

Discover...

Horsham Hub

2 Sept to 20 Dec 2019



Services for 0 - 25 year olds



Horsham FIO

Find out what's going on
by scanning our QR code:



Regular Session Descriptions

Children & Family Centres open for you to drop in & play during our opening hours. Social areas will have a variety of toys to play with & gardens are available where possible. Pop in for a chat.

Stay & Play: Open play session, providing a range of resources for you & your child to play with & meet other parents.

Learning Through Play: Play sessions run by our Family Support Assistants to support your children's learning. This may include messy & sensory play.

Healthy Child Clinic: If you have a concern about your child's growth or development. These are self weigh clinics, with a Health professional present. Please bring your child's red book.

discover... baby

Sussex Community 
NHS Foundation Trust

A fun, relaxed group for parents / carers of babies from 0 to 12 months old..

- A chance to make new friends
- Access Information, advice & guidance (Introduction to Solids, Looking after yourself, Safety, Five to Thrive & much more!)
- Share experiences, ideas & tips on parenthood
- Play & Tummy Time



Summer sessions at **Horsham CFC** and **Evangelical Free Church, Henfield**. For more information please contact your local children & Family Centre.

Saturdays Dynamic Dads, The Needles Children & Family Centre



9.30am - 11.30am

7 Sept, Pirates

5 Oct, Autumn fun

2 Nov, Firework/Space theme

7 Dec, Family Day Christmas Party



Horsham Halloween Event, Thursday 31st October



The Horsham Hub Children Centres will be supporting this event in the Carfax with lots of fun & exciting Halloween activities all free of charge.

Billingshurst Children & Family Centre

Monday, opening hours: 9am - 3pm

9am - 12am

Midwife Checks: appointment only

1pm - 2.30pm

Healthy Child Clinic: Please ensure you arrive 15 minutes before the end time to ensure you are seen.

Tuesday, opening hours: 9am - 3pm

9am - 12pm

Midwife Checks: appointment only

10am - 12.30pm

Citizen's Advice Bureau: [2nd Tues of the month](#)
10am - 10.30am Short drop in appointments
12pm & 12.30pm Centre booked appointment

Wednesday, opening hours: 9am - 3pm [Centre Closed 9 Oct](#)

10am – 10.30am

Baby Movers: music & movement group for children aged 6 weeks up to movers, £2 per family [Term Time](#)

10.45am – 11.15am

On The Move: music & movement group for toddlers to confident walkers, £2 per family [Term Time](#)

11.30am – 12pm

Little Movers: music & movement group for Pre-School aged children, £2 per family. [Term Time](#)

Thursday, opening hours: 9am - 3pm

10am - 11.30am

Stay & Play

2pm - 6pm

Youth Counselling by referral only

Rural Horsham and Rural Henfield and Steyning

Tuesday:

10:30am - 12pm

Discover Baby: Evangelical Free Church, Henfield BN5 9HP A fun, relaxed group for parents / carers of babies from 0 to 12 months. [Starting 10 Sep](#)

Thursday:

11am - 12pm

Stay and Play: Evangelical Free Church, Henfield BN5 9HP

Little Footsteps Children & Family Centre

Tuesday, opening hours: 9.30am - 4.30pm

10am - 12.30pm

Citizen's Advice Bureau: 1st Tues of the month
10am - 10.30am Short drop in appointments
12pm & 12.30pm Centre booked appointment

2pm - 4pm

Liaise Drop in: Debt / benefits advice

Wednesday, opening hours: 9.30am - 4.30pm **Centre Closed 9 Oct**

1pm - 2.45pm

Healthy Child Clinic: 1st & 3rd Wed of the month.
Please ensure you arrive 15 minutes before the end time to ensure you are seen.

Thursday, opening hours: 9.30am - 4.30pm

Baby Matters Workshop: 3rd Thurs of the month. Please contact your midwife to book your place

Friday, opening hours: 9.30am - 12pm

9am - 12pm

Midwife Checks: appointment only

Roffey Children & Family Centre

Monday, opening hours: 9am - 12.30pm

10am - 11.30am

Healthy Child Clinic: Please ensure you arrive 15 minutes before the end time to ensure you are seen.

