value the importance of the crèche in achieving their goals, from simply being able to concentrate on a short course, to giving the time to explore more personal issues with a worker. For many service users, this is the only time that they have time to focus on themselves during the week.

The results show that as a service we are achieving in assisting our young mums to achieve Economic Well Being and Being Healthy within the Drop-In settings.

An added benefit of their increased confidence is the number of young mums who are joining the parent forums, allowing this minority groups voice to be heard in the development of the service as a whole.

We also have a Volunteer who was originally a group member, and has returned as a volunteer, imparting a huge amount of valuable experience and knowledge to the women, as well as being a strong role model of how to overcome extreme adversity in your life and become a successful member of the community.

Recommendations.

Within our service there is still room for improvement, and we continually strive to offer this very vulnerable and excluded group the best possible service.

There are always more services that we can link in with (for example in September09, we have Jane Cleary specialist Midwife from Birth Stories-(specializing in women whose mental health has been negatively affected by pregnancy or birth,), who will be offering young mums a chance to de-brief their birth experiences, following on with a piece of written work which will be forwarded by Jane to the Midwifery unit Brighton and Sussex University Hospital.)

Through the evaluation process, it has also been highlighted, that there are at present no sessions on substance mis-use, and after consulting with the service users, this will be offered in future programmes delivered by the Drugs Awareness Team

The evaluation also reinforced the importance of offering the same sessions at the two localities, and without removing the empowering effect of letting the sessions be peer-led, to ensure that certain topics are almost on a rolling process.

Conclusion.

We have successfully worked for the past 5 years during which time the service has expanded to incorporate the Lewes Children's Centre in a multi-agency , integrated way and as the programme expands we will need to engage with new partner agencies, depending upon the need of potential service users.

The evaluation has been a positive experience for the Young Parents Service, as it is vital to look at your service in an objective way, and to hear the voices of the service users, partly to continue with the good practice that this process highlights, but also to give voice to the young mums, (an often unheard section of society) in the fashioning of a continually improving service for them.

Doing the evaluation has made me to reflect on the success the service has in the achievements of the young women in returning to education or employment.

Because of the vulnerable nature of the client group, much of our work is reactionary and this has allowed reflection on the long term achievements, and given personal space to acknowledge my own personal achievements, in what is a very demanding role, when often the day to day challenges obliterate the ability to savour the long term success of many individual clients .I also positively promote our good practice and share the experience of my role with other practitioners.

However it has also highlighted that due to uniqueness of my role within Children's Centers that the service could be very exposed and vulnerable to any change of staffing, and my ability to meet the expectation of continually expanding my role.

I was also made aware of the large numbers of condoms that are given out at the groups, and pleased to note that of the pregnancy tests done over the evaluation period, 75% were negative. This gives a clear indication, that our attempts at preventing second and subsequent unwanted pregnancies , is having an effect, and from now on, we are recording pregnancy and Chlamydia tests in a different format, so that we can divine the areas of most uptake for this service.

It should also be mentioned that although we have used the term Young mums throughout s evaluation, much of the work and many of the participants of the Drop-ins are pregnant with their first child.

All in all the evaluation process has been a positive one and I hope will reflect on the dedication, imagination and devotion of staff to the client users.

References

Confidential Enquiry into Maternal and Child Child (CEMACH). Perinatal Mortality Surveillance Report. (2007) D.O.H.

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Report on Perinatal depression/anxiety support groups in Hastings and Rother in Autumn 09
Sarah Hanshaw Specialist Health Visitor-Perinatal Mental Health

Perinatal Depression (PND)/Anxiety Support Groups

The aim of such provision is to provide a semi structured programme using cognitive behavioural and coping techniques as well as peer support in line with NICE Guidance for ante and postnatal mental health (2007) It is based on an evaluated model (Milgrom et al 1999) and is co-facilitated by the Specialist health visitor – Perinatal mental health and a counsellor from Afterthoughts, the Children’s centre based counselling service. We receive monthly supervision from a Primary Mental Health Worker.

The groups have been offered in two areas to address the needs of Hastings and St Leonard’s (H&St L) and the rural area. Two groups have been run this term with a total of 12 women attending (6 per group). 20 women expressed an initial interest in attending the group following referral with eight of these not confirming or actively cancelling their places.

Referrals were received from health visitors, midwives, Mental Health in Primary Care, Family Outreach service and self. Referrals from the Hastings and St Leonard’s area were higher and we needed to accommodate clients from North St Leonard’s into the Battle group by accessing Children’s Centre funding for support with transport.

Attendance numbers and commitment to the groups was strong this quarter, with only one person leaving a group.

Personal evaluations at the close of the group have been overwhelmingly positive and encouraging. Only 1 negative view was expressed about what could be done differently and this was from a client who commented that she found it a little difficult being the only person who was pregnant in the group. 2 out of 12 women mentioned that they would like the group to last longer (10 weeks instead of 8). Comments about what was useful in the group fell into 3 categories: all attendees reported the value of meeting/talking with others and a sense of not ‘being alone’ with feelings. Other positives mentioned were about specific self help exercises worked through in the group and an improved/refined sense of their own particular ‘issues’ to explore further or a greater sense of understanding.

Measurable outcomes using the Hospital Anxiety and Depression Scale (HADS) show significant shifts towards mild and normal depressive symptoms by the end of the group. Anxiety symptoms were higher than depressive symptoms at start and also show a significant shift downwards. No clients left the groups experiencing severe symptoms of either anxiety or depression. (See Figures 1 & 2)

Other outcomes of the groups are the continued contact between members after the groups end with an accessing of other mainstream activities (commonly not happening prior to attending the support groups). Experiences of bereavement, abandonment as a child, domestic abuse, birth trauma and having a child with special needs have been shared within these groups, commonly for the first time and relief at being able to express feelings of loss and guilt has been reported to have been beneficial. A third of clients have gone onto access one to one counselling. A willingness of clients to travel across children’s centre boundaries to access the groups continues and evidences a meeting of specific needs.

Figure 1: Anxiety at start and close of course using HADS (Snaith and Zigmond 1983)

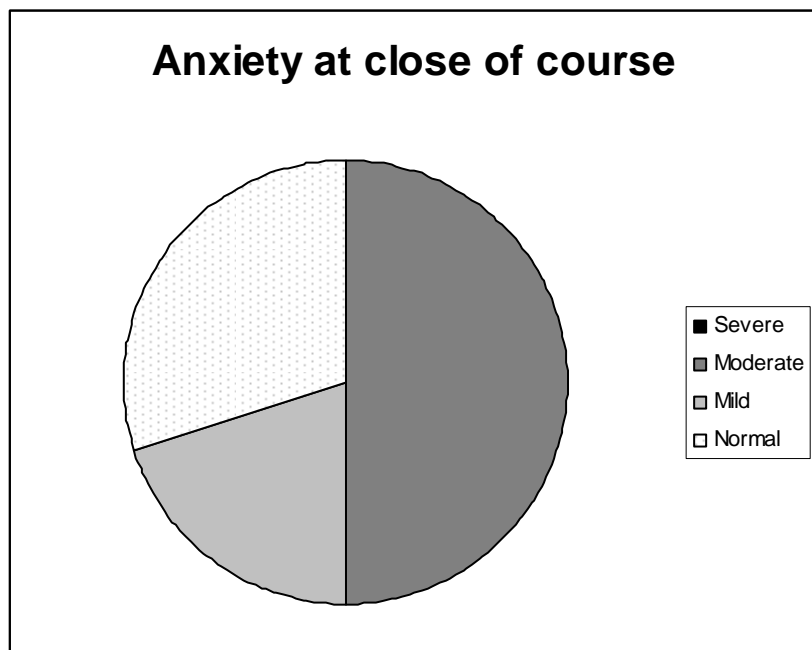
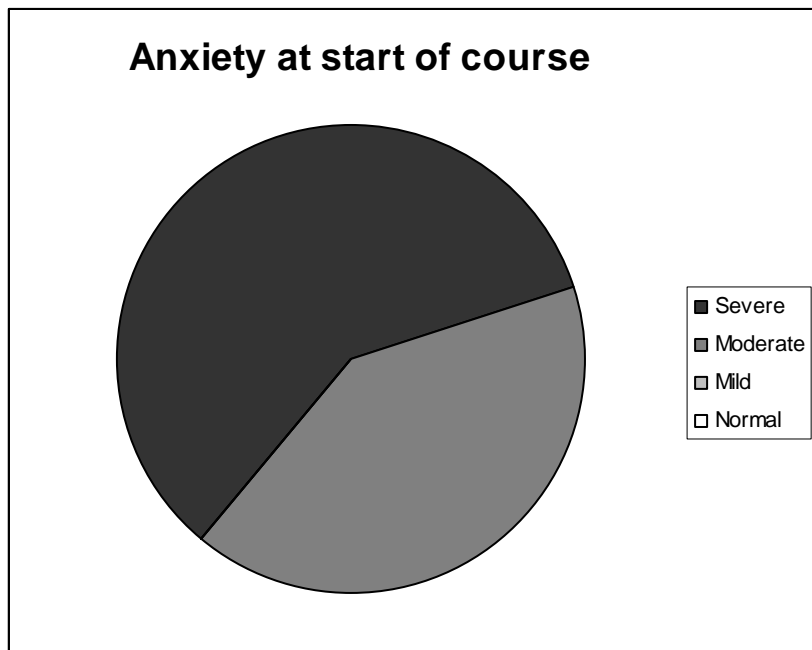
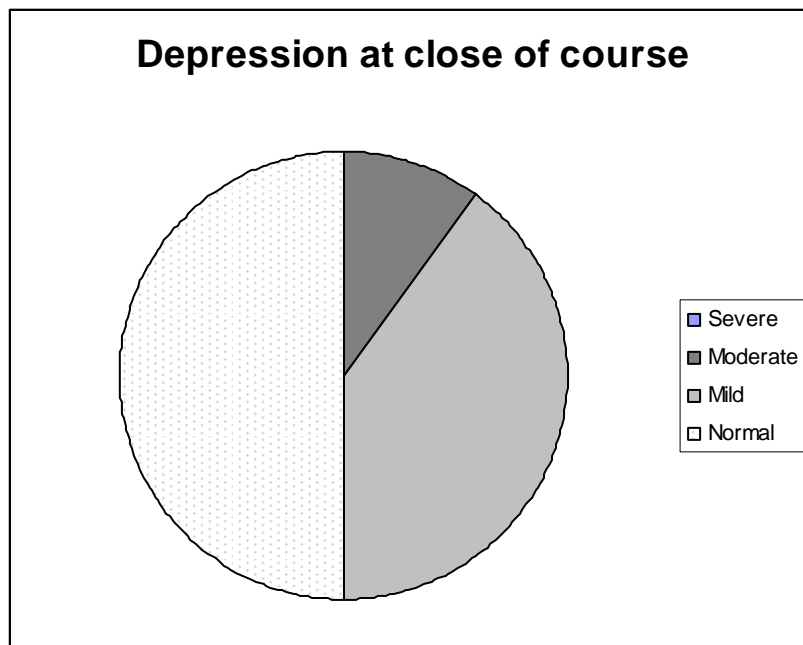
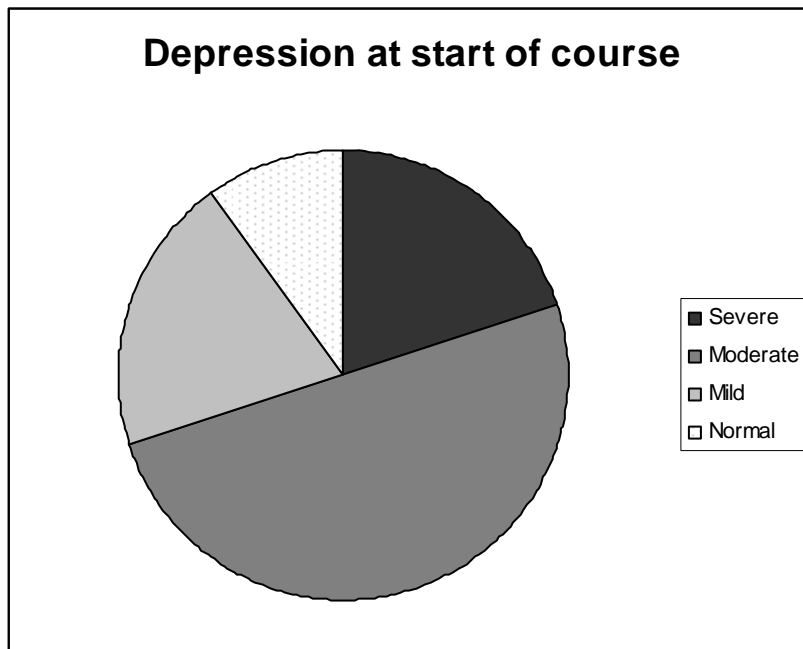