Tuesday, opening hours: 9am - 12.30pm

9.30am - 10.45am


Introductions to Solids Workshop:
3 Sept, 17 Sept, 1 Oct, 15 Oct, 5th Nov, Thurs 21st Nov
(Discover Baby at Horsham CFC), 3 Dec and 17 Dec
Contact Centre to book a place




Wednesday, opening hours: 9am - 12.30pm **Centre Closed 9 Oct**

10am - 11.30am

Learning Through Play: Natalie from Horsham library will be doing a fantastic Rhyme Time on **4 Dec**.

The Needles Children & Family Centre

 **Sensory Room available during centre opening hours,**
booking required 

Bubble tubes, sounds, lights and textures. Sessions are pre bookable for just £2 per 30 minutes. Sensory rooms are free for children with additional needs and their families.   

Monday, opening hours: 9am - 1pm

9.15am - 10.45am or 11am - 12.30pm	Learning Through Play
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Tuesday, opening hours: 9am - 4pm

9.15am - 11am	Twiglets: Multiple Births Group run by Home-Start, for children 0 - 3 years, Term Time
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2pm - 3.30pm	Healthy Child Clinic: Please ensure you arrive 15 minutes before the end time to ensure you are seen.
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Wednesday, opening hours: 9am - 5pm **Centre Closed 9 Oct**

9.30am - 11.30am	Mega Minders: 1st & 3rd Weds of the month A session for Childminders & Nannies, Term Time
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1pm - 2.30pm	Play and Learn Plus: Join our play session for children with additional needs and their families
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3:30pm - 5pm	Family Play: session aimed at children aged 5 to 10 Years, but younger children are welcome. Term Time.
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Thursday, opening hours: 9am - 1pm

Friday, opening hours: 9am - 1pm

10am – 11.30am	MILK! breastfeeding drop in & NHS Support
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10am - 11.30am	Baby Learning Through Play: Play session to support your baby's development, 0 to 18 months.
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Southwater Children & Family Centre

Monday, opening hours: 9am - 12.30pm

10.30am - 12pm

MILK! Drop in & NHS Support

Wednesday, Centre closed except for below

10am - 12pm

La Leche League West Sussex: Breastfeeding support group. [18 Sept](#)

Thursday, opening hours: 9am - 3.30pm

9.15am - 10.45am

Stay & Play

2pm - 3.30pm

Healthy Child Clinic: Please ensure you arrive 15 minutes before the end time to ensure you are seen.

Pulborough Children & Family Centre

Tuesday, opening hours: 9.30am - 12.30pm

10am - 11.30am

Stay and Play

Wednesday, opening hours: [2nd & 4th Wed of the month](#) 9.30am - 12.30pm
Centre Closed 9 Oct

10.30am - 12pm

Healthy Child Clinic: [2nd & 4th Wed of the month.](#)
Please ensure you arrive 15 minutes before the end time to ensure you are seen.

Horsham Children & Family Centre

Monday and Tuesday, opening hours: 9am - 1pm

Come & use our Toy Library

Thursday, opening hours: 9am - 3pm

10am - 11:30am

Discover Baby: A fun, relaxed group for parents / carers of babies from 0 to 12 months.

Friday, opening hours: 9am - 3pm

9.15am - 10.45am
or 11am - 12.30pm

Learning Through Play: Natalie from Horsham library will be doing a rhyme time on [22 Nov](#) to celebrate National Nursery Rhyme Week.

Healthy Child Clinics,
not held within Children and Family Centres

Monday:

2pm - 3.30pm

Henfield Hall, BN5 9DB
2nd and 4th Mon of the month

Tuesday:

9.30am – 10.45am

Steyning Health Centre, BN44 3RJ
1st and 3rd Tue of the month

Thursday:

9.15am – 10am

Memorial Hall, Upper Beeding, BN44 3WN,
2nd Thurs of the month,

9.15am - 10.15am

Ashington Community Centre, RH20 3PG,
1st Thurs of the month

10am - 11:30am

Rudgwick Tots & Toddlers, RH12 3JJ, 26 Sep, 24 Oct,
28 Nov and 12 Dec.

All Healthy Child Clinics:

Please ensure you arrive 15 minutes before the end time to ensure you are seen. Please come to clinic if you have a concern about your child's growth or development but see your GP or call 111 if your child is unwell to avoid the spread of infection. These are self weigh clinics, with a Health professional present. Please bring your child's red book.