Figure 2: Depression at start and close of course using Hospital Anxiety and Depression Scales (HADS) (Snaith and Zigmond 1983)



Case Study

Natalie is a twenty five year old mother of two. She was referred to the support group at the end of August 2009 by her health visitor who made reference to this mother having suffered from depression after the birth of her first child, a son 8 years ago who has special needs and that this mother was hoping to find coping strategies for depression. The Specialist health visitor arranged an introductory/assessment visit a week later.

As a result of this visit a much fuller picture of Natalie's difficulties was gained. She confirmed that she had been feeling overwhelmed, guilty and tearful following the birth of her second child a daughter in June 2009. She told me that she was finding it difficult to relate to her first child since then. She had suffered two miscarriages the previous year in quick succession (one with twins) and thought that her low mood was linked to this. At the time of the visit Natalie was on crutches after suffering a deep-veined thrombosis picked up two weeks after the birth. As I told Natalie about the support group her interest was apparent verbally and visibly. She told me that she had very few outlets to talk about how she was feeling citing just one friend (and not her partner) that she was able to talk to occasionally. She was keen to meet with other mothers in a similar situation. At the outset Natalie's depressive symptoms were severe and her anxiety symptoms were moderate.

The Hastings and St Leonard's group was already oversubscribed but I was able to accommodate her onto the Battle support group commencing in September. She lived in North St Leonard's. Initially Natalie was adamant that she would be able to get to the group by her own means despite being on crutches and unable to drive.

On the morning of the first session I received a text from Natalie saying that she was not able to attend due to transport difficulties. 10 minutes after the start of the first session Natalie arrived explaining that she had persuaded her sister (who was going to be subsequently late for work) to give her a lift because her partner's shift pattern had changed at the last minute. As facilitators we were impressed by Natalie's determination to attend the group, particularly as it is usual for member's to have high levels of anxiety prior to attending the first session. It was clear, however that Natalie would struggle to get to further sessions because she had no means of transport and was at the time disabled.

At my request Hastings and St Leonard's Children's Centre agreed to fund a taxi to assist her attendance. If this had not happened, Natalie would have faced a wait of 3 months for the next support group. Natalie attended all eight sessions as a result of this assistance and her own commitment.

When Natasha first attended the Friday group she seemed quite closed and guarded. She was emotionally quite childlike. She was struggling and in a lot of pain emotionally and also physically.

She avoided going out. Preferring to stay in and clean obsessively. Her relationship with her partner was very strained. She avoided any form of emotional contact or connection with her disabled son as she found it too painful. She also had a young baby to care for. She was very isolated and in a vicious circle.

Attendee's receive a journal at the start of the groups and are encouraged to keep notes each week of their feelings and thoughts.

By the third week this client was sharing poetry that she had started to write, with another attendee. She reported that she had started to open up to her partner about how she was feeling and had even applied the relaxation techniques she had learned in the group with him!

Natalie went on to talk much more in the group about how profoundly the traumatic nature of her first birth, when she was 17, and her son's subsequent disability affected her, both then and now. She made the connection that she was grieving over this birth experience and that the catalyst had been the birth of her second child this year. She disclosed that she had never talked to anyone before about these

feelings and had been carrying them for 8 years. In this context it was understandable that her relationship with her son was affected. During the run of the group her son displayed some very challenging behaviour. She had attempted to contact the school to ask for support with this without success. With Natalie's consent we were able to contact a specialist nurse and facilitate ongoing behavioural support with her son.

A big step for her was the day that she chose to bring in photos of her disabled son to share with the group. At first she was cautious. Due to the support shown by the group her face gradually filled with pride and she cried. This was a massive step for her and a move towards a new awareness of her relationship with her son.

Natalie's own childhood experience was characterised by dysfunctional family dynamics continuing to this day. Natalie became more aware of the extent of her current coping strategies for anxious feelings which were obsessive compulsive in their nature and her ongoing difficulties with body image. She was able to explore her childhood in a supportive environment. She became much more assertive.

Her self-worth started to grow. She began wearing makeup and taking pride in her appearance.

She had used her baby as a bit of a crutch, never leaving her. By the fifth week she was able to leave her in the crèche and safely regain an amount of sense of self.

She described how she was implementing things learnt during the group into her home life. She was able to talk more easily and openly with her partner. This helped to create a better understanding. He was then able to be more supportive. Family life was getting better. She said she was starting to have good weeks and was much happier. As were her children.

Natalie explained with a smile how she was cleaning less and playing with her children and socialising more. She was clearly gaining a lot from the group, its teachings and things other members had shared.

She explained how she was eating better. Initially she expressed lots of self destructive, obsessive tendencies. As the weeks progressed these were lessening. She was becoming a lot kinder to herself. She had become more accepting and more at ease.

She gained more confidence during the course. At first she found it hard to leave the house. One week she expressed that on leaving the group she was going to do a food shop, by herself with her baby. This was a huge thing for her as she had never been able to do it before.

The group provided Natalie with space for herself. Her level of self awareness has grown immensely as has her confidence. This has allowed her to break out of a painful cycle into a much easier, more manageable place. She is now able to be more of the person - Mum/Partner that she wants to be.

Natalie's anxiety symptoms remained at a moderate level but her depressive symptoms had shifted from severe to mild in the course of eight weeks.

At the close of the eight weeks Natalie had decided that she wanted to go on and access counselling. She was made aware of referral options (as all clients are within the groups) and Natalie states that this is the first time in her life that it had been offered as an option. By the end of the day of the last session she had self referred and is due to start in January 2010. The following week all of the attendees were due to meet at one of their homes. Natalie was going to get a lift with another attendee who lives in the next road to her and with whom she has forged a particular friendship.

We will hold a one off reunion follow up with this group in early January as an opportunity for client's to review how they are a month after closing and reinforce support/coping strategies.

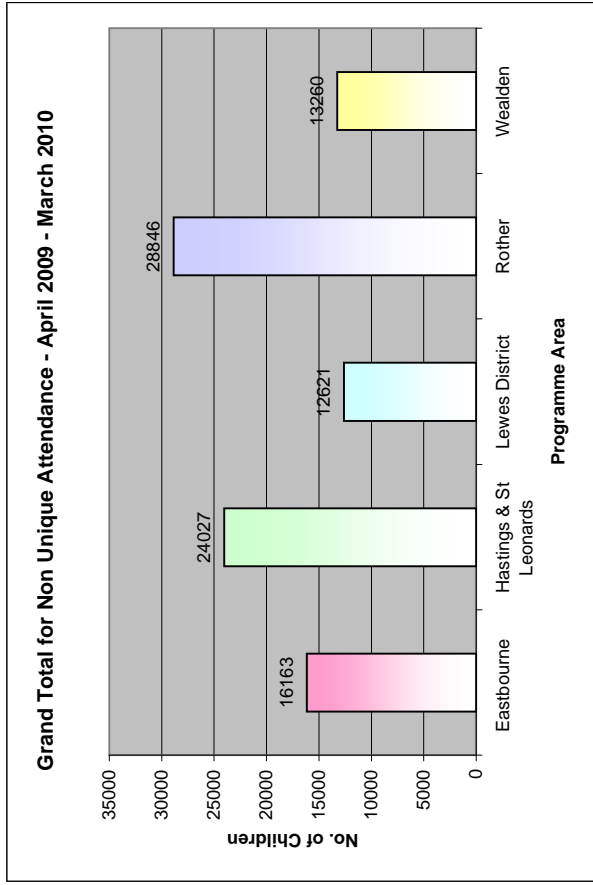
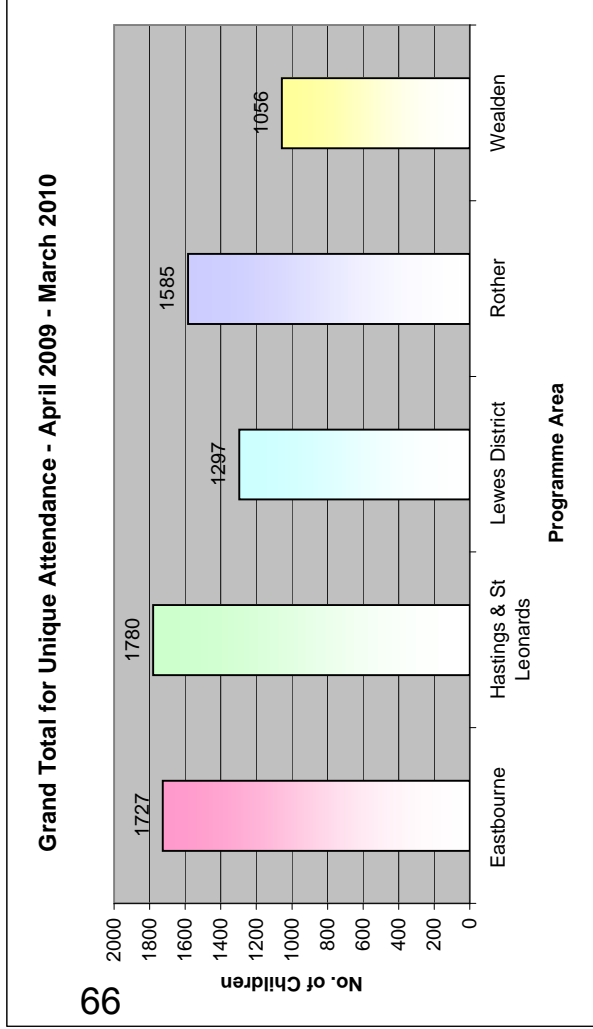
East Sussex - Attendance Totals

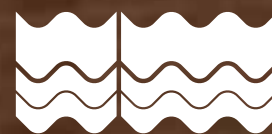
Number of children under 5 who have accessed at least one service - April 2009 - March 2010
By Programme

	Unique Att'd	Reach	Percentage
Eastbourne	1727	4239	40.7%
Hastings & St Leonards	1780	4745	37.5%
Lewes District	1297	2782	46.6%
Rother	1585	3217	49.3%
Wealden	1056	2180	48.4%
Grand Total	7445	17163	43.4%

Number of attendances (children under 5) - April 2009 - March 2010
By Programme

Eastbourne	16163
Hastings & St Leonards	24027
Lewes District	12621
Rother	28846
Wealden	13260
Grand Total	94917





Hastings & St Leonards Children's Centres

What shall we do today?

Your guide to local activities for the under-5s,
their families and for parents-to-be

SPRING & SUMMER 2010

Welcome



Welcome to our new look activities guide listing all regular Children's Centre activities as well as those organised by our partner agencies and those run by community groups in our town.

I would like to say a special thanks to all of those parents who have helped us design the new layout so that it contains much more information and is easier to use. I would love to hear from you if you have any comments about this design and any ideas on how we may make it even better, please see page 31 for how to get in touch. We plan to issue a new copy at the beginning of each new school term so please see back cover for details on how you can receive the updates. If you want to know about special events being held near you, please see page 11 for our free FUN ALERT service.

In the meantime, have a great summer!

Yours sincerely

Tracey Rose
Area Coordinator, Hastings and
St Leonards Children's Centres

Inside this issue

p04/ ADULT WITH CHILD ACTIVITIES

Details of weekly play & learn sessions near you.

p24/ FOR NEWBORNS AND BABIES

Details of Clinics and support groups in your area.

p26/ ECONOMIC WELLBEING

Help with finding work, Money & Debt Advice, plus Adult Learning Courses near you.

p29/ GROUPS OF COMMON INTEREST

Details of activities for adults and children in similar circumstances

p31/ HOW TO CONTACT US

Contact details for your nearest Children's Centre

WATCH OUT FOR Play-in-the-park



One of largest free play events in the South East takes place on the first five Wednesdays during the Summer holidays in Alexandra Park.

Key

To make it easy to follow we have set out pages by day and then in the order of the time the activity begins. Each activity has a series of icons to guide you:



In North St Leonards
Hollington, Tieklyn,
Mayfield & Robsack



The activity occurs every week in term time only (is not open during school holidays).



In East Hastings
Ore, Ore Valley,
Clive Vale & Old Town



There maybe a cost or donation expected to participate. Where possible we have shown costs.



In South St Leonards
Central St Leonards,
Gensing,
West St Leonards



We advise that you contact the organiser before first attendance, because some activities have waiting lists - Contact details for each activity are shown.



In West Hastings
West Hill, Town Centre,
Blacklands & Silverhill



The activity is suitable for (and limited to) children in this age-range



The activity is supported by Hastings & St Leonards Children's centres. Typically the activity is free and led by trained and experienced personnel.

Accuracy?

We have tried our hardest to make sure that the information is accurate and up to date. However we cannot give a cast iron guarantee that it is. Please feel free to contact us to check or to let us know of any errors. Thank you

Monday

9.00-11.00 WEEKLY / DROP-IN

Puddleducks Parent & Toddler Group

Drop-in & Play



Open on inset days that fall on a Monday.

Churchwood Children's Centre

Church in the Wood Lane,

St Leonards, TN38 9PB

☎ 01424 852367 (Nina Juden)

njuden@talktalk.net

9.30-11.00 WEEKLY / DROP-IN

Music & Movement

Drop-in and Play



A Parent & toddler drop-in supported by fully trained & qualified staff. As well as free playing we like to involve parents and children in musical activities.

Broomgrove Community Centre

Chiltern Drive, TN34 3PY

☎ Contact In2Play 01424 432742

info@in2play.org.uk

www.in2play.org.uk

9.30-11.30 WEEKLY / DROP-IN

Christchurch Ore Parent & Toddler Group

Drop-in and Play



Cost: £1.30 per family

Christchurch Church Hall

Old London Road, Ore, TN35 5LT

☎ 01424 424147 (Brenda Ford)

What is a Parent and Toddler Group?

A Parent and Toddler Group is an informal setting where parents, carers, childminders and their children can go to have fun and meet new people. Parents and carers remain with, and are responsible for, their children throughout the session. Most groups meet once per week for between one and two hours and welcome children from birth to school age.

Every group is different and it may take a few visits before you get to know the group and feel part of it. Sometimes the best way to get to know people is to get involved and offer to help.

9.30-11.30

WEEKLY / DROP-IN

PALS Drop-in

Play & Learn Service

Drop-in & Play



Parent and toddler drop-in and play session

West St Leonards Children's Centre

464 Bexhill Road, St Leonards, TN38 8AU

☎ 01424 423683 Ext 35 / 07807112487

(Claire Callaghan)

fsntinies@live.co.uk

Monday

Aquababes

The water Confidence course for babes and toddlers. See pages 5, 7 & 17

10.00-11.00

6 WEEK COURSE / BOOK

Aquababes +

Swimming / Waiting list

A water confidence course for both Adult & Child. Have fun in the pool, splash around, sing songs and socialise with other families. With qualified pre-school instructor.

Summerfields Sports Centre

Bohemia Road, Hastings, TN34 1ET

An Active Hastings & Children's Centre partnership project

For brochure and application pack call 01424 448143 or email: hsfcc@eastsussex.gov.uk

10.30-11.30

WEEKLY / DROP-IN

Once Upon a Story

Drop-in and Play



Storytelling develops speaking and listening skills and engages children through experience, language and imagination. The thrill of a live storytelling performance is to be transported to other worlds.