Facebook



Search '**HorshamCFC**'

Follow us to find out what's going on in
your local Children & Family Centre.

'Like' us today and keep in touch

Our Facebook QR code:



Toy Library

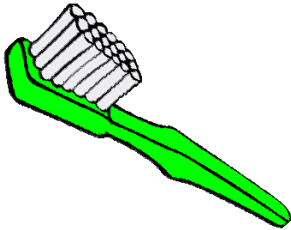
Our Toy Library is available at all Children & Family Centres in the Horsham Hub. We have a wide range of toys and resources to support your child's developing needs and interests including many sensory toys.

Join the toy library for just £2 and borrow 3 toys for up to 3 weeks for free.

Toy Library is also available at West Sussex library's:
Horsham, Billingshurst, Pulborough, Storrington, Steyning and Henfield



Community Shop



Oral Health Price List

Children's Toothbrush 40p

Adult Toothbrush 50p

Toothpaste 70p

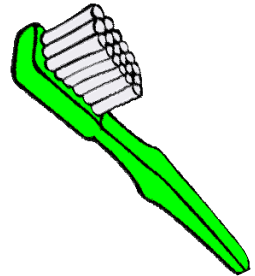
Welcome Packs £1.20

Tommy Tippee Cup £1.50

Steady Cup £1.20

Doidy Cup £2.50

Water Bottle £1.20



QR Code



You scan this from your smart phone using the camera function it will take you straight to our Hub programme. You may need to use a QR app if your phone doesn't allow you access through the camera function.

Your local Libraries

Rhyme time

All rhyme times are for children under 5 years.

Library	Day	Time
Billingshurst	Tuesday	10.45am - 11.15am
Henfield	Thursday	10.15am - 11.45am
Horsham	Tuesday	10.30am - 11am
Horsham	Friday	10am - 10.30am
Horsham	Friday	11am - 11.30am
Pulborough	Friday	11am - 11.30am
Southwater	Thursday	10.30am - 11am
Steyning	Friday	2.15pm - 2.45pm
Storrington	Tuesday	10.45am - 11.15am

Story Time For children under 5 years.

Horsham, Wednesday, 2pm - 2.30pm

Steyning, Monday, 2pm - 2.30pm

Storrington, Thursday, 10.30am - 11am

Saturday Singalongs

Horsham, 1st Saturday of the month, 10.30am - 11am under 5s

Steyning, 4th Saturday of the month, 10.30am - 11am under 5s

Library multi-sensory story magic schedule

Join a multi-sensory story time session specially for children and young people with additional needs. Horsham, last Saturday of the month, 10.30am - 11.15am children to teens.



This is a new way of giving parents information written by local midwives and health visitors. Sent directly to your mails inbox, this information is available when it suits you, on your phone, tablet or PC.

What you will get from Family Assist:

- Important info sent to your email to guide you through pregnancy, labour and the early stages of your child's life
- Ability to include Dad's, partners and other families and friends
- "Ask a Question" facility, answered within 2 working days
- (in development) Live Chats directly with a local midwife or health visitor
- Lots of more information covering everything from your first scan and screening to registering the birth, immunisation and healthy eating for your child and much more

Sign up now at: westsussex.gov.uk/familyassist or search 'Family Assist', alternatively speak to your health visitor for information.

Baby Buddy App

This offers guidance through your pregnancy and the first six months of your baby's life. It can help with supporting you on your emotional, physical and social journey through pregnancy and becoming a new parent. Designed with both parents and professionals you will be able to access a wide range of short films, track services and groups near you, find out useful facts and information specific to your child each day, keep track of your appointments and keep photo memories of your baby growing up and more.



Free Childcare

What is Free Entitlement?

Free Entitlement (FE) is Government funding for free childcare for all eligible children regardless of their individual needs or their citizenship status. FE is up to 570 hours per year of flexible free childcare available to all 3 and 4 year olds and eligible 2 year olds. Some 3 and 4 year olds are eligible for an additional 570 (up to 1,140) hours per year, which we call Extended FE, if they meet the eligibility criteria.