The Bridge

361 Priory Road, Hastings, TN34 3NW

☎ Contact In2Play 01424 432742

info@in2play.org.uk

www.in2play.org.uk



09.45-10.30

WEEKLY / DROP-IN

Mobile Toy Library

Broomgrove

Parent & Child activity



Families may borrow toys and play equipment suitable for under-5s. Encourages play that is free, unconditional and fun.

Broomgrove Community Centre

Chiltern Drive, TN34 3PY

☎ Contact In2Play 01424 432742

info@in2play.org.uk

www.in2play.org.uk

9.45-2.15

WEEKLY / DROP-IN

Tiddly Winks

Parent & Toddler Group

Drop-in and Play



No cost but donations welcome.

Oak Room

St Leonards Parish Church, The Marina

St Leonards, TN38 0BE

☎ 01424 435464 (Maurice Pastley)

serve_you_right@hotmail.com

Monday



10.45-11.30

WEEKLY / DROP-IN

Mobile Toy Library

The Sanctuary

Parent & Child activity



Families may borrow toys and play equipment suitable for under-5s. It encourages play that is free, unconditional and fun.

Sanctuary Housing Project

13-15 Priory Avenue Hastings TN34 1UH
 Contact **In2Play** 01424 432742
 info@in2play.org.uk
 www.in2play.org.uk

Monday

Swapshop

Good Quality clothes for girls, boys & adults, as well as toys, baby equipment etc. Simply bring items to swap!

Swapshop is a Monthly event held on Fridays between 11.30-1.00

Forthcoming Swapshops

4th June Broomgrove Community Centre
 Chiltern Drive, TN34 3PY

2nd July Robsack Community Centre
 Bodiam Drive, TN38 9TW

6th August Silverdale Children's Centre
 Perth Rd, TN37 7EA

For More details contact
 hastings.swapshop@googlemail.com

1.30-2.30

PHONE FOR INFO

Aquababes (Ladies)



Swimming / Waiting list

A water confidence course for Mother & Child. Have fun in the pool, splash around, sing songs and socialise in a female-only environment. With qualified pre-school instructor.

Silverdale Children's Centre

Perth Road, St Leonards, TN37 7EA
 For information call 01424 448143

1.30-3.30

WEEKLY / DROP-IN

Under 1's Drop-in Group

West Hastings Health Team

Drop-in and Play



Come and meet other new mums & their babies & make new friends!

Hastings Town Children's Centre

Waterworks Rd, Hastings, TN34 1RT
 01424 729470 Lisa Tutting and Becky Wrigley

10.45-1.45

WEEKLY / DROP-IN / JOIN IN

Summerfields Gymnastics Club- Under 5's Open Play

Drop-in and Play



Cost: £2.50 per child. Adults free
 Open Play sessions for under 5's!

Summerfields Gymnastics Club

Haywood Way, Ivy House Lane, Hastings, TN35 4PL
 01424 444615 (Emma Ballancore)
 emma@summerfields-gymnastics.com

Tuesday

9.30-11.00

WEEKLY / DROP-IN

PALS Drop-in**Play & Learn Service****Drop-in & Play**

Parent and toddler drop-in and play session

Red Lake Children's Centre

Brightling Avenue, Hastings, TN35 5DB

01424 423683 Ext 35 / 07807112487

(Claire Callaghan)

fsntinies@live.co.uk

9.30-12.30

WEEKLY / DROP-IN

St John's Church**Tuesday Group****Drop-in and Play**

0-5 but older children welcome

Parent and toddler drop-in and play group

St John's Church Hall

Brittany Road, St Leonards, TN38 0RD

01424 422636 (Mollie Green)

molliegreen@rocketmail.com

10.00-12.00

WEEKLY / DROP-IN

Beachcombers**Drop-in & Play****Cost: £2.50 per child (under-1s free)**

Drop in play activity on the beach, lead by experienced and qualified playworkers.

Meet at Beach Hut no 47, West Marina (former Bathing Pool Site)

Contact In2Play 01424 432742

info@in2play.org.uk

www.in2play.org.uk

THANK YOU!

On behalf of the staff, parents and carers, can we say a big thank you to all of those volunteers who help us throughout the year, you really do make a difference!

If you would like to know more about becoming a volunteer for children's centres, please contact Anne Harrington-Lowe on **01424 460112** or email **Anne.Harrington-Lowe@eastsussex.gov.uk**

10.00-11.30

WEEKLY / DROP-IN

Inbetweenies**Drop-in & Play**

Drop in and play session parents and babies who aren't walking yet and are at the 'inbetween' stage

Hollington Play & Support Centre

Beauchamp Rd, TN38 9JU

01424 724320 (Trish Sherwood)

trish.sherwood@eastsussex.gov.uk

10.00-11.30

WEEKLY / PLEASE BOOK

TOTZ Klub**Drop-in & Play**

Cost: £1.50 per family- up to three children
Parent and toddler play group . Book in advance. Free taster session . There is a waiting list which varies in length

Kings Church

The Hastings Centre, The Ridge, TN34 2SA

01424 755900 (Hannah Beaney)

office@kingshastings.org

www.kingshastings.org

10.30-12.30

WEEKLY / DROP-IN

Teddy Bear's Parent & Toddler Group**Drop-in & Play**

No cost but donations welcome.

Parent and toddler drop in and play group.

St Andrew's Church

Coastguard Lane, Fairlight, TN35 4AB

01424 813113 (Brenda Lewis)

10.45-1.45

WEEKLY / DROP-IN / JOIN IN

Summerfields Gymnastics Club - Under 5's Open Play**Drop-in & Join in****Cost: £2.50 per child Adults Free**

Open Play sessions for under 5's!

Summerfields Gymnastics Club

Haywood Way, Ivy House Lane,

Hastings, TN35 4PL

01424 444615 (Emma Ballancore)

emma@summerfields-gymnastics.com

YOUR VIEWS REALLY DO MATTER!

Join our Parent Advisory Group

The views of parents and carers are very important to help us plan for future events and make changes to existing ones.

If you would like to know more about how you can help us shape the future of Children's Centres by joining your local Parent Advisory Group, please contact Gary Storer on **01424 448143** or email **Gary.Storer@eastsussex.gov.uk**

Tuesday

Tuesday

11.45-12.30

WEEKLY / DROP-IN

Mobile Toy Library

Robsack

Parent & Child activity



Families may borrow toys and play equipment suitable for under-5s. It encourages play that is free, unconditional and fun.

Robsack Children's Centre

Bodiam Drive, St Leonards, TN38 9TW

Contact **In2Play** 01424 432742
info@in2play.org.uk
www.in2play.org.uk

12.00-11.30

WEEKLY / PLEASE BOOK

Fun, Young, Informative

Parent & Child Activity



Are you pregnant or a parent 22 and under? Do you want to meet new people? Take part in a range of fun activities? Need advice and support? Then come along to Fun Young & Informative Group!

Hosted by the Family Outreach Service with free crèche provided.

Silverdale Children's Centre

Perth Road, St Leonards, TN37 7EA

Lisa or Kate on 01424 724320

HSLCC@eastsussex.gov.uk

1.15-2.45

WEEKLY / DROP-IN

Park Road Church Hall

Drop-in & Play Group



Cost: £1 per family

Parent and toddler drop in and play group.

Park Road Methodist Church Hall

Upper Park Road, St Leonards, TN37 6SJ

Contact 01424 445117 (Rosemary Noble)

1.30-3.00

WEEKLY / DROP-IN

The Athelstan Nursery

Two Years Plus Group

Drop-in & Play Parent & Toddler Group



Cost: £2 per session

All Souls Church Hall

Athelstan Rd, Clive Vale, Hastings, TN35 5JE

Contact 01424 446105 (Lisa Miller)

1.30-3.00

WEEKLY / DROP-IN

Calvert Toddler Group

Drop-in and Play



Donations welcome

Parent and Toddler Drop-in

Calvert Memorial Hall

Calvert Road, Hastings, TN34 2DR

Contact 01424 721462 (Sylvia Clark)

3.30-5.00

WEEKLY / DROP-IN

Play on Your Doorstep

Hollington-Watermill

Drive

Drop-in & Play After School Club



High quality after school care in a safe, caring environment for children, aged 2 - 10 years. Our fully trained and qualified staff supervise your children at all times to provide a safe and happy environment. As well as free playing we like to involve them in creative activities such as art, craft and cookery

Watermill Drive Playground

St Leonards-on-Sea, TN38 8WD

Contact **In2Play** 01424 432742

info@in2play.org.uk

www.in2play.org.uk

Tuesday

FUNALERT

Fed up of being told about the great family events held in our town, **after** they have happened?

Our free Fun Alert system lets you know whenever a family fun activity is being held locally. Whether its a drop-in, an event or holiday activities, there's no need to miss out again because nobody told you or you didn't see the poster! And it couldn't be easier to join

All you need to do is:

Text 'FUN' followed by your full name, house number and postcode to **07797 870323**
 Add this number to your phone contacts as **Fun Alert**. Or (if you regularly check your emails), Email 'FUN' followed by your full name, house number and postcode to **HSLCC@eastsussex.gov.uk**
 Add this address to your email contacts as **Fun Alert**.

Things you may need to know:

Text messages sent to you in the UK are free to receive. If you reply using the system, this is charged at your normal network rate. It is not a premium rate service!

Your address details are needed to alert you to activities near to where you live

You will not receive fun alerts if your phone is switched off or has no reception.

Your Email alerts may go into a spam folder, if this does occur please let us know.

We do not share this information with others however we may let you know about fun events organised by our partner agencies

You can stop the alerts at any time by sending a 'STOP' message and

your details will be removed from our records

Upon receiving your details, we may need to contact you if we have;

Your mail / mobile details registered by another fun alert user, or

Other mail / mobile details registered at your address

8. Our system is subject to East Sussex County Council's Data Protection Policy, a copy of which can be sent to you upon request.

9. Please remember to tell us if you sell your Sim Card so that we can remove it from our list.

10. Please do not hesitate to contact us if you have any comments to make about the system, good or bad!

Wednesday

9.00-10.00

WEEKLY / DROP-IN

Mobile Toy Library

Halton Baptist Church
Parent & Child activity

Families may borrow toys and play equipment suitable for under-5s. Encourages play that is free, unconditional and fun.

Halton Baptist Church

Old London Road, Hastings, TN35 5LU
 Contact In2Play 01424 432742
 info@in2play.org.uk
 www.in2play.org.uk

9.15-11.45

WEEKLY / DROP-IN

Elim Mums and Tots

Drop-in and Play



Cost: £1.00 per family
 Drop in and play parent and toddler play group.

Elim Church Centre

Elphinstone Avenue, Hastings, TN34 2DJ
 01424 849840 (Caroline Wheeler)
 office@elimchurchcentre.org.uk
 www.elimchurchcentre.org.uk

9.30-11.30

WEEKLY / PLEASE BOOK

Halton Baptist Church
Parent & Toddler Group

Drop-in & Play



Cost: 80p per parent/carer/baby, 10p per extra child.
 Waiting list 2-3 weeks.

Drop in and play group for parents and toddlers.

Halton Baptist Church Hall

Old London Rd, Hastings, TN35 5LU
 01424 424520 (Matt Carter)
 www.haltonbaptists.org.uk

9.30-11.30

WEEKLY / DROP-IN

Messy Play

Drop-in & Play



A Parent & toddler drop-in supported by fully trained & qualified staff. As well as free playing we like to involve them in messy play and craft activities.

Silverdale Children's Centre

Contact In2Play 01424 432742
 info@in2play.org.uk
 www.in2play.org.uk

9.30-11.30

WEEKLY* / DROP-IN

PALS

Play and Learn Service

Drop-in & Play



*Weekly but not 1st Wednesday in the month
 Drop in and play for parents and children 0-5

Hollington Play & Support Centre

Beauchamp Road, St Leonards-on-Sea
 TN38 9JU

01424 423683 Ext 35 / 07807112487
 (Claire Callaghan)
 fsntinies@live.co.uk

10.00-11.30

WEEKLY / PLEASE BOOK

Smarties Toddler Group

Drop-in & Play



Cost: £1 per family inc fruit & cold drink.
 Drop in play group for parents and toddlers.
 Please call to arrange taster session and enrolment. Sometimes there is a waiting list.

St Matthews Church Hall

St Matthews Road, St Leonards on Sea,
 TN38 OTN
 01424 425863 (Pauline Blythe)
 pauline@stmatts.co.uk
 www.stmatts.co.uk

10.00-11.30

1st WED OF MONTH / DROP-IN

Twins and Multiple Births
Group

Drop-in & Play



Drop in and play group for parents and twins!

Hollington Play & Support Centre

Beauchamp Road, St Leonards, TN38 9JU
 01424 724340 (Sally Hall)

Wednesday

11.00-12.00

WEEKLY / DROP-IN

Active Hastings Tumble
Gym

Parent & Child Activity



Cost: £1.75 per child
 Highly recommended, low cost, fun, safe, friendly playtime for parent and child to share time together. The facility is fully equipped, which includes a foam pit and bouncy castle. All the more reason to come and play!

Summerfields Gymnastics Club

Haywood Way, Ivy House Lane, Hastings,
 TN35 4PL

01424 451051
 activehastings@hastings.gov.uk

11.45-12.30

WEEKLY / DROP-IN

In2Play Mobile Toy Library
West St Leonards CC

Parent & Child activity



A mobile resource offering a rich variety of high quality resources and toys in your neighbourhood

West St Leonards Children's Centre

464 Bexhill Road, St Leonards, TN38 8AU
 Contact In2Play 01424 432742
 info@in2play.org.uk
 www.in2play.org.uk

Wednesday

12.00-3.00

WEEKLY / DROP-IN

Summerfields Gymnastics Club- Under 5's Open Play

Drop-in & Join in



Cost: £2.50 per child; Adults Free
open play sessions for under 5's!

Summerfields Gymnastics Club

Haywood Way, Ivy House Lane, Hastings,
TN35 4PL

☎ 01424 444615 (Emma Ballancore)
emma@summerfields-gymnastics.com

12.30-2.00

WEEKLY / PLEASE BOOK

Fun, Young, Informative Parent & Child Activity



Are you pregnant or a parent 22 and under?
Do you want to meet new people?
Take part in a range of fun activities?
Need advice and support?

Then come along to Fun Young & Informative Group!

Hosted by the Family Outreach Service
with free crèche provided.

Red Lake Children's Centre

Brightling Avenue, Hastings, TN35 5DB

☎ Michele on 01424 448143
or Katie on 01424 460112
HSLCC@eastsussex.gov.uk

12.30-2.00

WEEKLY / DROP-IN

Little Lambs Drop-in & Play



A drop in and play session run by local
parents supported by qualified play workers
and Children's Centre Staff.

Down's Farm Community Centre

43 Brightling Avenue, Hastings, TN35 5EG

☎ Billie on 07981250049
or Gary on 01424 448143
HSLCC@eastsussex.gov.uk

1.00-1.30

WEEKLY / DROP-IN

Mobile Toy Library Down's Farm Community Centre Parent & Child activity



Families may borrow toys and play
equipment suitable for under-5s.

Encourages play that is free, unconditional
and fun.

Down's Farm Community Centre

43 Brightling Avenue, Hastings, TN35 5EG

☎ Contact In2Play 01424 432742
info@in2play.org.uk
www.in2play.org.uk

1.45-3.00

WEEKLY / DROP-IN

Elphinstone Parent & Toddler Group Drop-in & Play



Cost: 50p per family
Drop in and play group for parents and
toddlers.

Elphinstone School

Parker Road, Hastings, TN34 3TH

☎ 01424 425670 (Jayne Ashworth)
office@elphinstone.e-sussex.sch.uk
www.elphinstone.e-sussex.sch.uk

1.45-2.30

WEEKLY / DROP-IN

Mobile Toy Library Links Project-Concordia Hall Parent & Child activity



Families may borrow toys and play
equipment suitable for under-5s.

Encourages play that is free, unconditional
and fun.

Links Project-Concordia Hall

Church Road, St Leonards, TN37 6HB

☎ Contact In2Play 01424 432742
info@in2play.org.uk
www.in2play.org.uk

Wednesday

Pregnancy Yoga

For information on how Yoga can
benefit you during pregnancy and
details of courses near you,
please contact Zowie on
01424 433160 or 07944868563

3.30-5.00

WEEKLY / DROP-IN

Play on Your Doorstep

The Bridge

Drop-in & Play



A mobile play service giving children aged
between 2 and 10 the opportunity to try out
traditional and novel play opportunities
close to their homes.

The Bridge

361 Priory Road, Hastings, TN34 3NW

☎ Contact In2Play 01424 432742
info@in2play.org.uk
www.in2play.org.uk

Thursday

9.00-11.30 WEEKLY / PLEASE BOOK

Come Rain Come Shine

Drop-in & Play



A Parent & toddler drop-in supported by fully trained & qualified staff. As well as free playing we like to involve them in creative activities.

The Bridge

361 Priory Road, Hastings, TN34 3NW

Contact In2Play 01424 432742

info@in2play.org.uk
www.in2play.org.uk

9.30-11.30 WEEKLY / DROP-IN

PALS

Play and Learn Service

Drop-in & Play



Drop in and play for parents and children 0-5

Silverdale Children's Centre

Perth Road, St Leonards, TN37 7EA

 01424 423683 Ext 35 / 07807112487
 (Claire Callaghan)

fsntinies@live.co.uk


9.45-11.45 WEEKLY / DROP-IN

Little Cherubs Parent & Toddler Group

Drop-in & Play



£1 per family

Drop in and play group for parents and toddlers.

St Ethelburga's Church

St Saviours Road, St Leonards, TN38 0AR

01424 438411 (Judith Cottingham)

judycott747@btinternet.com

10.00 ONWARDS WEEKLY / DROP-IN

Active Hastings @ Clambers

Parent & child activity



Cost: £3 per child adults free

Register 10.00-11.00 and stay all day

Join in the fun at Clambers. Parents and under 5's explore clambers together, roll around in the ball pond and climb the rope ladder.

Clambers Play Centre

White Rock Gardens, Hastings, TN34 1LD

01424 451051

activehastings@hastings.gov.uk

Thursday

10.30-11.00 Under 9 mths WEEKLY / BOOK

11.00-11.30 9 mths Plus WEEKLY / BOOK

Aquababes

Parent & child activity



Swimming

Waiting list

A water confidence course for both Adult & Child. Have fun in the pool, splash around, sing songs and socialise with other families. With qualified pre-school instructor.

Summerfields Leisure Centre

Bohemia Rd, Hastings, TN34 1ET

01424 448143 (Gary Storer)

hsfcc@eastsussex.gov.uk

11.30-12.30 WEEKLY / DROP-IN

Mobile Toy Library

The Bridge

Parent & Child activity



Families may borrow toys and play equipment suitable for under-5s. Encourages play that is free, unconditional and fun

The Bridge

361 Priory Road, Hastings, TN34 3NW

Contact In2Play 01424 432742

info@in2play.org.uk
www.in2play.org.uk


10.00-11.30 WEEKLY / DROP-IN

Babies & Toddlers Group

Drop-in & Play



A Parent & toddler drop-in supported by fully trained & qualified staff. As well as free playing we like to involve them in creative activities.