There are three types of FE funding:

FE type:	Eligibility criteria?	How do I apply?	FE hours Per week	FE hours Per year
2 year old FE	Yes, families must meet eligibility criteria	Apply online www.westsussex.gov.uk/freechildcare Once 2 year old FE funding has been awarded, it will not be removed, even if your circumstances change	Up to 15	Maximum of 570
3 & 4 year Universal FE	Available to all 3 & 4 year olds	Once you've chosen a setting, they apply on your behalf.	Up to 15	Maximum of 570
3 & 4 year Extended FE (30 hours)	Yes, families must meet eligibility criteria	Apply online a term before you wish your child to start www.childcarechoices.gov.uk You will need to re-confirm your eligibility every 12 weeks.	Up to 30 (15 Universal + 15 Extended)	Maximum of 1,140

For eligibility criteria please visit: www.westsussex.gov.uk/freechildcare

Free places are available at eligible childminders, pre-schools and day nurseries (along with some out of school clubs and holiday play schemes meeting extra criteria). These childcare providers are known as 'settings'.

Parenting Support

We know that being a parent or carer can be both rewarding and challenging. We offer a range of support that can help you to build a strong and secure relationship with your child, whatever their age. They include group work and practical tasks to help you build on your strengths and give you time and space to think about any changes you want to make.

Our groups and courses are run in different venues, each led by trained and experienced facilitators.

Enabling Families

Are you a parent facing challenges? Are you worried about a family situation or problem? Would it help to talk it through?

For dates, times and venues, please speak to a member of staff at your local centre or pick up a leaflet.

Book a 45 minute appointment to find out what support is available for you and your family. Families please call [075252 11177](tel:07525211177) for further information and to book an appointment or email HorshamHUB@westsussex.gov.uk

Enabling Parents

Would you like to be able to understand your child's feelings?

Would you like to have some practical ideas to communicate with your child?

Enabling Parents is a 2 session practical parenting course to help you find solutions to difficulties. For further information or to book onto the course, families can call [07525 211177](tel:07525211177) or email HorshamHUB@westsussex.gov.uk

Solihull Understanding your Child's behaviour



The programme is based on the **Solihull Approach to parenting** and focuses on the parent /child relationship. It aims to support parents in building positive and responsive relationships with their children. This is a 10 week course. For more information please call: Julie Creedon [077181 18706](tel:07718118706) or Angie Rodrigues De Agrela [07562 438439](tel:07562438439)

Understanding Teenage Behaviour

Horsham District Council's Community Safety team runs a free 6 week course called 'Understanding Teenage Behaviour', which has been designed to empower parents to think about the behaviour of their teenager and manage it through a range of different strategies. For more information please contact: Communitysafety@horsham.gov.uk or call [01273 404535](tel:01273404535) ext. [530233](tel:530233)



Change, Grow, Live



Free, friendly support for young people about drugs and alcohol. Ring or text **07779 339954**. Our goal is to help individuals regain control, change the direction of their lives, grow as a person and live life to its full potential.

Triple P Teen Parenting Group

Positive parenting programme, taking the guesswork out of parenting teenagers!

Worried about your Teen?

- Fed up with the arguments and shouting?
- Poor school attendance
- Anger issues
- Low mood



For more information please contact: - sarah.field@westsussex.gov.uk or **07540 672009**

The Freedom Programme



- Do you feel afraid of your partner a lot of the time?
- Is your partner excessively jealous and possessive?
- Do you feel you are walking on eggshells to avoid making your partner aggressive or angry?
- Is your partner constantly criticising you and putting you down?
- Does your partner tell you what to wear, who to see and where you can or cannot go?

The *Freedom Programme* is a **FREE**, twelve week rolling programme open to any woman who wants to learn more about the reality of domestic abuse. Each session is an hour and a half.

The course will enable women to:

- Recognise the signs and tactics used by an abuser*
- Realise the effects this behaviour can have on a woman & her children*
- Avoid further abusive relationships in the future*
- Gain self-esteem and confidence to enable independence and a better quality of life*
- Meet others who have had and moved on from similar experiences*

For further information please contact **01903 231069** (Mon-Fri 9.30am-4pm)
Website: safeinsussex.org Email: info@safeinsussex.org.uk

Horsham FIO Centre

For more information about other services available from

FindItOut go to: www.yourspacewestsussex.co.uk

or find us on Facebook:

<https://www.facebook.com/finditoutwestsussex/>

or search [finditoutwestsussex](#) or email: HorshamFIOCentre@westsussex.gov.uk

If you would like any further information on individual groups please call:

07894 809134

If you are aged 13-25 you can drop in to a FindItOut centre to get advice & information. If you are using the centre for a YES assessment, you can be at a lower age of 11 or 12.