Broomgrove Community Centre

Chiltern Drive, Hastings, TN34 3PY

Contact In2Play 01424 432742

info@in2play.org.uk
www.in2play.org.uk

10.00-12.00 WEEKLY / DROP-IN

Parent & Toddler Group

Parent & Child activity



A Parent & toddler drop-in supported by fully trained & qualified staff. As well as free playing we like to involve them in creative activities.

West St Leonards Children's Centre

464 Bexhill Road, St Leonards, TN38 8AU

Contact In2Play 01424 432742

info@in2play.org.uk
www.in2play.org.uk

Thursday



12.00-3.00

WEEKLY / DROP-IN

Summerfields Gymnastics Club - Under 5's Open Play

Drop-in & Play



£2.50 per child; Adults Free

Open play sessions for under 5's!

Summerfields Gymnastics Club

Haywood Way, Ivy House Lane
Hastings, TN35 4PL☎ 01424 444615 (Emma Ballancore)
emma@summerfields-gymnastics.com

1.00-2.30

WEEKLY / DROP-IN

Play and Learn Together Drop-in & Play



Parents and children can drop in and play, learn and do creative activities together.

Hastings Museum

John's Place, Bohemia Rd
Hastings, TN34 1ET☎ 01424 451904 (Catherine Harvey)
charvey@hastings.gov.uk
www.hmag.org.uk

1.00-1.45

Under 18 mths / WEEKLY / DROP-IN

2.00-2.45

18 mths Plus / WEEKLY / DROP-IN

FOS Music Group HSPC

Parent & Child activity



Come and have a sing-a-long with other parents and under 5's!

Hollington Play & Support Centre

Beauchamp Road, Hastings, TN38 9JU

☎ 01424 724320 (Lisa Noble)
lisa.noble@eastsussex.gov.uk

Thursday

No one said raising children was easy!

There are times in many families' lives when things don't go so smoothly and when it can be difficult to cope or know what next step to take.

The Family Outreach Service can help you find the answers or make the changes to help you get back on track. Working with you and your family and other services our fully trained workers offer home visiting, guidance and support and a listening ear.

If you would like to know more about the Family Outreach Service please call Sue Martin (Manager - Family Outreach Service) on 01424 448143 or email Sue.Martin@eastsussex.gov.uk

1.45-2.15

WEEKLY / DROP-IN

Mobile Toy Library Hastings Museum Parent & Child activity



Families may borrow toys and play equipment suitable for under-5s. Encourages play that is free, unconditional and fun

Hastings Museum

Johns Place, Bohemia Road, Hastings TN34 1ET
☎ Contact In2Play 01424 432742
info@in2play.org.uk
www.in2play.org.uk

3.30-5.00

WEEKLY / DROP-IN

Play on Your Doorstep Tracks Playground Drop-in & Play After School Play



A mobile play service giving children aged between 2 and 10 the opportunity to try out traditional and novel play opportunities close to their homes.

'Tracks' St Johns Road Playground

St Johns Road, St Leonards, TN34 6HP

☎ Contact In2Play 01424 432742
info@in2play.org.uk
www.in2play.org.uk

Parenting Courses

Run in partnership between Family Outreach Service, Family Life Project and Health teams across the centres.

Contact Karen Croucher for info or to book 01424 724320 karen.croucher@eastsussex.gov.uk

Friday

9.30-11.30

WEEKLY / DROP-IN

PALS Play and Learn Service

Drop-in & Play



Drop in and play for parents and children 0-5

St Leonards Children's Centre

Clyde Road, St Leonards on Sea, TN37 6AS

☎ 01424 423683 Ext 35 / 07807112487

(Claire Callaghan)

fsntinies@live.co.uk

9.45-11.15

WEEKLY / DROP-IN

Buttons Group Parent & Toddler Drop-in

Drop-in & Play



Cost: 50p (+ donations welcome)

Drop in and play group for parents and toddlers.

Mendham Hall

Vicarage Road, Hastings, TN34 3LZ

☎ 01424 445184 (Christine Osbourne)

christine@christinebob.plus.com

www.emmanuelhastings.org.uk



10.00-11.30

WEEKLY / DROP-IN

Come Rain Come Shine

Drop-in and Play



A Parent & toddler drop-in supported by fully trained & qualified staff. As well as free playing we like to involve them in creative activities.

The Bridge

361 Priory Road, Hastings, TN34 3NW

☎ Contact In2Play 01424 432742

info@in2play.org.uk

www.in2play.org.uk

10.00-11.00 Under 18 mths

WEEKLY / DROP-IN

11.30-12.30 18 mths Plus

WEEKLY / DROP-IN

FOS Music Group Wellington Square

Parent & Child activity



Come and have a sing-a-long with other parents and Under 5's!

Wellington Square Baptist Church

Wellington Square, Hastings, TN34 1PN

☎ 01424 460112 (Katie Stack)

katie.stack@eastsussex.gov.uk

10.00 ONWARDS

MONTHLY* / DROP-IN

St Peters Toddlers @ Clambers

Drop-in & Play



Cost: Children 18mths to 5yrs £4.50

Children up to 17mths £2.50

Drop in and play group for parents and toddlers.

*Held on the 1st Friday of the month. If this falls upon a school holiday it is held upon the next available term-time.
Friday - June 11th & July 2nd

Clambers Play Centre

White Rock Gardens, Hastings, TN34 1LD

☎ 01424 445117 (Rosemary Noble)

10.30-11.30

WEEKLY / DROP-IN

Grown-ups & Tots Bounce Parent & child activity



Cost: £2 per session

Calling all grown ups! Have you got a little one aged between 2 and 4 years old? If so, come and try our fun trampolining session with our experienced coach. You will be bouncing with your tot and keeping fit.

Please note: socks must be worn at all times.

Summerfields Leisure Centre

Bohemia Rd, Hastings, TN34 1ET

☎ 01424 451051

activehastings@hastings.gov.uk

Friday

12.00-3.00

WEEKLY / DROP-IN

Summerfields Gymnastics Club - Under 5's Open Play

Drop-in & Play



Cost: £2.50 per child; Adults Free open play sessions for under 5's!

Summerfields Gymnastics Club

Haywood Way, Ivy House Lane

Hastings, TN35 4PL

☎ 01424 444615 (Emma Ballancore)

emma@summerfields-gymnastics.com

1.30-3.00

WEEKLY / DROP-IN

The Athelstan Nursery Two Years Plus Group

Drop-in & Play Parent & Toddler Group



Cost: £2 per session

All Souls Church Hall

Athelstan Rd, Clive Vale, Hastings, TN35 5JE

☎ 01424 446105 (Lisa Miller)

1.30-3.00

WEEKLY / DROP-IN

First Timers Plus

Drop-in & Play



Cost: £1 including drink and biscuit

Drop in and play group for parents and toddlers.

The Salvation Army

418 Old London Road, Hastings, TN35 5BB

☎ 01424 431488 (Angie Bailey)

graham.bailey@salvationarmy.org.uk

www1.salvationarmy.org.uk

Saturday



8.30-9.15 1-2 Year Olds WEEKLY / DROP-IN

9.15-10.00 3-4 Year Olds WEEKLY / DROP-IN

KickStart

Parent & Child activity



Cost: £1 per session

Football skills based fun for children under 5. Led by Active Hastings trained and experienced instructors. Please note, parent/carers will need to be part of the session and get involved.

Summerfields Leisure Centre

Bohemia Rd, Hastings. TN34 1ET

01424 448143

HSLCC@eastsussex.gov.uk

10:00 to 11:30

BI-MONTHLY* / DROP-IN

Saturday

Parent & Toddler Drop-in

Parent & Child activity



*Bi-Monthly - 2nd & 3rd Saturday of each month: **May 8th & 15th - June 12th & 19th - July 10th & 17th**

A free bi-monthly drop in and play session for children and families (Under 8's must be accompanied by a grown up.) New and traditional play activities, indoor and outdoor, supported by qualified & experienced play workers and activity organisers. Light refreshments provided.

St Leonards Children's Centre

Clyde Road, St Leonards, TN37 6AS

Play Development 01424 451452
lbeerling@hastings.gov.uk

Saturday



10.30-12.30

MONTHLY* / DROP-IN

Saturplay

Parent & Toddler Drop-in

Parent & Child activity



0-5 years (& older siblings)

*Monthly - First Saturday of each month

May 1st - June 5th - July 3rd

A free monthly drop in and play session for families and their pre-school children. The group gives 'men' the opportunity to be involved in their child's play, learning and development within a family based setting! Supported by qualified & experienced play workers. Refreshments provided.

Open to 'Dads' (significant males), their partners, their pre-school children and older siblings.

The Bridge Children's Centre

361 Priory Road, Hastings, TN34 3NW

01424 448143

HSLCC@eastsussex.gov.uk

10.30-12.30

MONTHLY* / DROP-IN

Saturdads - Dad's Group

St Leonards

Parent & Child activity



0-5 years (& older siblings)

*Monthly - last Saturday of each month

May 29th - June 26th - July 31st

A free monthly drop in and play session for men and their pre-school children. The group gives men the opportunity to be involved in their child's play, learning and development whilst having fun! Supported by qualified & experienced play workers. Refreshments provided.

Open to 'Dads' (significant males) and their pre-school children and older siblings.

St Leonards Children's Centre

Clyde Road, St Leonards, TN37 6AS

01424 448143

HSLCC@eastsussex.gov.uk

For Newborns and Babies & Parents-to-be

Baby Massage

Please use contact details below to book your place or to find out more about these courses and the benefits they can bring to you and your child (Aged from 7 weeks to 6 Months). The course is delivered over 4 weekly sessions and runs through term time.

Please Note Waiting lists may apply. Sessions provided by Family Outreach Service and Health Visiting Teams. Please phone for information or to book.

Monday

Hastings Town Children's Centre

Waterworks Road, Hastings, TN34 1RT

Contact Katie Stack 01424 460112

katie.stack@eastsussex.gov.uk

Tuesday

West St Leonards Children's Centre

Bexhill Road, St Leonards, TN38 8AU

Contact Jenny Walshe 01424 460112

jenny.walshe@eastsussex.gov.uk

Wednesday

Robsack Children's Centre

Bodiam Drive, St Leonards, TN38 9TW

Contact Katie Stack 01424 460112

katie.stack@eastsussex.gov.uk

Thursday

Red Lake Children's Centre

Brightling Avenue, Hastings, TN35 5DB

Contact Jenny Walshe 01424 448143

jenny.walshe@eastsussex.gov.uk

Friday

Hollington Play & Support Centre

Beauchamp Rd, St Leonards, TN38 9JU

Contact Sara Brazier 01424 724340

Breastfeeding Support

Come and meet other mum's and their babies in a fun, friendly, supportive environment. These drop-ins are weekly throughout term time.

Wednesday 1.00-2.30

Weekly / Term time / Drop-in

B.I.B.S.

St Leonards Children's Centre

Clyde Rd, St Leonards, TN37 6AS

Contact Trish Sherwood 01424 724320

trish.sherwood@eastsussex.gov.uk

M.O.M.S

Churchwood Children's Centre

Church in the Wood Lane, St Leonards TN38 9PB

Contact Trish Sherwood 01424 724320

trish.sherwood@eastsussex.gov.uk

Baby Signing

Learn signing with your baby it's a great way to communicate with your child from an early age. These weekly sessions are open to parents with children over 6 months.

Tues 10.00-11.15

Provided by the North St Leonards Health Visiting Team

Hollington Play & Support Centre

Beauchamp Rd, St Leonards, TN38 9JU

Contact Sara Brazier/Rachel Turk 01424 724340

Please Note Waiting lists may apply.

Sign Time

Learn signing with your baby it's a great way to communicate with your child from an early age. These weekly sessions are open to parents with children over 6 months.

Provided by the Family Outreach Service

Monday Hastings Town Children's Centre

Waterworks Road, Hastings, TN34 1RT

Tuesday West St Leonards Children's Centre

Bexhill Road, St Leonards, TN38 8AU

Wednesday Robsack Children's Centre

Bodiam Drive, St Leonards, TN38 9TW

Thursday Red Lake Children's Centre

Brightling Avenue, Hastings, TN35 5DB

For Newborns and Babies & Parents-to-be

Thursday 10.30-12.15

Red Lake Children's Centre

Brightling Avenue, Hastings, TN35 5DB

Contact Jenny Wallace 01424 438780

Home Safety Session

Learn how to make your home safe for your new baby.

These Monthly sessions help first-time parents understand the hazards in the home and how to reduce the risks to infants and toddlers.

Please Note Pre-booking is essential.

Mon 1.30-3.00 June 14 / July 12 / Aug 9

Red Lake Children's Centre

Brightling Avenue, Hastings, TN35 5DB

Contact Jenny Wallace 01424 438780

Wednesday June 30 / July 28 / Aug 25

Hastings Fire Station

Bohemia Road, Hastings, TN34 1EX

Contact Danielle Marchant 01424 448120

Thurs 10.00-11.30 June 10 / July 8 / Aug 12

Robsack Children's Centre

Bodiam Drive, St Leonards, TN38 9TW

Contact Rachel Turk 01424 724340

Thurs 1.00-3.00 June 10 / July 8 / Aug 12

Hastings Town Children's Centre

Waterworks Road, Hastings, TN34 1RT

Contact Sue Reeves 01424 729470

Bumps for Lunch

A free Ante natal drop in for pregnant women and women with babies up to 8 weeks old and older siblings.

Thurs 12.45-2.15

Summerfields Leisure Centre

Bohemia Rd, Hastings, TN34 1ET

Contact Karen Farrow 07900680620

Contact Debra Cheesman 01424 460112

debra.cheesman@eastsussex.gov.uk

for information or to book.

Child Health Clinic Drop-in and Baby Weighing Clinic

Monday 9.30-11.00

East Hastings Children's Centre

Chilfern Drive, Hastings, TN34 3PZ

Contact Christina Carter 01424 438780

Tuesday 1.00-3.00

Hastings Town Children's Centre

Waterworks Road, Hastings, TN34 1RT

Contact Val Jury 01424 729470

Wednesday 1.00-3.00

Hollington Play & Support Centre

Beauchamp Road, St Leonards, TN38 9JU

Contact Sally Hall 01424 724340

Thursday 2.00-4.00

Ore Clinic

Old London Road, Hastings, TN35 5BF

Contact Christina Carter 01424 438780

Friday 9.30-11.30

St Leonards Children's Centre

Clyde Road, St Leonards, TN37 6AS

Contact Theresa Carder 01424 448120

Post Natal Group

A postnatal group offers a great opportunity to meet other new mothers in the area, to swap birth stories, to find out who is getting the most and the least sleep and just generally have a good natter.

Runs for 6 weeks for all parents around the time the baby is 6 weeks old.

Please Note phone for information or to book.

Monday 10.00-12.30

Hollington Play & Support Centre

Beauchamp Rd, St Leonards, TN38 9JU

Contact Sara Brazier 01424 724340

Work & Finances

Help to get into work

Tomorrow's People help break the cycle of unemployment so that people can take positive control of their lives and build a brighter future.

Tuesday 10.20-12.00 Drop-in

The Bridge

361 Priory Road, Hastings, TN34 3NW

Tuesday 12.30-2:00 Drop-in

Hastings Town Children's Centre

Waterworks Road, Hastings, TN34 1RT

Thursday 10.30-12:00 Drop-in

St Leonards Children's Centre

Clyde Rd, St Leonards, TN37 6AS

Thursday 12.30-2:00 Drop-in

Robsack Children's Centre

Bodiam Drive, St Leonards, TN38 9TW

PLEASE NOTE

this is a drop-in session however, for your convenience you may book an appointment in advance.

Contact Amy Fox 07884493947

afox@tomorrows-people.co.uk

www.tomorrows-people.org.uk

Are you an employer looking for well-trained and motivated local people?

We also save employers time and money by finding them the right people for the right jobs.

Adult Learning

AmicusHorizon gives guidance on activities and programmes of work that best enable residents and the local community to achieve their ambitions, in particular developing self esteem, skills and employability. We can source training and equipment and assist with the cost of registered childcare and travel expenses.

The Bridge Community Centre and Café

Priory Road, Ore Valley, Hastings TN34 3NW

Contact (01424) 433611

julie@thebridgehastings.co.uk

The Bridge is a new, accessible, high quality building where local groups meet and community activities take place. It offers two training/meeting rooms, a main hall, a training kitchen and a children's area offering a free after school club or crèche while mums and dads are training.

Crossland & Dudson

Astec House, 10-12 Sedlescombe Road South

St Leonards TN38 0TA

Contact (01424) 839059

crosslandanddudsontraining@live.co.uk

Crossland & Dudson offer short courses on all aspects of the retail industry with start dates throughout the year.

Finding Futures

16 Havelock Road, Hastings TN34 1BP

Contact (01424) 718984

philippa.white@bht.org.uk

Finding Futures is a Personal Development and Motivational Programme designed for unemployed adults (16+) with multiple barriers to learning and employment and who may, as one of those barriers, be homeless or insecurely housed. Our work tackles social exclusion and empowers people to achieve their potential.

The BEST way forward

BEST is an exciting project bringing FREE courses to people living in Hastings and St Leonards who are out of work or on a low income, aiming to improve their chances of getting a job and get the best from life.

Many courses provide a free crèche or childcare, As well as the BEST project the providers offer other Free courses.

For more information or if you would like to speak to someone about free BEST courses.

Contact (01424) 458 367 and (01424) 458 368

gateway@sussexcoast.ac.uk

Alternatively for details of all courses please contact the providers listed below:

Providers

Albion in the Community

Partnerships Office, 39 Devonshire Road

Hastings TN34 1NF

Contact David May (01424) 723672

dmay@hastings.ac.uk

Albion in the Community runs Personal Best courses geared to provide students with an opportunity to build up their confidence, customer relations and team work skills as well as fire and public health and safety knowledge. Courses include a local volunteer placement and an opportunity to interview for working as a steward at the London Olympic Games in 2012.

AmicusHorizon

Contact Zoe (01424) 728206

zoe.jackson@amicushorizon.org.uk

Need advice or help with money worries?

If you're struggling with debt, don't despair. You can get help.

You may have a number of different options to deal with your problems.

Your Citizens Advice Bureau helps people resolve their legal, money and other problems by providing free, independent and confidential advice.