We can help you with:

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



FIO Centre Groups & Support Sessions

Monday:

1pm - 5pm	FindItOut Drop in
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Horsham FindItOut Centre: **Young Carers Group**: referral only, [Term Time](#)

Tuesday:

Horsham FindItOut Centre: **Junior T4T 10-13 Years old** referral only, [Term Time](#)

Horsham FindItOut Centre: **T4T 13-18 years old** referral only, [Term Time](#)

Wednesday:

Horsham FindItOut Centre: **Jellyfish** referral only, [Term Time](#)

Thursday:

1pm - 5pm	FindItOut Drop in
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3pm - 5pm	Free & confidential Sexual Health Services Drop in (Specialist Sexual Health Nurse available)
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Free & confidential Sexual Health Services

Drop in or call Horsham FindItOut on [07894809134](tel:07894809134) (All of our sexual health services are available for young people age 13 - 25years)

You can find out about or access: C-card registration, free condoms, pregnancy testing, chlamydia testing, relationship advice & support, contraception advice, advice about emergency contraception, STI information and advice.

The following services are only available on Thurs afternoons: implants, contraceptive pills, contraceptive injection, emergency contraception, termination referrals, STI check-up.



Are you Lesbian, Gay, Bisexual, Trans or Question your Gender or Sexual Orientation (LGBTU)?

At our LGBTU youth groups you can find:

- A safe space where you can be yourself and meet new people
- Fun games and youth led activities
- A chance to get arty and join in our creative activities
- Discussions about what matters to you
- Support around health and wellbeing
- 121 support

If you would like to come along to one of our LGBTU youth groups in West Sussex, please email: youth@allsortswest.org.uk or phone [07771 895343](tel:07771895343).

Face-To-Face & Online Counselling

FREE face-to-face & online counselling, support & advice for young people aged 11 - 18 years in West Sussex. **Phone / Text: [077398 93707](tel:07739893707)**

Email: community.counselling@ymcadlg.org

What type of issues do we work with? Young people are faced with many issues relating to the challenges of adolescence which may include school, family & relationship problems that come with this difficult time. When young people find the pressure too much to manage this can present in behaviours such as:

- Self-harming
- Anxiety
- Sleeplessness
- Low self-esteem & confidence
- Difficulty with eating & weight
- Low mood and mild depression
- Difficult relationships at home & with friends
- Disengagement from participation & education
- Anger issues

Horsham Hub

We hope you are able to find everything you need to know about our groups, but do get in touch if you have any further questions.

Contacts us on Facebook @



or through the email address below:



Billingshurst CFC

Station Road, Billingshurst,
RH14 9RY **01403 213594**
Mon to Thur: 9am - 3pm



Horsham CFC

Harwood Road, Horsham,
RH13 5UT,
01403 224444
Mon to Tue: 9am - 1pm
Thur & Fri: 9am - 3pm



The Needles CFC

Three Acres, Horsham
RH12 1RS **01403 213590**
Mon: 9am - 1pm
Tues: 9am - 4pm
Wed: 9am - 5pm
Thur: 9am - 1pm
Fri: 9am - 1pm



Southwater CFC

Worthing Road,
Southwater, RH13 9HA,
01403 213570
Mon: 9am - 12.30pm
Thurs: 9am - 3.30pm



Roffey CFC

Godwin Way, Horsham,
RH13 6SQ, **01403 213598**
Mon to Wed:
9am - 12.30pm



Little Footsteps CFC

24-26 West St. Storrington
RH20 4EE **01903 270444**
Tues to Thurs:
9.30am - 4.30pm
Fri: 9.30am - 12pm



Pulborough CFC

Swan View, Lower Street,
Pulborough RH20 2BF
01403 213594
Tues: 9.30am - 12.30pm
Wed: 9.30am - 12.30pm
on the 2nd & 4th Wed of
the month.



FindItOut Centre

Hurst Road, Horsham, RH12
2DN, **07894 809134**
Mon - Drop in 1pm - 5pm
Thurs - Drop in 1pm - 5pm

Horsham Hub email address: horshamhub.info@westsussex.gov.uk