Drop-in & Chat, Money Advice Service

June 1 / July 6 / August 3

(1st Tuesday of each month)

Robsack Children's Centre

Bodiam Drive, TN38 9TW

June 8 / July 13 / August 10

(2nd Tuesday of each month)

Hastings Town Children's Centre

Waterworks Rd, TN34 1RT

June 15 / July 20 / August 17

(3rd Tuesday of each month)

East Hastings Children's Centre

Chilthern Drive, TN34 3PZ

June 22 / July 27 / August 24

(4th Tuesday of each month)

St Leonards Children's Centre

Clyde Rd, St Leonards, TN37 6AS

Contact Alison Freeland 01424 721420

alison@citizensadvice1066.co.uk

Would you prefer to make an appointment?

We offer an appointment service at our Hastings Town Children's Centre on Tuesdays and Wednesdays. To book an appointment with an advisor, please call 01424 460112 or email HSLCC@eastsussex.gov.uk

Adult Learning

Fellowship of St Nicholas

St Nicholas Centre, Lower Ground Floor
66 London Rd, St Leonards TN37 6AS
Contact (01424) 717616
mgiles@fellowshipofstnicholas.org.uk

FSN has a range of community based services, including learning opportunities for adults with free childcare at the St Nicholas Centre on London Road, St Leonards. We offer a variety of tasters and short courses including interview skills, personal development, creative writing, IT skills, arts, crafts and more!

Hastings Furniture Service

6-10 Dorset Place, Hastings TN34 1LG
Contact (01424) 441112 info@hfs.org.uk

HFS is a local registered charity that re-uses donated furniture and electrical goods, passing them on at affordable rates to low-income households. We developed our workshop-based course to help people who are out of work to learn new skills and release their creativity while revitalising some of our old wooden furniture and bringing it back into use.

Horizons

Community Flat, 1&2 Churchill Court
Stonehouse Drive, St Leonards
Contact (01424) 204136
s.p.plato@sussex.ac.uk

The Horizons Community Learning Project offers a wide range of free learning and career advice to adults of all ages across Hastings and St Leonards. Learning is informal with free crèche in easy to access venues close to home. We offer over 40 courses including qualifications such as GCSEs and NVQs. Join throughout the year.



Shaw Trust

Astec House, 10-12 Sedlescombe Road South
St Leonards TN38 0TA
Contact (01424) 447310
hastings_college@shaw-trust.org.uk

Shaw Trust is a national charity that provides training and employment services to thousands of disabled and disadvantaged people each year. Courses will help to improve employability by developing positive work-related behaviour. These courses will help to improve your basic skills of literacy, numeracy and oral communications and include an 8 week work placement.

Xtrax

The Access Hub, Harold Place, Hastings TN34 1JA
Contact (01424) 722524
xtrax@tesco.netXtrax

Xtrax is a safe place for all young people aged 16-24.

We offer cheap healthy food, good company and advice on housing, benefits, debts, relationships, sexual health, self harm, mental health and substance misuse. Xtrax now offers young people opportunities for educational growth and opens doors to employment through the BEST initiative.

Groups of Common Interest

SPEECH AND LANGUAGE

If you have any questions or concerns about your child's listening, understanding or talking, please come along to a drop-in and speak to a Speech & Language Therapist who will be able to give you some advice on helping your child's communication.

Tuesdays 13th July & 5th Oct
Red Lake Children's Centre
Brightling Avenue TN35 5DB

Wednesdays 14th July & 22nd Sept
Hastings Town Children's Centre
Waterworks Road, TN37 1RT

Wednesdays 30th June & 29th Sept
East Hastings Children's Centre
46-48 Chiltem Drive, TN34 3PZ

Wednesdays 7th July & 6th Oct
Mayfield G.P. Surgery
Whatlington Way, TN38 9TD

Thursdays 15th July & 23rd Sept
Silverdale Children's Centre
Perth Road, TN37 7EA

Thursdays 24th June & 30th Sept
St. Leonard's Children's Centre
Clyde Road, TN37 6AS

All Drop-ins are from 9.30-11.30 a.m.

For more information, please contact:
Speech & Language Therapy Service,
Eversfield Centre **01424 710129**

CHILD NOT SLEEPING?

Need help and advice?

Sleep Clinic

Tuesdays 1.30-3.30
St Leonards Children's Centre
Clyde road St Leonards TN37 6AS
Contact the
Family Support Health Worker on
01424 720706
(please note an appointment is required)

LITTLE STEPS

A parent led information-sharing group for parents and carers of pre-school children with multiple disabilities.

This parent-led group meets at
Robsack Community Centre

For details or more information
please contact **01424 853334**
email **HSLCC@eastsussex.gov.uk**

SMOKING CESSATION

Would you like practical advice and support to help you give up smoking?

HSLCC host drop-in clinics run by the
Hastings & Rother Stop Smoking Service

For details contact Amanda White
08009178896 (Option 2)
amanda.white@hastingsrotherpct.nhs.uk
www.smokefree.nhs.uk

Groups of Common Interest

CHILD MINDER DROP-IN SESSIONS

Free Drop-in and Play sessions for Childminders and their minded children (up to 8 yrs) Craft activities and a variety of play experiences provided.

The Bridge 10.00-12.00

**1st Wednesday of the month
June 2nd / July 7th**

Please bring children's drinks to this venue and a healthy snack will be provided.

The Bridge Priory Road, TN34 3NW

Silverdale 11.00-1.00

**2nd Monday of the month
June 14th / July 12th**

Bring packed lunches, come and play! Silverdale Children's Centre Perth Road, TN37 7EA

Ore Library 10.30-11.30

**3rd Wednesday of the month
June 16th / July 14th**

Storytime & craft.

Ore Library, Old London Road, TN35 5BP

Hollington Library 10.30-11.30

**3rd Thursday of the month
June 17th / July 15th**

Storytime & craft.

Hollington Library Battle Road TN37 7AG

Hollington Play & Support Centre
10.00-12.00

Last Friday of the month

May 28th June 25th July 30th

Refreshments provided- water or milk for the children and a healthy snack.

Hollington Play & Support Centre
Beauchamp Rd, TN38 9JU

**Organised by the Hastings & St
Leonards Childminding Network**

Contact Dawn Standen

Mobile 07766133902

dawn.standen@eastsussex.gov.uk

TRIPLE 21 DOWN'S SYNDROME CONTACT GROUP

Parent-led contact group for Parents of Children with Down's Syndrome

Meets on the first 1st Wednesday of each month - **PLEASE NOTE:**

This is not a support group

For details or more information please contact Jackie Jordan on

01424 431629 or email

jordan1357@tiscali.co.uk

THE LINKS PROJECT

Support for Asylum Seekers and Refugees

Wednesdays 10 - 4pm

This weekly drop-in session can provide help and support for health, housing, education and employment. It is supported by Family Outreach & Crèche Workers and Children's Centre Volunteers.

Concordia Hall Church Road,
St Leonards, TN37 6EF

01424 461225

How to contact us



1 Robsack Children's Centre

Bodiam Drive

St Leonards on Sea TN38 9TW

01424 853334

6 St Leonards Children's Centre

66 London Road,

St Leonards on Sea TN37 6AS

01424 200604

2 Churchwood Children's Centre

Church in the Wood Lane

St Leonards on Sea TN38 9PB

01424 853334

7 Hastings Town Children's Centre

Waterworks Road,

Hastings TN34 1RT

01424 460112

3 Hollington Play & Support Centre

Beauchamp Road,

St Leonards on Sea TN38 9JU

01424 853334

8 The Bridge Children's Centre

361 Priory Road

Hastings TN34 3NW

01424 433611

4 Silverdale Children's Centre

Perth Road

St Leonards on Sea TN37 7EA

01424 853334

9 East Hastings Children's Centre

46-48 Chiltern Drive

Hastings TN34 3PZ

01424 448143

5 West St Leonards Children's Centre

464 Bexhill Road,

St Leonards on Sea TN38 8AU

01424 421834

10 Red Lake Children's Centre

Brightling Avenue

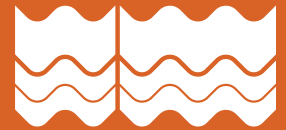
Hastings TN35 5DB

01424 423361

Email: HSLCC@eastsussex.gov.uk

www.eastsussex.gov.uk/childrenandfamilies

SMS text: **07797 870323** (max 160 characters)



Stay in touch, Stay informed

If you would like to receive future copies of this activity guide, we will happily send them to you*.

Please call us on **01424 448143** email us at **HSLCC@eastsussex.gov.uk*** or Text '**GUIDE**' followed by your full name, house number and postcode to **07797 870323**

***Please Note**

We can only provide this service to registered families in Hastings and St Leonards. We may ask you to register with us prior to sending updates. Email requests will receive a digital (10mb/pdf) version unless otherwise requested.

Summer's on its way...

We are very grateful to Alison Norwood, a parent from Battle, who is compiling a comprehensive guide to Summer Holiday 2010 activities for families in Hastings & Rother.

This should be ready in mid-July and if you would like a digital (pdf) copy please email '**Summer**' to **HSLCC@eastsussex.gov.uk***

***Please Note:**

Due to its size we are only able to supply this in a digital (pdf) format to registered families. We may ask you to register with us prior to sending you a copy.

Your Local Children's Centre

Hastings & St Leonards Children's Centres coordinate the delivery of services for families with pre-school children living in Hastings and St Leonards. If you would like to know more about who we are and what we do, please do not hesitate to get in touch.

See page 31 for details of your nearest Children's Centre.

Hastings & St Leonards Children's Centres

Because every child matters